



## Clear Lake Falcon Volleyball Handbook

The purpose of this handbook is to communicate to players and parents/guardians' information concerning the volleyball program at Clear Lake High School. The goal is to have a first-class program where players learn the game of volleyball, grow in character, develop school pride, and achieve success on and off the court. To have a successful program, players must understand that total commitment is a necessity. Participation in the volleyball program is an earned privilege, not a right to be given. Each player, whether a starter or a role player, has a job to do...and it is important to the success of the program.

### STANDARD OF EXCELLENCE

Being a part of the Clear Lake Volleyball Program is a privilege, and with any privilege there comes certain responsibilities. You represent not only yourself, but also the team, your teammates, coaches, teachers, and Clear Lake High School. You are expected to not only follow the rules but model the expectations within our program. You are held to a higher standard than most of the student body. Be aware that your behavior and choices off the court can and will impact your future position in the program. We expect every athlete to act like a model student on the court, in the classroom, and as a member of the community.

### Practice

- Be early, dressed, and stretched when practice time starts. (no jewelry, athletic shoes, and issued practice shirt)
  - **Consequences for jewelry/incorrect practice shirt:** 2 suicides (30 sec); add 1 suicide each offense.
- If a player is injured, make the coach is aware and plan to see the trainer before/after school or during lunch.
- Injured players should engage and actively participate in practice as much as possible. (shag, cheer, etc.)
- Any preparation for practice in the training room needs to be handled before practice starts. (stretching, taping, treatment, etc.)
- When the coach is talking/explaining, pay attention. If a coach asks you to do something and you don't understand, then ask them during a break or after practice.
- No cell phones or bags/backpacks are allowed in the gym; they must be secured in the locker room.
- Nets, pads, ball carts need to be set up for practice. Players will have weekly assignments for setting up.
- 100% effort and a good attitude is expected every day. If a player's effort/attitude is in question by the coaching staff you will be sent out of practice, and before returning you will have a discussion with your coach.
- Players cannot participate in the school blood drive until after all athletic classes and practices have been fulfilled for the day. If the player does participate in the blood drive, this ends up resulting in the player not being able to physically workout for the rest of the day. Coaches will follow the missed practice/match consequence protocol.

### Attendance at Practice

- Attending practice is mandatory- it is not an option. Players will be required to make up any practice time missed prior to competing in a match. As a student-athlete you will have to make sacrifices. This means feeling bad is not a good reason to stay home. Showing your teammates this type of commitment goes a long way.
- Having a job and participating in out-of-school activities is great. When we are in season, players need to make arrangements to attend practices and matches. Practice calendars will be posted on the website and may be subject to change. The calendar will give players an opportunity to plan accordingly.
- Injured players in attendance must dress out. An injured player with doctor's note must produce a release to return to normal activities. Players must communicate according to their coaches about their injury.
- Passes from teachers to be late to athletic period will not be accepted. The athletic period is a graded class and should be treated with the same respect as other classes.
- Players will be required to join a Volleyball Remind group only to receive information from coaches and for players to contact a coach when they will miss practice.

- Always let your coach know prior to missing practice, and if you leave early from school make sure you tell your coach (Remind or email). You will have to run if you miss practice to make up for the work that is missed. If you do not contact your coach, you will have to run more. This is the player's responsibility- not the parents.
- **Consequences for missing are as follows (coaches' discretion can be considered):**
  - **Missed practice:** 4 suicides (30 sec) and 4 towel pushes for each day missed.
  - **Late to practice or athletic period:** 2 suicides (30 sec) and 2 towel pushes.
  - **Missed volleyball class period:** Coaches discretion due to activity during class period.
  - **No communication with coaches prior to missing:** 2 suicides (30 sec).
  - **Missed practice the day before a match:** Sit out at least 1 set of the match the next day OR run 1 mile in 9 minutes to be eligible to play entire match.
  - **Missed a match:**
    - Unexcused (work, doctor's appointment, birthday party, etc.): Sit out the next match played.
    - Excused (school related events, emergencies, etc.): Sit out the 1<sup>st</sup> set of the next game.

### **Game Day**

- Varsity will set up Krueger FH/9A will set up Main gym and JV/9B will breakdown the gyms for home games.
- Team captains will determine game day attire and relay to the team. Everyone should be wearing matching volleyball attire before/after their respective match is played. (game day shirt, travel shorts over spandex, warm up tops)
  - **Incorrect shirt, no travel shorts, non-Lake top:** 2 suicides (30 sec); add 1 suicide each offense.
- All players not playing will shag for each team when warm-ups begin.
- All players not playing will sit with the team in a designated area to watch the match and support/learn from the team that is playing. (1 warning from a coach, then 3 suicides in 30 sec for the team)
- Everyone should be invested in cheering for the team playing. Visit concession stand, use restroom, and talk to your parents between sets and matches.
- All players will be assigned games to call lines. Be at the score table when the referee calls for captains.

### **Away Games**

- Travel attire will be required for away games- everyone should be matching. (Clear Lake Volleyball shirt, travel shorts over spandex, etc.)
  - **Incorrect travel shirt, travel shorts, non-Lake top:** 2 suicides (30 sec); add 1 suicide each offense.
  - **Forgetting your jersey:** 3 suicides, 3 gut-checks; add 1 suicide each offense.
- Players must be on time to the school and are required to ride the bus to and from games. If you miss the bus, you will not be allowed to play in the match that day. (missed bus = Champion Builder)
- Players may use an Alternate Travel Form 1 time during the season. It must be completed and turned into the coaches 1 day in advance. (Forms will NOT be accepted at the game)
- Players must stay until the end of the Varsity game even if they are riding home with their parents. We must support our teammates. If you are on a sub-varsity team and can't stay to watch Varsity you are sending a message to coaches that you will not be able to stay and play on Varsity in the future.
- Players will be given notice when we are 15 minutes from the gym to call parents. Please be on time to get your child.
- Players are expected to conduct themselves in a proper manner on the bus, clean up any trash, and put the windows up before leaving. (dirty bus = Champion Builder)

### **Conduct**

- Any violation of the CCISD Extracurricular Code of Conduct will result in appropriate discipline or possible suspension. (The CCISD Code of Conduct can be found on Lake volleyball website)

- Being a part of this program comes with a certain degree of responsibility. Social media is a big part of today's society. Remember you are representing your school when you are a part of the volleyball program. If you think it may send the wrong message don't post it.
- The use of alcohol, drugs, and tobacco products will not be tolerated. If evidence is presented that a player has been involved in these activities, they are subject to suspension or dismissal from the team.
- Public display of affection (PDA) will not be allowed on campus or while representing the volleyball program.
- If a player is assigned to ISS, you will have conditioning (Champion Builder) and possible suspension.

### **Grades**

- According to UIL, all athletes are required to have a minimum of a 70-grade average in each class.
- Coaches would like players to strive to maintain at least an 80-grade average in their classes.
- Per UIL, any player that fails the first grading period will be placed on academic probation until they regain eligibility. You will be required to attend all practices, but you are not allowed to participate in athletic competition. You are expected to be at home games to support your teammates, but you are not allowed to warm up with the team, travel to away games, or sit on the bench until you regain your eligibility.
- Take advantage of tutorials as part of being a student-athlete is learning to manage your time.
- Players will not be allowed to miss practice to make up assignments, tests, or projects. You will have to make other arrangements with your teacher OR use your time during tutorials.

### **Attendance in the Classroom**

- Players are expected to attend all classes, be on time to class, and do the best they can every day in class.
- Consequences will be issued if a teacher contacts a coach about a player's behavior, attendance, or tardiness. (3 suicides in 30 sec; add 1 suicide for each offense)
- If a player is absent, they must turn in a copy of their excuse to the attendance office.

### **Locker Room**

- Clear Lake coaching staff is not responsible for lost or stolen items.
- Keep the locker room clean. (dirty locker room = 2 suicides in 30 sec; add 1 suicide for each offense)
- Do not share lockers, do not share your combinations with anyone, and make sure you lock your locker.
- The locker room must remain a positive environment: no gossiping, fighting, arguing, teasing, etc.

### **Equipment**

- All players will be issued equipment prior to the season and will be responsible for maintaining all items throughout the season.
- All equipment should be handled with extreme care.
- Do not lend your practice gear to your teammates.
- Any issued equipment will be collected the week after volleyball season ends. If you fail to turn in any of your issued equipment or there is damage to issued equipment, then you will be put on the fine list.

### **Lettering**

- Must play in 5 of the varsity matches.
- Complete the season in the program.
- Remain eligible the entire season.
- Be in good standing the entire season.
- Coaches may letter a player under special circumstances.

### **Offseason**

- Players who do not move on to another sport are expected to be in the volleyball offseason period.

- Players who do not participate in the volleyball offseason or in another sport will not be eligible to try out for the team the following school year.
- Players who move on to another sport are expected to come back to the volleyball offseason or complete volleyball offseason workouts (if athletic periods do not coincide).

### **Playing Time**

- Every athlete is given an equal opportunity to EARN playing time.
- Making a team does not guarantee equal playing time.
- Playing time is the Clear Lake coaching staff's decision.
- Playing time, team strategy, or other athletes will not be discussed with players or parents.
- Playing time is not guaranteed or required. It is decided based on the coaches' view of what will give us the best chance to compete and win.

### **Appropriate Chain of Communication**

- If any problems exist, you will bring them to the attention of the coaches immediately.
- Parents and players should never approach a coach to have a discussion or address a concern before/after a match or at a tournament.
- If a player wishes to discuss their playing time, they may request a meeting ONCE during the season at the appropriate time. Playing time, teammates, and other athletes in the program will not be discussed between coach and parent.
- Chain of Communication is as follows:
  - Step 1- Player meets with team coach and head coach (open door policy)
  - Step 2- Parent and player meet with team/head coach (appointment required)
  - Step 3- Parent and player meet with coaches/Athletic Coordinator (appointment required)

### **Game Day the Falcon Way**

- Please remember we are Lady Falcons fans first! Parents make sure we are always positive role models and supportive spectators for all our Clear Lake volleyball athletes. Players/parents will not do anything that reflects negatively on Clear Lake High School or our volleyball program.
- Taunting, insults, derogatory comments of any kind directed at game officials, referees, coaches, athletes, or other spectators will not be tolerated.
- Inappropriate language and profanity will not be tolerated.
- Spectators may not enter the playing field/court during a game or practice.