

Triton VB Handbook



TRITON COBRAS VOLLEYBALL

Team Goals and Mission

- Commit to competitive excellence.
- Build a true team environment in which players demonstrate integrity, feel valued, and bring out the best in each other.

Coach Essig's Coaching Purpose Statement:

I coach to share my love of the game of volleyball. By instilling the values of hard work, resilience, and teamwork in practice, players will develop strength and confidence to compete on the court and in life.

2023 Coaching staff:

Head Coach - Laurie Essig: lessig@triton.k12.mn.us

Assistant Varsity - Kayce Munnikhuysen: kmunnikhuysen@triton.k12.mn.us

JV: Alissa Hallaway - ahallaway@triton.k12.mn.us

C Squad: Karissa Eipers - eipers.karissa@mayo.edu

8th: Peyton Soltau - psoltau@triton.k12.mn.us

7th: Olivia Zwaschka - ozwaschka@triton.k12.mn.us

Assistant Junior High - Colleen West - west.colleen00@gmail.com

Communicate - Respect - Commit & Compete

Communicate

Communication is very important between players, coaches, and parents and is instrumental in the overall experience.

- Communicate on the court by calling for the ball, covering hitters/seams, calling shots and encouraging teammates by cheering them on.
- Communicate with the coach if you will be missing practice or a competition as early as possible.
- Talk with teachers and plan ahead if leaving class early for a game.
- Communicate with the school office if you have an appointment and will not be at school at the start of the day.
- Coaches will communicate expectations with athletes and schedule changes/updates with parents.
- Follow the flow of communication if there are issues as most can be resolved through good communication. (Player-coach first, then add parents, head coach, and athletic director if needed)
- Check out the following for season updates and schedule changes:

Triton Volleyball Website: tritonvolleyball.weebly.com

Triton Volleyball Twitter: www.twitter.com/cobraladies

Triton App: Android: <https://bit.ly/3lms0h9> iPhone: <https://apple.co/3nur3pl>

Activity Scheduler App (rST)

Respect

- Follow MSHSL conduct policies
- Be respectful of teammates, coaches, opponents, refs, equipment, bus, schools/locker rooms, etc leaving places looking better than when we found them.
- Be conscious of what is posted on social media and only post supportive comments
- Coaches will be respectful in the language, actions, and interactions with players, parents, and members of opposing teams.
- No cell phones at practice. Only respectful use of cell phones at games/when traveling with the team.
- Be encouraging and supportive of all players, opponents, coaches and officials
- Coaches will be respectful in their interactions with players, parents, officials, and members of opposing teams.

Commit & Compete

To be a good team and teammate it takes commitment and careful choices. The daily choices we make may initially seem small, but they will add up after time.

- Commit to getting to school and practice on time.
- Missing a regularly scheduled practice will result in loss of playing time. When a player misses practice or a game it affects the whole team. Your teammates and coach are counting on your attendance and commitment to being “all in” at practices and games.
- Commit to competing in the weight room and getting stronger each day.
- Commit to going for the ball on defense, never giving up until the ball hits the floor, and making smart plays.
- Compete in the classroom by getting the best grades you can. It is our goal to achieve All-state academic status as a team.
- Compete in practice! You practice like you play.
- In games, develop a never give up attitude no matter what the score.
- Commit to eating right and getting enough sleep.

Student Responsibilities and Expectations:

1. Have current physical on record and register for volleyball before participating.
2. Students must be in school by 8:30 am or that student will not be allowed to participate in that night's activities. Doctor appointments, dentist appointments, class trips, and other office approved reasons for missing class are not included in this rule. If you are not certain please check with the office, your principal, or the AD prior to being gone.
3. Attend every practice. Practice is an essential part of improving your game. Be on time, dressed and ready to go before the start of practice.
4. Athletes with excused absences will be allowed practice or participate. It will ultimately be the school's and coaches' discretion to decide if an absence from school, practice, or competition is excused or unexcused.
5. Take care of your academics. You must be passing all classes to be eligible for athletics. Grade checks occur every 2 weeks.
6. Follow MSHSL personal conduct policy.
7. Respect the facilities and equipment. Clean up after yourself.
8. Your behavior at practice and games reflects on more than just you. You represent your school, your community, your family, and your team. Pick up after yourself and be respectful of people who are there to help you (coaches, officials, other parents).
9. Social media can be a problem for those who don't use it appropriately. Think before you hit send/post. Be supportive and encouraging of all. Do not send/post anything disparaging or demeaning. You may be subject to discipline for any posts or messages.
10. Have your priorities in place. Volleyball may not be your 1st priority, but it needs to be on your list if you want to improve.

Parent Responsibilities and Expectations:

1. Be supportive. Your child will experience ups and downs. There may be days that are frustrating. Support players and help them to keep the overall goal in mind. Support the coach's decisions. Only 6 players can play on the court at one time. We all want what's best for the team.
2. Contact coaches if problems arise. Oftentimes problems can be avoided with communication. If there is a problem between students, students and coaches, or if you have questions about what is happening please contact us.
3. Attend events and cheer on all players.
4. Pick up your child in a timely manner after practice/games.
5. Abide by the 24 hour rule and follow the flow of communication.
6. Keep an eye on the schedule for changes. Download the rooms app, check the website, and keep up to date on changes.

Coach Responsibilities and Expectations:

1. Prepare practice plans and provide instruction on a daily basis.
3. Be encouraging.
4. Communicate with students regarding the schedule bus times, and what the expectations of each practice will be.
5. Communicate with parents..
6. Scout opponents and prepare athletes for the games.
7. Make decisions about who will play where and at what level.
8. Help students on the court make the best decision for the situation.
9. Make sure students are keeping up with their schoolwork by checking in with staff and regularly checking their progress.

Equipment Needed:

1. Comfortable and respectful practice attire. (No cut-off shirts/tank tops)
2. Black shorts (spandex/regular shorts) or leggings for games
3. White knee pads for games
4. White socks for games
5. Pair of court/tennis shoes (no running shoes)
6. Elbow pads are optional, though may help players feel comfortable diving on the court.

Teams:

7th Grade: All 7th graders will be on the 7th grade team unless a need arises for a specific position on the 8th grade team. We will split into groups and provide an assistant junior high coach if there are more than 15 players. There will be ample playing time for all players. Final decisions regarding playing time will be up to the discretion of the coach based on: attendance, effort, attitude, and position.

8th Graders have the opportunity to try out for a High School team the first 3 days of pre-season practice. They may also choose to attend 8th grade practices from the start and play on the 8th grade team. On the 8th grade team, playing time will be fair and shared with opportunities for all players. However, fair does not always mean equal. Final decisions regarding playing time will be up to the discretion of the coach based on: attendance, effort, attitude, and position.

C-Squad: Players are becoming more competitive. An attempt will be made to play everyone at the C-Squad level, but there may be games when everyone will not play.

JV: These players are preparing to become future Varsity players. Playing time will be competitive.

Varsity: Our top players will be on the Varsity team. Top players will start and play the most; playing time is not guaranteed.

Team Selection Process:

Players will be evaluated based on a number of things, including but not limited to the following criteria:

- Attitude, preparation, effort/work ethic.
- Energy, enthusiasm, and communication on the court
- Consistency and volleyball skill level, athleticism, physical condition, and physical abilities
- Coachability, ability to listen, ability to focus on the task at hand, and leadership qualities
- The coaching staff will also select teams according to positions needed. In all cases, the coaching staff will do their best to put athletes in a situation where they can excel and experience the most success.

Playing time is earned. The amount of playing time is determined by the coaches, who see the players every day in practice. The goal is to develop all players in practice and compete at the highest level in games. Players can influence their playing time by consistently providing their best effort, attitude, and skills at practice and tournaments. Please be respectful of our coaches and their decisions.

Letter Requirements:

Varsity players who have completed the season and played in 1/3 of all GAMES (not matches) will earn a letter. If the team is section champions, all members will letter. Anyone found in violation of the Minnesota State High School League Rules shall forfeit their right to letter or receive conference awards.

Game night expectations:

- For home matches - 8th Grade/C-Squad: Be dressed and ready no later than 4:00 PM.
8th/JV/V: Arrive no later than 4:30 PM
- For away matches - All players should be ready to leave at least 5 minutes before the scheduled departure time.

7th/8th

- Up ref will be provided at home matches. Players who are not actively playing will be assigned to line judge/keep score.
- At away games sit in the gym and cheer on the other team. Do not mess around in the halls/locker rooms.

C-Squad

- Sit together as a team near the team benches to help take stats, cheer, and support the JV team.
- Help shag balls for the Varsity team during the Varsity warm-ups.
- C-Squad players are encouraged to stay and watch Varsity but may leave.

IV

- Keep book and line-judge for the first two games of the C-Squad team home matches.
- Shag balls for the Varsity team during the Varsity warm-ups.
- Sit together as a team near the team benches during the Varsity competition to help take stats, videotape, cheer, and support the Varsity team.

Varsity

- Keep book and line-judge for the third game of the C-Squad team home matches.
- Shag balls for the JV team during the JV warm-ups.
- Sit together as a team near the team benches during the first game of the JV competition to help support the JV team. After the first game of the JV match is finished, Varsity players will go get dressed.

Reminders:

1. Have all forms and a current physical on record and activity fee paid to participate.
2. Athletes are not allowed to drive themselves to any competitions. Riding the bus home is encouraged and helps develop team unity
3. If you must transport your child home from a game or tournament, Parents/guardians MUST sign out with the coach before leaving.
4. An athlete will not be allowed to go to, or return from a competition with someone other than her parent/guardian unless special circumstances exist and arrangements are made in advance.
5. By registering for volleyball it is implied that all players and parents have read and understood the handbook. If there are any questions, please contact Coach Essig.