

Buchanan High School Girls Volleyball Handbook

Our Mission

Buchanan Girls Volleyball provides an opportunity for student-athletes to learn and develop their skills (physical, technical, tactical, mental) in a positive environment that fosters personal growth and a passion for the sport of volleyball. Our goal is not only to teach volleyball skills, it is to also teach athletes life skills they will use outside of sport. This includes developing our athlete's work ethic beyond their comfort zone, teaching them the meaning of being unconditionally committed, how to deal with adversity and work with others, and compete with respect and confidence. Buchanan Girl's Volleyball athletes take pride in their performance, which represents this program, school, team, and community.

Buchanan Girl's Volleyball is a family. We will have a sisters program that matches an athlete from each level so that we are establishing a connection throughout the whole program. Our teams will support and cheer for each other whenever they can. We will host fundraisers, events, and activities throughout the season that give all of our athletes and families the chance to get to know each other better and grow as a family. Buchanan Girl's Volleyball has a long history of success, and much of that is built on our slogan of "Together we can, Together we will!"

Training

Buchanan Girl's Volleyball athletes are complete volleyball players. **All athletes learn every volleyball skill at practice, not just those that are specific to their current position.** As a young volleyball athlete, you never know what position you will end up playing in high school or college. The more well rounded and adept at different positions and skills you are the more versatile and valuable you will be to any team. An athlete at any position may have to step in and set a ball to a teammate at a crucial point in a match and we want all of our athletes to be able to do so with confidence and skill.

Athletes will never reach their full potential if they're not enjoying themselves while they practice, train, and compete. Practices will typically include multiple competitions at each session and athletes will always spend a good part of practice playing the game of volleyball as opposed to just doing single skill drills for the majority of practice. Research has proven that skills are best learned in the environment they will be used in. We teach volleyball using drills that are as game like as possible, which results in a higher rate of transfer from practice to competition. Buchanan coaches structure practices so that athletes learn while competing. Most of all, playing is fun! We hope to ignite a passion for the game of volleyball in every Buchanan Girl's Volleyball athlete.

Injuries- Any athlete that spends any time in the front row is **strongly recommended to wear ankle braces.** Teams will always begin practice with a dynamic stretching warm up and a static stretch cool down after practice. If you have had consistent injuries but are currently pain free (i.e. prior shoulder pain or knee problems), you should always ice after practice to prevent that area from pain again. If you should injure yourself, report it to your coach and trainer. If your injury should occur outside of volleyball, use RICE method (rest, ice, compression, elevation) until you can **get your injury checked out by the trainer** or a doctor. BHS has an athletic trainer who will evaluate players and make recommendations to coaches and parents. Our goal is to minimize further injury, but also to get players back on the court as soon as possible. This means doing workouts in the training room, and spending time with the trainer before and after practice. **Please communicate any injury as soon as possible. Please note that if you cannot train, you cannot play.**

Expectations

We expect a high level of commitment from everyone involved with Buchanan Girl's Volleyball and we seek athletes who want to put in the time and work necessary to be the best player and person they can be. As a member of Buchanan Girl's Volleyball, it is critical to understand that you represent yourself and the program, coaches, family and community at all times. Whether you are an athlete on or off the court or a parent of a student-athlete, **we expect all players and parents to maintain a positive image that reflects highly of the Buchanan Girls Volleyball program.**

Academics-

As a female athlete, sports are important and may open other doors for future opportunities. Sadly, volleyball does not last forever and student-athletes need to have a backup plan. This is the reason why our athlete's put their academics as a priority as well. **To be apart of Buchanan Girls Volleyball, athletes are expected to hold a 3.0 GPA.** If there comes a time in the semester where the athlete's GPA falls below 3.0, she will be required to attend study hall during lunch until her GPA reaches 3.0. The coaching staff in conjunction with the athlete's parents will determine the amount of lunch study halls the athlete will attend.

****However, homework and school projects are NOT an excuse to miss multiple practices, a match or tournament. Athletes must be able to manage their time so that they get their schoolwork done appropriately and are still able to attend practices and matches with quality physical and mental focus.**

Multiple Sport Athletes-

Buchanan Girl's Volleyball supports athlete's who participate in other sports: it exposes that athlete to other dynamic mechanical movements and allows a break from one sport. Per BHS Girls Volleyball policy, the sport that is currently in it's high school season will get the priority during times of conflict. Any other exceptional conflicts will need to be discussed with Coach White before the start of the volleyball season. It is important to have quality and timely communication with the coach about any conflicts. A coach-player-parent meeting may need to be arranged to map out a plan of action for the year if necessary.

Volleyball PE-

Volleyball PE is required for all volleyball athletes. If a multisport athlete needs to train during the off-season in another sport's PE class, that is ok. If the 7th period time of Volleyball PE conflicts with that athlete's schedule, she may be enrolled in another sport PE's class. If any Freshman-Juniors have an impacted schedule, they can consider enrolling in another strength and conditioning PE or enrolling in zero period for any of their classes. Seniors may switch out of Volleyball PE after fall semester. If a senior has an impacted schedule and cannot be enrolled in Volleyball PE for their senior fall season (after a course check with the head coach), the senior may arrange a time before or after school to workout with a staff member.

Attendance-

Players must attend all functions and we expect that each athlete will be at every practice, dressed and ready, 15 minutes prior to the posted start time. The net should be set up by the time practice is scheduled to start. **If a student-athlete is at school, but unable to practice due to illness or injury, they should report to practice and support their teammates.** Failure to do so will be considered an unexcused absence. Absences are unexcused and are likely to affect playing time. **Excessive unexcused absences may result in dismissal from the team as determined by the coach. The coach has the right to dismiss the player from the team if a lack of commitment and attendance continues.** If a player is going to miss practice, they must inform the coach directly and in advance. Telling a teammate to tell the coach is not an acceptable vehicle of communication. Doctors appointments should be scheduled around the practice and competition schedule. Any student-athlete who misses a practice the day before a match/tournament (for any reason) will either not start and/or not play at the coach's discretion. **Student-athletes that miss four hours or more from school will not be allowed to practice or be eligible to play in that day's match.** Please contact Coach White so she is aware of the situation and does not jeopardize the entire team.

Other practice expectations: players bring their own water bottles, players come mentally prepared and mindful during practice (don't go through the motions), do not distract teammates while the coach is communicating with the team, practice the way you want to play at tournaments, take care of our facilities.

TEAM FIRST-

- **Be a team player; the team comes first, always and no matter what.**
- Have a positive attitude at all times; encourage and support your teammates to the best of your ability whether you are on the court or on the sidelines (**you whine you pine, you pout you out**). No complaining, criticizing, jealousy, excuses.
- Demonstrate strong team spirit and pride.

- Be a leader on and off the court. Represent Buchanan Girls Volleyball.
- Be open to new ideas, activities, challenges, and techniques.
- Stay focused, mindful, and display a strong work ethic at every practice and tournament.
- Always show respect to all teammates, parents, coaches, and officials.
- Clean up after yourself (gym, cars, hotels, restaurants, schools, etc.).
- Set up practice gym and take down practice gym- this is apart of practice and should be done as a TEAM. Not only 2,3,4 athletes. The entire TEAM.
- Be the kind of teammate you would like to have beside you. Find ways to make your teammates better at every opportunity and celebrate team success.
- Give 100% effort at all times. Prompt attendance at practice, meetings and games is required.
- Pay attention to corrections made by your coach. Give them undivided attention and acknowledge their information. Be able to make change. Creating change is coachability.
- Be attentive at team meetings, during practice and games. Mindfulness and full engagement.
- My work assignments are my duties (refing, calling lines, 3 balls system, stats, working tournaments). I am responsible for fulfilling these duties. If there is a conflict I will communicate it early and find coverage or a teammate to switch with.
- Emotional outbursts will not be tolerated.
- Run at practice...ball shagging is not a rest period. Do not sit down while others are working.
- Do not leave practice without permission or open gym doors without coach's permission.
- We run a closed practice. Outside boys, girls, and parents are not allowed at practice.
- Volleyballs stay in the gym. Do not use them outside to pepper.
- Leave the gyms neat and clean. Taking down and putting up nets are part of practice.
- Proper locker room and bus behavior is expected.
- Players must comply with dress code and game day uniforms.
- Players should report all injuries to their coach and our trainer.
- Players should show respect for authority figures, teammates and opponents. Know that gossiping about teammates and coaches will not be tolerated. It is disrespectful and detrimental to the goals of the team.
- Players should refrain from using foul language on and off the court.
- Players should take personal responsibility for self-discipline and emotional control
- Accept both victory and defeat gracefully. Show sportsmanship and do the right thing
- **Show good character when using twitter, instagram, blogs, emails, facebook, and all social media networks. An athlete may be suspended from the team if there are any posts that can be perceived as negative, demeaning, rude or disrespectful.**
- Cell phones are to be put on silent or OFF during practice and only used with permission from your coach(es).
- Take pre-game warm up seriously. Get yourself mentally and physically prepared. This is not a time to be on social media, eating, goofing around, in the restroom, distracted. Do what you need to do to have the best match of your life.

Nutrition-

Players will be expected to **Eat to Win**. Fruits, vegetables, carbohydrates, and protein are all important in a healthy diet. Players should refrain from soda, candy, chips, fried food and high sugar items during their training season. This is reinforcing an individual's discipline.

Playing Time-

All players will have equal opportunities to train and play during practice sessions. Playing time is earned and a privilege. **Buchanan Girls Volleyball does not guaranteed equal playing** time during matches and tournaments and coaches will make playing time decision based on what they think will bring success to the team. At no time will the individual needs of a player be placed above what is ultimately best for the team. Players will be expected to earn a starting position or playing time every day in practice. Factors that can affect paying time are: attendance at practice, attitude and work ethic, leadership skills, team chemistry, statistical analysis, and performing during practices and matches. Players on the bench must encourage and show their support for players on the court. No bad attitudes or sulking will be tolerated.

Questions related to playing time should never be discussed during a match or at a tournament, and should be initiated by the athlete. In an attempt to develop the student-athlete's communication skills, the student-athlete should spark the conversation with the coach and learn where their skills need to be developed to earn more playing time. If a parent contacts a coach in regards to playing time, the coach will inform the athlete that their parent contacted the coach. If a meeting is necessary, a coach/athlete/parent appointment can be arranged.

Parent's Responsibilities & Code of Conduct-

- To provide transportation to and from practice and matches if a student-athlete does not drive, and back from tournaments (we will get them there).
- Cheer for our team, and not against another team.
- Do not argue with officials.
- Good sportsmanship is a vital component. Be a good role model for your daughter and demonstrate good sportsmanship at all times.
- **Aggressive or hostile confrontations between a parent and any coach, official, player, or other parents will not be tolerated and may result in parents losing the privilege to attend team tournaments and/or matches.**
- Basic Rule: if you have nothing positive to say, say nothing at all. Discussing negative comments or criticizing Buchanan coaches, administrators, team parents, or players will not be permitted. This creates a negative culture that will not be tolerated. If you have questions for a coach please direct your question to that coach as opposed to discussing the matter with other parents or players. Please set a good example for your daughter by showing respect to our coaches and program and complying with these rules and decisions. ****Parents are never to discuss playing time or any concerns regarding strategic decisions with the coaches at a tournament, match or practice.***
- A parent's role is to support their daughter and support the team she made a commitment to whether you agree with a coach's decision and strategies or not. You must understand that Buchanan coaches will make choices based on what they believe to be the best interest of the team as a whole, the team's goals, and not with the interests of a single player in mind.
- We very much appreciate you entrusting our coaches with your daughter's development. Once you make the choice to do so, please leave the coaching to our capable coaches and don't provide feedback to your daughter that is potentially conflicting with the training she is receiving from her coaches. This is especially important during matches. Parents are there to support their daughters, celebrate their success, and for a hug after a rough match.
- **Parents must ally themselves with the coach in teaching their daughter how to cope with the potential frustrations of being a member of a team.** Sports provide an excellent opportunity to teach young women about the realities of highly competitive situations. They must be taught how to be a valuable team member regardless of their role, how to make use of both positive feedback and constructive criticism, how to cope with adversity, and how to be a gracious winner.
- Please take the time to consider how much time, energy, effort, and dedication your team's coaches are putting into coaching the team for relatively little compensation. They do it because they are passionate about the sport of volleyball and want to pass that along and help your daughter and her teammates to be the best players and team that they can be. Please be appreciative of their efforts and all that they do and realize that they deserve your respect and support and that all of our coaches are always well intentioned and have the best interests of their teams in mind.

Uniforms-

If you ordered any gear, uniform, shoes or personal items through Buchanan Girls Volleyball, you are liable for these costs. If your daughter quits after an order is submitted on her behalf, the family is still responsible for paying the amount. If your daughter was given a jersey or warm up and it is returned damaged, you are responsible for paying to replace those items.

CUSD Rules-

All players are to abide by the fore mentioned rules and those of the CIF and BHS athletic Codes. Do not provide, use, or condone the use of tobacco products, alcoholic beverages, or recreational drugs. Do not to go any parties where there is alcohol. We know what the result is. Not worth it.

Infractions: All infractions will be dealt with in accordance to the athletic policy. Additional team infractions may be handled in the following manner:

First Infraction (possible options depending on infraction)

- Warning
- Coach/player conference/contract
- Possible game suspension
- Possible dismissal pending Athletic Review board

Second Infraction

- Coach/player conference/contract
- Game suspension
- Possible dismissal pending Athletic review board

Third Infraction

- Game suspension
- Dismissal pending Athletic review board

Fourth and all additional Infraction

- Dismissal pending Athletic review board

Fundraising-

We try to keep the costs to the student-athlete as low as possible and cover as much of the expenses as we can (travel, gear, etc.). We generate funds to cover our budget through the following events:

Summer camps & clinics (June-July)

Parent dinner – Dueling Pianos

Poster & Program

Football red seat security (Sept- Nov)

Elementary, Jr High, & Frosh/JV tournaments (Sept-Oct)

Concessions at tournaments and home matches (Sept-Nov)

Chipotle Night

Team Awards-

In order to receive your awards at the end of the season a player must:

- Meet all the rules and guidelines of the program, school and district.
- Participate in all team functions (including but not limited to tournaments, banquet, etc.)
- Complete the season in good standings
- To earn a Varsity letters a player must be on the roster by prior to the end of the regular league season.

Transportation-

Players are expected to travel to all functions on the team bus. We are drop only! **Please make your own transportation after the event back home.** There are exceptions to this rule, but they must be cleared with Coach White the day before. Players can only be released to their parents. Arrangements can be made to car pool home from games but a permission slip must be signed and cleared by the Coach and the Athletic Director at least a day in advance. *Please reference the Sign Out Form and Permission to Travel with Another Parent Form.

Buchanan Girl's Volleyball Contract

Athletes and Parents: Please take the time to read through the information in this packet. After reading the rules, please sign below an acknowledgement that you have read and understood the policies, rules and procedures of the **Buchanan High School Girl's Volleyball Handbook** and agree to abide by them. This also serves as proof of attending the Buchanan VB parent meeting.

Signature of Student _____

Date: _____

Signature of Parent _____

Date: _____

We understand and agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We understand under CIF Bylaw 200.D there could be penalties for giving false/fraudulent information. We understand CUSD's policy on illegal drug use will be enforced for any violations of these rules.

Signature of Student _____

Signature of Parent _____

We have read and agree to the policies stated in the Clovis Unified Code of Ethics and the CIF Code of Conduct regarding the conduct of athletes, and the parents/guardians Guidelines/Exceptions of Buchanan participating in co-curricular activities. We agree that these rules are important in helping our students become good citizens with a high sense of moral integrity, a competitive spirit, and the ability to be honest and forthright in all endeavors. We agree to abide by these rules for co-curricular participation at Buchanan and Alta Sierra. We acknowledge that a student may be disciplined or removed from a team for violation of any of the provisions of the codes or policies for co-curricular participation at Buchanan or Alta Sierra. I also have read and understood the CIF "Ethics in Sports" Policy Statement, Code of Ethics and the Violations and Minimum Penalties of this policy. I agree to abide by the policy and related consequences while participating in interscholastic athletics, regardless of context, site or jurisdiction.

Copies of all above polices and procedures are available in the Athletic Office or in the "Parent-Student Handbook".

Signature of Student _____

Signature of Parent _____