

Lady Redskin Volleyball – Basic Guidelines

Playing Time

We keep a lot of kids, more kids than we can honestly play in every match. It is our goal to provide playing time, but time will not be split equally. Players must understand and be prepared to accept that playing time may not be what is expected.

Player's Behavior Expectation

A player represents her parents, her coaches, her teammates, Union Public Schools, and Union Volleyball at all times. Behaving in a manner capable of tarnishing the reflection a player has on the program will not be tolerated and will be addressed immediately. Social media lives forever in a screen shot.

Drug and Alcohol Contract

Engaging in activities related to drugs or alcohol violates the school's policy, and the consequences set forth by the school will be followed. Students sign the drug and alcohol contract – be sure to read it!

JV and Varsity Practice Start Times During School

Players must remain safe on the road and should never feel the need to rush through traffic to arrive to practice on time. Players driving from the high school campus to the 9th grade are expected to arrive at the 9th grade and be on the floor ready to practice within 25 minutes of the end of 5th hour; this accounts for five minutes to get to the car, 12 minutes to drive, and eight minutes to dress out. If a player is unexpectedly delayed, she should notify her coach and explain the situation. If a player finds herself tardy repeatedly, she and the coach will need to discuss a viable plan to address the situation.

Missing Practice

Students are expected to be in attendance at each and every practice, both during the summer and after school. Students absent from practice, outside of a school requirement or an injury being treated under the care of a doctor or Union's athletic trainer, will make up the missed conditioning before being allowed to return to the court for future matches. It's not a punishment, but it will be in place of a two to three hour practice; time to complete the conditioning takes 40-60 minutes.

Self-Diagnosis

Players are not excused from working out with the team unless written notice is provided from a doctor or Union's athletic trainer. Parents may not request a student miss a team workout for any reason. If reason enough exists to miss, reason enough exists for the player to see the trainer or a doctor. If it is for reasons other than an injury, such as a cold or other temporary ailment, the player might be better served resting at home. Failure to participate can result in removal from the class. Visiting Union's athletic training center is highly recommended sport related injuries.

Concerns as a Player or Parent

Is it a player or parent concern – who should address the coach? Parent concerns involve the physical and emotional well-being of a child and should be brought to the attention of the coach immediately. Player concerns involve topics related to the player's role in the volleyball program. Playing time is a player's concern first; coaches always want to address the player ahead of the parent. The communication line must remain open between player and coach. Parents should encourage a player to speak with her coach when concerns arise. See also "Playing Time" above.

Dress Code on the Court

Players are expected to wear a t-shirt and shorts or black/blue spandex. No shirts other than uncut crew neck t-shirts are permitted. Any athletic short is fine, but no spandex other than black or blue is allowed.

Staying on Game Day After Playing a Match – 9th, JV, and Varsity

All players are expected to be in attendance all evening during matches where multiple teams play. The varsity and JV are there when the 9th grade plays; 9th grade is expected to be present while the JV and varsity play. Older players support younger kids, and younger players support older ones. We arrive to tournaments as a team, and we leave as a team after all responsibilities are met; if we stay to officiate after losing our final match, each player stays regardless of whether she is working the match or not.

Team Assignment

Teams will be assigned based on player's ability and the needs of the team. These assignments are fluid and may change at any time throughout the season.

Home Games – 9th, JV, and Varsity

All players will remain in the gym at all times after dressing out; no one should leave without asking permission first. High school players are expected to report to the gym immediately following 5th hour, dress out, and be in the gym within 15 minutes; bus riders from the 9th grade are allotted ten minutes after the bus arrives. Sophomores will set up the net. Juniors will set up chairs. Seniors will clear the south bleacher steps and set up the table with the necessary game balls, score sheets, pens, pencils, microphone, and game music. Varsity officiates 9th grade. 9th grade officiates JV. JV/9th officiates varsity; 9th will only be needed if JV needs help due to low numbers. Officiating team is expected to officiate or do homework if not needed to officiate during a set. Non-officiating team is cheering and supporting the playing team. Following all home matches, 9th grade and JV tear down the net, clean up the table area, and put away the chairs.

Gear Requirements

We provide the uniform, a jersey, and spandex. Players may wear their own spandex as long as they are black. Students are highly encouraged to wear knee and ankle protection; color is not specified, but most players wear black. Shoes are not mandated, but if a player is buying a new shoe, we ask that you check with Coach McKee to see what the team is wearing. If a player can still get mileage from a past shoe, wearing it is fine.

Hazing

In no shape, form, or fashion is hazing allowed. Never will any player do anything to make another player feel she is less than another. There is no grunt work saved for younger kids, and there is no rite of passage activity. Each person is a teammate, and we were once all the younger kid or the new kid. We will not tolerate anyone forgetting every teammate deserves equal treatment. Words and actions will build up our teammates, and never should our words and actions divide us.

Bus Transportation

Kids are expected to ride the team bus both to and from away matches. Ultimately, parents make the final decision. Riding the bus is the expectation.

Prompt Parent Pick Up

A coach must stay with kids waiting for a ride. If arriving on time presents a hardship, consider ride-share to pick up your child at a teammate's home later. Please arrive within 5-10 minutes of the scheduled dismissal time to help everyone arrive home in a timely manner.

Camp for 8th and 9th graders

Camp occurs June 4 - 7 from 9-12 Monday through Thursday at the 8th grade center. JV and varsity players work the camp for our younger players. 8th and 9th grade players have invested a limited amount of time on the court, so camp provides an opportunity to strengthen ball control and knowledge of the game. Players also gain an understanding of common drills we will utilize once practice begins in July. Most kids just start playing volleyball in Union at this age, so we have a lot of ground to cover before we play our first match in early August. Camp also allows coaches and players to begin establishing a rapport; most importantly, it allows teammates to begin working together and establishing new friendships. If an 8th/9th grade player is in town, it is encouraged she attend camp June 4 - 7; details can be found online at www.redskinvolleyball.net or www.unionps.org on the Athletics page under summer camps.

Communication

It is our goal to keep everyone informed in a timely manner. We email, text reminders, and try to post things online at www.redskinvolleyball.net, Twitter (redskinvball), Instagram (redskinvolleyball) or Facebook; find our FB page by searching "Union Redskin Volleyball – Tulsa, OK".

Summer Workouts

Sign up for Coach Clare's workouts – best bang for the buck. No open gyms are scheduled at this time. Nothing is required until we begin practice in late July. Athletes should find methods to remain active; showing up to practice after two months of inactivity will not allow an athlete to reach the highest level possible.