



Sprayberry High School Volleyball

Introduction

The primary purpose of this handbook is to acquaint you with the rules and policies of the SHS Junior Jacket Volleyball program. You are responsible to read, know, and understand the complete contents of this handbook. In the event that there is something in this handbook you do not understand, please bring it to my attention as soon as possible.

I firmly believe that you have to have a great desire to put in the effort both on and off the court to better yourself as a volleyball player and strive to win the championship. Our policies have been put in this booklet so you can refer to them from time to time during the course of this season.

This handbook was not made to disrupt the lines of communication between you and your coaches, but to encourage it. This is not my volleyball team, but yours. Success can only be accomplished when you know what is expected of you. In the event you disagree with any policies in this handbook, see me at your earliest convenience. I want the same thing as you—A CHAMPIONSHIP.

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I. Purpose

You are here—

- A. To participate in a first-class high school volleyball program.
- B. To develop lifelong friends (both on and off the court)
- C. To expose your talents and abilities to high school coaches
- D. To be part of a winning program
- E. To assist your team in winning the Championship
- F. To help build a program that Sprayberry fans will support (and be proud) by:
 - 1. Playing the game the way it is supposed to be played
 - 2. Helping create a winning tradition
 - 3. Helping create a fun atmosphere for fans
 - 4. Being a role model to younger players
- G. To develop your skills as a volleyball player to move up in the program to JV and eventually Varsity

II. Participation

- A. Requirements for participation
 - 1. All players are required to participate in tryouts
 - 2. All players are required to complete the following:
 - a. Player Information Form
 - b. Physical, Eligibility, Permission, and Insurance form
 - c. Sprayberry sports Physical
 - d. Student-Athlete Authorization for Disclosure of Protected Health Information
 - e. Jacket Pride Expectations
 - f. Asthma Release Form
 - g. Concussion Information Form
 - h. Copy of Birth Certificate
 - J. Volleyball Rules and Procedures Acknowledgement
 - 3. All players are required to pay fees Junior Jacket \$300.00.
 - 5. All players are required to attend all regular season games and practices. Sprayberry volleyball comes first before any other team in season. With communication, we can work things out during the summer for other activities. Any other sport/activity during the year must have a contract between players and parents and coaches involved.
 - 7. All players are required to participate in summer league with SHS and communicate with Coach Kat up front and often.

III. General Yearly Procedure

- 1. Fundraising is required (more information provided later)
- 2. Daily in-season practice routine

- a. Practice will end on weekdays around 8:00 pm. It is mandatory to follow the Remind 101 – and to read emails to keep thoroughly informed. (also follow me on instagram to stay updated with the season @thecoachingworld)
 - b. All players will take down the nets and put away all materials at the end of practice.
 - c. Pick your children in the parking lot outside the gym. Do not park line up in the fire lane.
- 3. Daily Home Game Routine
 - a. All players are expected to meet in the gym an hour before the first game.
 - b. All players are required to be in their warm-ups with a volleyball t-shirt while eating any meal/other team snacks.
 - c. After the pre-game meal, ALL players are expected to change into their jersey and spandex, with the warm ups over.
 - d. All players will help prepare the gym for the game – each player will have a duty.
 - e. All players will take down nets and clean the gym after games.
 - f. We will call it up before dismissing.
- 4. Daily Road Game Routine
 - a. All players will be dressed properly and will assist with equipment/charts/etc. Be prepared for the weather – warm ups over spandex, volleyball t-shirt if not wearing jersey. If bringing jersey, bring it on a hanger.
 - b. Players will be ready to stretch as soon as we arrive at the location.
 - c. All players will leave the area in better condition than it was when we got there. Do your part. Do the little things!
 - d. All players will arrive an hour before the first game (unless notifying the coach)
 - e. Make sure the bus and locker room are clean before departing.
- 5. Summer
 - a. Current dead week is assigned by SHS the first week of July.
 - b. Communicate with Coach Kat ALWAYS!
 - c. All players will arrive to games an hour early, no later. For home games, or hosting tournaments, time will be announced on a case by case basis. Time frame depends on how much we need to get done.

IV. General Policies and Regulations

- A. Team Concept
 - 1. Even though volleyball can be an individual sport, we will be a team – we are a team!
 - 2. Whether you are the #1 hitter, the setter, the manager, back row, take pride in your job. Learn to do it well. Be the very best that you can!!

3. Always talk in terms of “We” not “I.”
4. Sprayberry volleyball is a “Class act”. We show class when we win, and if we ever lose a game (we all know that it is practically impossible to go undefeated – although that will be our intention), we will lose that game with class. No unsportsmanlike conduct or there will be consequences.
5. Display an “air of confidence” that all winning teams possess. We want opponents to know that when we run onto the court and warm up that we have come to play and that we are here to WIN.
6. You are expected to be proud that you’re a Sprayberry Yellow Jacket Volleyball. Show it! Talk it! Don’t ever be intimidated by someone from another high school. However NO POSTING material on social media or with friends that would get back to the opponent. No smack talk.
7. Have confidence in yourself and your teammates.
8. Expect to win!

B. Citizenship

1. Simply put, you are expected to be a good citizen in every aspect while you are at SHS. You are not only representing yourself, you are representing your family, your high school, your community and Sprayberry High Volleyball.
2. Act with responsibility. We will treat you as a young adult so long as you act like a young adult.
3. If you make a mistake ANYWHERE, you are required to sit down with Coach Kat and will be given the opportunity to tell your story. It would be a good idea to communicate with Coach Kat BEFORE she finds out second hand about the situation.
4. Along the lines of #2, my door (or phone) is always open to discuss anything. Our door is also open to parents, but not to discuss playing time. All we ask is that the player discusses the matter with Coach Kat BEFORE a parent gets involved.
5. Social media – when you push send, you cannot take it back, so NO #YOLO

C. Classroom

1. Your first responsibility will be to your classes. Your 2nd responsibility will be to the volleyball team. If you cannot get it done in the classroom, you will not get it done on the court.
2. All appointments should be made so that they do not interfere with practice and/or games.
3. No other non-academic school activity may interfere with volleyball activities.
4. Do not miss school. If you do, you must have a valid excuse to participate. Too sick for school, too sick for games and/or practice.

5. Class assignments, exam preparation, etc. will not be an excuse to miss practice. Prepare yourself for assignments and exams over the entire semester, not on the last day. Keep up with your schoolwork on a daily basis.

D. Fundraising

1. All players must pay for their apparel by given deadlines.
2. All players will participate in designated fundraising efforts. Coach Kat will provide goals and dates.
3. Players should take responsibility for fundraiser efforts and not rely solely on parents/guardians.
4. All players that do not meet required fundraising goals would have to pay the difference. If there is a problem, please communicate with Coach Kat.

E. Appearance

1. You are expected to dress properly both on campus and on road trips.
2. Game uniforms will be provided. You will wear them properly. Respect the game.
3. Your shoes should be cleaned for games.
4. You must have your Sprayberry volleyball apparel.
5. Athletes are required to attend the end of season banquet. All athletes understand and acknowledge their commitment to any team and will therefore complete the full season.
6. There is no financial restitution made if a player is removed from the team or quits the team at any time. All fees must be paid prior to items or events occur.
7. Understand that the rules and regulations follow at least the minimum requirements as outlined by the Cobb County policies. However, the head coach has the authority to impose consequences above the minimum at any time.

F. Practice and Game Schedules

1. Must be dressed and ready to get after it every day for practice.
 - a. Practices will be held on Mondays and Thursdays starting at 6:00 and ending at 8:00pm.
2. Games TBA but will all be Wednesdays (except the Saturday end of season tournament).
3. **DO NOT ACCEPT A JOB OR TAKE ON AN ADDITIONAL TASK THAT WILL INTERFERE WITH VOLLEYBALL.**
4. Any absence without communication with the coach can result in REMOVAL/SUSPENSION from the team.
5. IT IS THE RESPONSIBILITY OF THE PLAYER TO NOTIFY THE COACH IN THE EVEN THEY ARE ABSENT FROM SCHOOL VIA EMAIL OR PHONE.

6. FAILURE TO COMMUNICATE WITH THE COACH AND NOT ATTENDING A GAME WILL RESULT IN REMOVAL/SUSPENSION FROM THE TEAM. (NO SHOW, NO CALL MEANS NO LONGER ON THE TEAM.)
7. Practice times are a best guess guideline and the coach reserves the right to extend practice at any given time.
8. Do not plan other after school activities during practice or game times.
9. PRACTICES ARE CLOSED TO ANYONE OTHER THAN CURRENT TEAM MEMBERS AND COACHES (unless an agreement is reached with the head coach).
10. Detailed practice and pre-game schedules will be posted. Read them. Know where to be and what to do at all time.
11. There will be no excuses for being absent or late to practice unless coaches are notified in advance. If you must be absent or late, do not send word by a friend—you take the responsibility. Personally talk to a coach – in person or by phone. Try to do so well in advance in order that adjustments can be made to the practice schedule.
12. All players must attend all games and practices. Duties will be assigned.
13. No one will leave practice or a game without prior approval by a coach.
14. Game transportation – all athletes will travel to games by car and arrive an hour before the first game begins.
15. Practice transportation – all athletes will be responsible for having someone pick them up or some means of transportation at the conclusion of practice.
16. Cell phones are allowed in the locker room, but not on the bench. Coaches will have cell phones for emergencies/communication. Coach Kat (404)-667-7938

G. Injuries and Sickness

1. All injuries are to be reported immediately to coaches so that treatment can start. You must communicate with coaches about ALL injuries.
2. If a trainer prescribes a rehabilitation procedure, you are expected to be there and do it!
3. Do not risk injury or your season by participating in other activities on the side during the season.
4. Any athlete who is injured will receive medical attention immediately. If a parent cannot be reached, then emergency personnel will be called and if necessary 911. A medical release form must be signed by the parent prior to tryouts for this purpose.
5. Safety guidelines will be provided and enforced.

H. Equipment

1. You have first class equipment. Take care of it.
2. You must be responsible for all the equipment assigned to you.
3. Write your # on everything. T-shirt tags, sweats, socks, etc.
4. Be prepared every day.
5. Always have your volleyball shoes to practice/play in a game.
6. You will not receive your items until full payment is made.
Athletes without the required items will not be permitted to participate in activities.
7. If an athlete quits or is removed from the team for any reason, the money paid is forfeited.

I. Conduct on the Court

1. Always hustle. This means jog on and off the court in games, jog at practices when getting from one place to another, and never walk.
2. Never swear aloud!
3. NEVER argue with umpires – your floor captain and your coaches have this responsibility if warranted.
4. We want you to talk and have life on the court. However, all talk should be words of encouragement to our team, not derogatory to the opponent. Be supportive to your teammates!! DO NOT smack talk to the opponent.
5. Keep chair areas clean.
6. Do not engage in conversation with fans during games.
7. Once team stretch begins, be quiet and get focused on your task at hand.
8. Nobody will sit outside the chairs during a game. All players will sit side by side or stand at the end of the chairs together.
9. When we have a cheer, join in the cheer. Everyone will be involved, including the bench and the parents.
10. No jewelry will be worn on the court or at practices.
11. In practice, work the hardest on your weakness, not your strengths (this is common sense!) That may mean you have a “bad” practice because you are working on something that you are not excelling at, and that is okay. Practice practice practice
12. Certain standards and expectations are necessary to uphold the integrity and reputation of the players. When young people seek leaders, they rely on the ability and talents of people in their age group. When leaders fail, the moral fiber of the group as a whole will begin to deteriorate. This responsibility becomes yours when you become a volleyball player. You are placed in the public light and your life is no longer just your own. Therefore, **PLEASE READ THE FOLLOWING INFORMATION CAREFULLY AND THINK ABOUT YOUR RESPONSIBILITIES AND DECIDE IF YOU WILL BE ABLE TO ABIDE BY THESE EXPECTATIONS.**

- a. You must never put yourself in a compromising position. If the present company of the athlete is not acknowledging the proper social or moral standards and values outlined in these expectations, you are expected to remove yourself from the situation immediately.
 - b. These behaviors are not allowed by volleyball standards and violations will be evaluated by the head coach and administration with appropriate punishments given. Behavior not allowed includes but is not limited to: profane language, fighting, cheating in academic subjects, unlawful acts, bullying, over-display of affection, undesirable and immoral behavior/language/gestures/pictures, violation of school dress code, any behavior considered inappropriate by school representative.
 - c. Chemical use: a student regardless of quantity shall not: buy, be in possession of, use or consume a beverage containing alcohol/tobacco/controlled substances at any time. Students who are discovered to have (by admittance or other proof) to have possessed/used/consumed/bought/sold/etc. a chemical substance (i.e. drugs or alcohol) will be subject to punishment consistent with the policies set by the county school system. Please note that we do NOT advise, encourage, or approve the use of performance enhancing or dietary supplements and this will be reported to school officials and the player may be removed from the team. This information must be provided on the physical signed by the physician. Any changes in health may require additional medical attention if a coach determines these changes may be harmful to the athletes.
 - d. Team behavior includes but is not limited to: leave all personal issues outside of practice. Leave all practice issues outside of personal life. DO NOT talk about your current team members or another team in a negative way. Talk problems over with the coach and keep matters among the team. This includes social media. Show respect. Be willing to go the extra mile, and be willing to sacrifice time, interests, and perhaps personal feelings for the good of the team. Volunteer without being asked. Never argue as a team in public, EVER.
13. Refrain from chewing gum while in uniform or at practice. Keep your hair away from your face at practice or a game function.
14. **DO NOT ACCEPT A JOB OR TAKE ON AN ADDITIONAL TASK THAT WILL INTERFERE WITH VOLLEYBALL.**

V. Consequences

“On good teams, coaches hold players accountable. On great teams, players hold players accountable.”

All punishments are regarding UNEXCUSED instances. This means that if you have an open line of communication with coach and you talk with coach ahead of time, this does not apply to you.

- A. Wall suicides, depending.
- B. Suspension – punishment determined by Coach Kat
- C. For every unexcused individual game missed, you will serve a one game suspension (support on the bench but will not play)
- D. Unexcused from missing practice – not calling/texting/leaving a message for missing practice/not valid excuse – to be determined
- E. Unexcused for being late to practice – 1 lap for every minute (or other determined punishment)
- F. If a player does not do his job on and off the field at the discretion of Coach Kat or becomes a problem to the Sprayberry High School Volleyball program, the following discipline ladder will be put into place
 - a. Player/Coach conference
 - b. Conditioning
 - c. Player/Parent/Coach/Athletic Director conference
 - d. Suspension from practices/games
 - e. Dismissal from the team
- G. Not wearing or missing the proper practice or game attire – 2 timed wall suicides/laps/a set number of burpees
- H. Items left out on court (balls, net items, etc.) or trash in the locker room – **team** sprints for every item
- I. DO NOT KICK VOLLEYBALLS – CONSEQUENCES WILL BE SEVERE. We do not have money in the budget to buy new volleyballs just because you kick them. If you kick them/bust them, you will be required to pay for them (roll them with your hands off the court, not onto another live court).
- J. Profanity – TBD for every word

V. Parent Information

1. Be positive with your daughter. Let her know simply being part of this team is an accomplishment. Don't put her down. If you are constantly telling her she should be playing, she may take it as derogatory. If she is not a starter, she probably knows why, but it may be hard for her to tell you.
2. Encourage her to work and do her best. Don't offer excuses if she is not playing. There is usually a reason for it and she should discuss it with the coach.
3. Be loyal to the program and the coaches. The coach represents the boss-authority-parent-teacher-etc. If the parents constantly doubt the coach, how can you expect your daughter to play for the coach? Teach your child to be a DOER, not a COMPLAINER.

4. Insist that your daughter follow TEAM RULES. No matter which team your daughter is on, players must follow the rules. Volleyball is demanding and coaches are concerned with a player's off the court activities. In order to get the maximum physical and mental performance, she needs to take care of herself on and off the court. DO RIGHT.
5. Be positive toward all other players in the program. Please do not carry bad feelings toward players because of incidents that may have occurred between players (incidents that may have occurred in lower grades, boyfriends, your conflicts with other parents, etc.) Try to remember that every player has an important role on the team. It may not always be a starting role, but every role contributes to the entire team.
6. Be a good fan in the stands. As a fan, you are entitled to yell your head off, if you want to. Please do! We want to remain positive towards the opponent, all coaches, players, and referees. Do not approach another team's players or coaches and do not approach the ref with issues. Instead, bring them to the attention of the head coach.
7. Please do not act like a know-it-all. The coaches work with the players and know the talents and abilities of each player well. Trust them in their judgements and respect their coaching knowledge. We see them in practice. Every day they have an opportunity to prove themselves. I understand that some players may be "gamers" but if we see little work in practice, it is hard for us to put them in a game in a key situation. Please do not come over to the chairs during the games. Please be careful with this. I know they may need a drink from time to time, but respect our policy. If there is an emergency and you are needed, we will come find you.
8. Insist that your daughter develop self-control. Self-respect begins with self-control. "The ballplayer that loses his head, who can't keep his cool, is worse than no ballplayer at all." Lou Gehrig
9. Refrain from comparing your daughter with previous children who have played sports or with teammates. Encourage your daughter to be herself and develop her own given talents. Do not put undue pressure on your daughter by thinking only in terms of future scholarships. Scholarships are a result of unselfish play, hard work, leadership, coach ability, mental discipline and character, as well as individual talent. Speaking from experience, a college coach prefers TEAM players, rather than one only focused on her (Ladies who are leaders and who are willing to do whatever it takes for their team to win).
10. Have your daughter see the coach if she has problem. Almost all concerns can be handled at this step. Coaches are here because they love coaching and love working with your children. There are many times they do not realize your daughter has a problem, so let them know. Teach your daughter to take responsibility and handle their concerns in an adult manner.
11. Make the most of each game. If she has a good game, great! If she has a poor game, it's still okay! Don't be a worrywart. That is the coach's job. Most of the time, parents take things harder than the players. Lighten up and have fun.

12. The role of a sub – Nobody likes the idea of sitting on a bench during games. However, for most of us, being a substitute is a reality in certain stages of our athletic careers. How you are able to deal with the responsibilities and frustrations of being someone who comes off the bench cannot only affect your personality, but in most cases will determine the success or failure of your team. Many games are won or lost as a result of the performance of a sub. If you are going to be a sub, an effective sub, you must understand its importance and accept the role to help contribute to your team's success. You should always work hard to become a starter, but if you don't start, do not let the status affect your ability to contribute to the success of the team. Be positive during practice and games. 50% of your effort should be devoted to motivating your teammates. Study the game from the chairs. You should have a pretty good idea where and when you are likely to be used as a sub. Analyze the competition, study the opposing team. Know your strengths and how best to take advantage of the opposing team's weaknesses. Remember, there is no shame in being a sub. Your contributions are just as important to the team family as those of a starter. Be positive, work hard and you and your team will be successful.

VI. The Junior Jacket Program

A. Team Dynamic

- a. Team Mom/Dad
 - i. Organizes team bonding events
 - ii. Organizes who brings food to tournaments and games (sign up genius)
 - iii. Will help set up the end of season banquet
- b. Team Representative
 - i. At least one parent who is a part of the booster club and open forum
 - ii. Helps to represent the needs of all parents if there is an issue on the team
- c. Photographer
 - i. At least one parent who films games
 - ii. At least one parent who photographs during games, bonding, and other team moments

B. Main Season Goals

"We are Athletes. We can play any place, any time, and anywhere on the court."

- a. Be able to play any position
- b. Great sportsmanship and positive team dynamics
- c. Learn to run complex offenses and defenses to prepare for higher level volleyball
- d. Work through tough and unusual situations without affecting play
- e. Master ball control and consistency (or at least improve)
- f. Most of all, develop significantly since the beginning of the season

C. General rules to Keep in Mind

- a. "The kids will play, the officials will officiate, and the parents

will cheer”

- b. No player, coach, parent, or spectator may openly or otherwise harass, interfere with their ability to carry out their responsibilities, or disagree with a referee or scorekeeper.
- c. Each match will be best 2 of 3 sets, the first two sets are played to 25 points
 - i. If necessary, the third set will be played to 15 point
 - ii. Each coach receives two 45-second timeouts per set which can only be called by a coach or team captain
- d. Service is from behind the official service line.
- e. There is no limit to the number of consecutive points that may be served.

Player Agreement

- Volleyball is a team sport, and I understand that every practice or game I miss will affect my entire team.
- If I notice any unsportsmanlike conduct, I will report it to my coaches immediately so that it may be dealt with accordingly.
 - I will not partake in any unsportsmanlike conduct.
 - No animosity between SHS teams will be tolerated.
 - No unsportsmanlike actions or talk with other teams will be tolerated.
- I will always put forth effort on the court. I recognise my actions affect my team and reflect badly on my coaches, my school, my parents, and myself.
- I recognize that poor sportsmanship, as well as lack of participation, will result in punishments including but not limited to running laps, doing burpees, or sitting during a game.
- I will be changed, ready to play, and will have assisted in setting up prior to the practice start time of 6:00pm.
- I will display active participation during practices and games: this includes hustling, listening when a coach is talking, focusing on developing my volleyball skills (not goofing off), displaying good sportsmanship to all, and following the program's rules.
- I will always show respect towards refs, my own coaches, the opposing team's coaches, my teammates, and the opposing team's players.

I, the parent of _____, have read and understand the expectations for my child to play in this volleyball program.

Parent Signature

Date

I, _____, have read and understand the expectations for me to play in this volleyball program.

Player Signature

Date

Parent Agreement

- I understand my role as a parent is to cheer on my daughter and her team. I will leave coaching to her coaches and reffing to the refs.
- If I disagree with a ref's call, I will not voice my displeasure to them, but instead let the coach handle it as they see fit.
- I will not attempt to coach my daughter from the sidelines during practices or games.
- I will not approach the ref, the opposing team's coaches, or the scorekeeping table before, during, or after any game.
- I will lead by example and always act with good sportsmanship.
- If at any point throughout the season I witness unsportsmanlike conduct, whether it be a player, parent, or coach, I will bring it to the attention of my daughter's coach.
- I recognize that while playing time for my daughter will be fair, it will not necessarily be equal.
- I have made known to the coaches if my daughter has another commitment which conflicts with any portion of the season.
- As soon as I am aware that my daughter will be missing a practice or game, my daughter will email/text/call my coach. If that is not possible, I will contact the coach instead BEFORE the event..
- If I have any concerns regarding my daughter, another player, another parent, or the volleyball program in general, I will address it with my daughter's head coach so that it may be resolved.
- I understand that if I am in any way violating these rules or disrupting a practice or game, I may be asked to leave.

I, the parent of _____, have read and understand what is expected of me so that this may be a successful season for my daughter.

Parent Signature

Date