**Titan**

**Volleyball 2020-2021**



**General Information**

**Coach McKinney Coach Williams Coach Pate Coach Norman**

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**Success is a Choice**

Welcome to a new year of Titan Volleyball.  It is truly an honor and a privilege to be your head varsity volleyball coach. Our dream and goal this year is to become a CHAMPIONSHIP TEAM.

As your coach, I promise to do everything in my power to make this team and each individual a champion on the court and in the game of life.  If you need my help or have a problem, please feel free to come and talk. My door will always be open.

What do I expect from you? In our attempt to become champions on the court, we must also learn to be champions in the classroom and in life.  I will set a list of high standards throughout the year and guidelines that I expect the team and each individual to follow:

-**Act Like a Champion**

-**Be a leader**.  Leaders show the way and lead by example.

-**Always have a positive attitude**.  Negative attitudes and/or people are not useful.

-**Be Coachable**.  These are the players that win you games and championships

-**Put the Team First**.  Selfish and self-centered people will not be tolerated on this team.

-**Act Mentally Tough**.  Do not panic and break under pressure

-**Expect to Win**.  “Doubters don’t win.  Winners don’t doubt”

-**Play Hard**.  Always do your best

-**Play with Enthusiasm**.  Enthusiasm shows that you have a passion for the game.

-**Play Smart**.  Play smart and maintain the highest level of concentration.

-**Never Give Up**.  Push yourself every day in practice and the classroom.

-**Don’t make Excuses**. Learn to accept responsibility for your actions.

-**Work hard in Practice**.  This is the time in which you will EARN the right to be champions.

-**Excel in the Classroom**.  You will either pay a price now, or you will pay a bigger price later.

**Philosophy of Titan Volleyball**

1.  A Titan volleyball player must have these attributes toward school, life, and the game:

a.) A dedication to the task/job at hand

b.) A desire to achieve and be successful

c.) A willingness to make sacrifices

d.) A desire to work hard and give 100% at all times

e.) Self-discipline

2.)  Conduct yourself in a respectable manner on and off the court.  Remember you are representing your team, your school, your community and your family.

3.)  Volleyball is a TEAM sport and must be played that way.

4.)  Every player in our program has equal importance to the coaches.  However, NO PLAYER is more important than the team.

5.)  The fundamentals of volleyball will be stressed and stressed and stressed.  “Victory favors the team that makes the fewest mistakes.”

6.)  A Titan volleyball player MUST have discipline.  Discipline is doing what has to be done, when it has to be done, as well as it can be done, and doing it that way all of the time.

7.)  When we step on the court we want to – Play Hard, Play Smart, and HAVE FUN.

8.)  To achieve success each player must be willing to pay the price.  This means showing up on time, working hard in practice, and giving everything you have for the betterment of the team.  “The will to prepare to win is infinitely more important than the will to win.”

9.) Respect the game of volleyball, its rules, and your opponents.  The game and other teams have a tendency of “beating you” if you don’t respect them or the rules.

10.)  I want everything about our volleyball program to exude: Confidence, Pride, Respect, and Excellence.  Expect to be champions, prepare to be champions, and ultimately you will be champions.

**Titan Volleyball**

**Code of Conduct**

1.) School rules must be followed at all times.  Players must follow the Glenwood High School Athletic Code concerning attendance, conduct, eligibility, tobacco, alcohol and drugs.  Violations will be dealt with according to the school policy listed in the handbook.

2.) Glenwood High School has a strict policy on eligibility.  All players must be aware of this at all times.

3.) If you are not in school, you may not attend a practice or game unless approved by the principal (Funeral, family illness, wedding, etc.)

4.) No one should wear any type of jewelry in practice or a game.

5.) Any visible tattoo or other self-imposed body marking must be covered.

6.) Profanity will not be accepted – on or off the court during games or practice.

7.) Any player that gets assigned an in ISS will not dress for a minimum of 1 half during the next game.

8.) Any player that gets assigned an OSS will not dress for the next game. Further consequences are up to the coaches’ discretion.

9.) Regularity of personal habits (eating, sleeping, etc.,) will have a direct bearing on your personal proficiency and team success.

10.) Arguments or disputes with officials will not, under any circumstances, be tolerated.  There will be plenty of calls that do not go our way, however, it is not your responsibility to talk with the officials about a given situation.

11.) Players should dress neatly for both home and away games. Game-day gear must be worn at school, at the game or travelling to away games. We are a TEAM and we will dress as such. Jeans with NO holes/rips and plain black leggings are acceptable.

12.) Class BEHAVIOR and GRADES are important to our volleyball program.  You will be a student first and a player second. You are expected to be passing all of your classes.  Any player who is failing a class will be subject to frequent grade checks and will NOT be able to practice as a starter.  Study tables will be required if failing or on warning lists. Players must attend 2 study table sessions per month.

13.) All freshmen or JV volleyball players will serve as managers for the varsity volleyball team.  We will need at least 3 players each game to film and keep stats. A schedule will be made so that you will know when you need to be a manager.  All freshman/JV players are required to sit near the varsity bench to help with stats or to watch the game.

14. Bullying in any form will **not** be tolerated. Making fun of, talking poorly about teammates, use of derogatory terms are absolutely unacceptable. Athletes will receive one warning before punishment and/or removal from the team.

**Notes:**

**Remember:  When you sign-up to be a part of the team, that’s exactly what you are, a PART of the team.  You are not and never will be THE team. You will be expected to do what is best for the team and program, without complaints or hesitation.  Help be the solution, not the problem.**

**Help each other up, cheer on one another and celebrate with and for one another.  Volleyball is a difficult sport that can cause a lot of pressure. Be a positive teammate and pick each other up at all times.**

It takes *dedication*, *discipline*, and *charact*er to be a contributing part of this program.  Those same characteristics need to be displayed in the classroom to show the coach that you can bring them to the program.  A team that is dedicated, disciplined, and has character **WILL WIN**.  A team without these traits may win games on the court, but in the end will lose.

\*\*\*Simply keep in mind that you are representing your team, your school, your community and your family in everything you do.  *Remember many eyes are on you and many of those eyes are the eyes of young kids who someday want to be athletes.  Please keep in mind that regardless of the situation, we always want to* **SET A GOOD EXAMPLE**.\*\*\*

**Titan Volleyball Practice**

1.) Our goal will be to have intense organized practices with a strong emphasis on fundamentals.

2.) **DO NOT MISS PRACTICE**.  You need to make practice a priority.  We realize that there are times when you just can’t make it to practice. **COMMUNICATION** with the coach is the best way to solve problems.

3.) You should be at every practice on time unless you are excused by your coach BEFORE PRACTICE.  Unexcused means missing practice without telling your coach BEFORE practice or not being excused.

4.) If you do not know whether or not we practice, find out. It is YOUR RESPONSIBILITY to find out.  “Not being told” is not an excuse.

5.) Three unexcused practices will result in dismissal from the team.

6.) If you are injured, you are required to be at practice like everyone else, unless you are given permission by your coach not to be at practice or at physical therapy.

7.) Practices/conditioning must be made up before the next game or you WILL NOT play. It is UP TO THE PLAYER to schedule the make-up conditioning, not the coach.

8.) If you are late for practice, and it is unexcused, there will be consequences.

9.) Work faithfully at practice, regardless if you are being watched or not.  Trust between a coach and a player works both ways.

10.) Coaches are going to push you to be your best.  Listen to constructive criticism and make yourself better.

11.) MAKE SURE YOU HAVE ALL BAGS AND BELONGINGS BEFORE YOU LEAVE! There should not be anything left behind in the gym.

12.) We must practice the way we want to play in the game.  Don’t tell coaches what you can do, show them!

**Titan Volleyball Games**

1.) Pre-game warm-up is to be taken seriously.  This is a time to loosen up and prepare for the game.  DO NOT DISTRACT YOURSELF WITH OFF COURT ISSUES OR WASTE VALUABLE TIME. This includes talking to parents, friends, etc. Once you are on the court warming up – friends and family are not to be spoken to until AFTER the game.

2.) During the course of the game all attention will be on the game, your teammates, or your coach.  Do not look into the stands for distractions. Take care of any outside factors before the game starts.  Know the score and situation at all times.

3.) When a substitute comes into the game, she needs to know the defense, offense and the players around her.  The same expectations are in place for every player that walks onto the court or would like to play in the game.

4.) When taken out of the game, a player must realize she still needs to be an active part of the team.  She must contribute in positive ways and should realize that she may re-enter the game at any time.

5.) Substitutions are made to strengthen the team.  A player will not exhibit any facial expressions or make any comments as they come off the court or as they are taken out of the game.  This is one of the major aspects of mental toughness.

6.) When a time-out is called, coaches will do the talking first.  If you have a question or comments ask the coaches or contribute to the conversation in a POSITIVE/RESPECTFUL manner.

7.) Absolutely NO “trash talking” or showing up the other team will be accepted!  Punishment will include immediate removal from the game and disciplinary actions will be discussed.

8.) Titan volleyball players are expected to “play their game,” be in control of the situations and the game, and control the attitude and pace of the game.

9.)  For home games, players will be given a specified time to be at the gym.  Be on time. Freshman players are to arrive at 4:00 and be on the court warming up by 4:30. JV/Varsity need to be there at 4:30 to help shag for warm-ups and to watch the game.

10.)  All players will ride the bus to away games.  Be on time, the bus will leave at a specified time.  There will be no loud talking, profanity or horseplay on the bus.  I have very little tolerance for tardiness.  If you want to play, you will be there on time.

11.) Players may ride home with parents if coaches are given a 24 hour notice before the game. Parents must sign a sheet before leaving.

12.) You can ONLY ride home with your parents.  I need to see them after the game to let you ride home with them.  No exceptions.

**Parental Concerns**

Should a concern arise during the course of the season the following procedure should be followed in order.

1. A player talks with the coach.
2. A player and coach speak with athletic director.
3. Player, coach and parents have a meeting with the athletic director.

If a meeting is organized, please refrain from talking with coaches or administration about players other than your daughter.  Doing so can take away from having a constructive conversation about the concerns you may have and the meeting will be immediately terminated.

**\*\**NOTE: Please do not approach a coach immediately after a game.  Among other reasons, emotions may run high, and this does not create a good environment for conversation. 24 hour rule!***

***\*\*NOTE:  Coaches will be willing to address concerns on all subject matters dealing with players, the team, or the program except for playing time\*\****

Playing time is NOT guaranteed at any level.  While we will try to give each girl as much time as possible, we cannot promise any player an amount of playing time.  Playing time may be more spread out at the younger levels, but during a varsity contests the girls that are deemed the players that put the TEAM in the best position to win will play.

*It is important to realize that there are different roles on a volleyball team.  Not every player can play every minute of every game. Some players may see very limited playing time, but, I assure you, every player on this team has a very important role.*

We have a tremendous amount of respect for the amount of time parents and players put into a season and realize parents want the best for their daughter.  Please be patient and have confidence that the coaches will put your athlete into the best position to succeed in practice and game situations.

\*\*Finally, please refrain from critical comments to/about players during games. Parents are to remain POSITIVE while in the stands at games. Failure to do so can result in permanent removal from home or away games.

Volleyball takes an incredible amount of concentration and I assure you that each girl is giving her best while the game is going on.  If problems persist, a meeting with the athletic director may be requested.\*\*

This form should be signed by a parent or guardian and returned to Coach McKinney, Coach Williams or Coach Pate by Tuesday, February 23rd.  Please keep rules for future reference.

I/We have read and understand the ***Titan Volleyball Rules*** and I/we will support and help enforce them.  I/We wish for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(player name) to participate in volleyball this year under these terms and conditions.

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email(not required): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact: Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\* Please inform us of any medical problems that we should be aware of in the space provided below.\*\*

Thank you for taking the time to read the packet.  We realize it is lengthy, but we tried to cover as much as we could.  With everyone’s support and understanding we look forward to having an enjoyable and productive year.

Brooksana McKinney

Dawn Williams

Rachel Pate

Abbey Norman