



Fort Calhoun Jr. High Volleyball Handbook



Communication

- Communication is key to success. There are many parts for effective communication to take place. Not only is it important for coaches to communicate to athletes and parent/guardian, but it is also important that athletes and parent/guardian communicate with coaches!!
- The coaching staff will work to communicate with athletes and parent/guardian in a timely manner. We will send out information to athletes and parent/guardian and post information to the website as soon as it is available.
- The coaching staff is available to discuss matters or concerns with athletes in person. We expect the athletes to come to the coaches personally with any issues or concerns they have about team-related issues. Athletes should only rely on their parent/guardian to speak to the coaching staff when absolutely necessary.
- We would like athletes to ride the bus to and from away games. However if parent/guardian would like to take their athlete home with them, the following needs to take place.
 - Parent/guardian need to present a hand written note stating the name of the athlete that will be going home with them after a game with their signature OR sign the sign out sheet provided by the coaches.
 - If this does not happen and the athlete leaves without giving the coaches a note or having their parent/guardian sign the sign out sheet, the athlete will have to sit out a set/game in the next match.

Absence Policies

Practice and Games

There are very few excuses that warrant being absent from a team event. An athlete should consider each absent they have (whether excused or unexcused) a missed opportunity on learning new information, contributing to their team, as well as negatively affecting their team's overall success. We will give athletes who consistently attend practice priority over athletes who do not consistently attend practice. In the event of an absence or tardiness to practice or a match, athletes are expected to contact their coach as soon as they know the absence or tardiness will occur. Failure to contact their coach prior to the absence or tardiness is a violation of the communication policy and is subject to athlete discipline.

Excused Absences

- An absence is excused if the athlete notifies the coach in advance and the coach approves the absence.
- Excused absences might include but are not limited to—family emergencies, medical emergencies, special academic opportunities, and once in a lifetime opportunities.
- Illness or injury is not an excused absence unless a signed note from a doctor is provided to the coach. Injured athletes are expected to attend practice.
- All excused absences are left to the discretion of the coaches.

Unexcused Absences

- An absence is unexcused if the athlete does not notify the coach before the absence occurs, or does not provide the proper written documentation indicating the reason for the absence signed by the parent/guardian of the athlete.
- If an unexcused absence occurs for a practice prior to a match, the athlete will not be allowed to play in that match. If missing practices become habitual, then the coach and athlete will meet to evaluate the athlete's commitment to the program. During this meeting, they will discuss possible solutions. Communication will also take place with parent/guardian if needed after meeting with the athlete.
- All unexcused absences are left to the discretion of the coaches.

Policy for Missing Practices and Games

- Athletes who miss the practice prior to a match with an unexcused or excused absence must sit out at least one set/game of that match.
- Athletes must practice for at least 8 practices at the beginning of the season before being able to play in a match.
- Athletes who miss multiple practices before a match, it is up to the coaches discretion on when the athlete will play.
- Athletes who miss 1 match will sit the set/game of the next match.
- Athletes who miss 2 matches will not play the next match.
- Athletes who miss more than 2 matches will be moved down a team.

We ask our parent/guardian to please be prompt picking your athlete up after home and away matches. Please remember...A member of our coaching staff must remain at the school until all the athletes are picked up. Even if the athlete has a cell phone, to ensure their safety we will refuse to leave until someone has arrived to pick them up.

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Parent/Guardian and Athlete Contract Agreement

Please read, sign and return the bottom portion of this form to the coaches. You will not be able to participate in practices or games until the signed form is turned into the coaches.

_____ I have read the Fort Calhoun Jr. High Volleyball handbook with my athlete, and we are aware of the expectations that are involved with being part of the team.

_____ We agree that I will help my athlete abide by those expectations as a part of the team.

_____ We agree that I will support them in keeping their commitment to the team. We understand that my athlete is expected to attend all scheduled practices, matches, and tournaments as part of the team.

_____ We agree that sportsmanship is an extension of respect and will be positive fans and cheer for our team!

As the parent/guardian(s) of a Fort Calhoun Jr. High volleyball athlete, I agree to all the above expectations and guidelines set forth by the coaching staff.

Athlete Signature

Date

Parent/Guardian Signature

Date