

Clear Lake Falcon Volleyball Handbook

INTRODUCTION

The purpose of this handbook is to communicate to players and parents information concerning the volleyball program at Clear Lake High School. Our 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. In order to have a successful program, players must understand that a total commitment is a necessity. Participation in the volleyball program is a privilege that is earned, not a right to be given.

We strive to do things the right way, realizing that performance is directly related to being fundamentally sound. Each player, whether a starter or a role player, has a job to do and is important to the success of the team.

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 be good role models. You are held to a higher standard than the majority of the student body. Be aware that your behavior and choices off the court can and will impact your 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.

Attendance in the Classroom

- You are expected to attend all classes, be on time to class, and do the best you can every day in class.
- If a teacher contacts a coach about your behavior, attendance, or tardiness it will result in consequences that will be at the discretion of the coaches.
- If you are absent, you must turn in a copy of your excuse to the attendance office.

Attendance at Practice

- Attending practice is mandatory- it is not an option. You 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, you need to make arrangements to attend practices and games. Practice calendars will be posted on the website and may be subject to change. The calendar will give you an opportunity to plan accordingly.
- Injured athletes in attendance must dress out. An injured athlete with doctor's note must produce a release to return to normal activities.
- If you are late to practice or athletic period, you will have additional conditioning. 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.
- Always let your coach know prior to missing practice, and if you leave early from school make sure you tell your coach. You will have to run if you miss practice to make up the work that is missed. If you do not contact your coach, you will have to run more.
- If you miss practice the day before a match, you will sit out at least one game of the match the next day (circumstances and coaches' discretion can be considered).
- If you miss a match, you will sit out the next match played (circumstances and coaches' discretion can be considered).

Conduct

- Any violation of the CCISD Student/Extracurricular Code of Conduct will result in appropriate discipline and/or suspension. It is a privilege and not a right to be a part of an extracurricular activity.

- We will not condone degrading remarks toward one another or other players, complaining about bad calls, throwing tantrums, rolling of eyes, or disrespectful remarks and attitude toward coaches, teammates, parents, and officials. We will not do anything that reflects negatively on Clear Lake High School or our volleyball program.
- 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 you have been involved in these activities you 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 you are assigned ISS regardless of the reason you are subject to additional conditioning and possible suspension.

Grades

- According to UIL all athletes are required to have a minimum of a 70 grade average in each class.
- We would like you all to strive to maintain at least an 80 grade average in your classes.
- Underclassmen that fail the first grading period will be placed on academic probation until you regain eligibility. You will be required to attend all practices and follow your academic progress plan put in place by your coach. You are expected to be at home games to support your teammates, but you are not allowed to travel with the team until you regain your eligibility.
- Take advantage of tutorials during Falcon Lunch, a part of being a student athlete is learning to manage your time.
- You 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 Falcon Lunch.

Practice Expectations

- Be early, dressed, and ready to go. (no jewelry, athletic shoes, black or navy spandex, issued practice shirt)
- If you are injured, make sure your coach is aware and plan to see the trainer before and after school.
- When coach is talking/explaining, pay attention. If a coach asks you to do something, then do it "yes coach"- if you don't understand then ask them after practice or during a break.
- No cell phones or bags/backpacks are allowed in the gym. They must be secured in the locker room. Anyone caught checking their phone during practice will be sent home and consequences issued.
- Nets, pads, ball carts need to be set up for practice. Players will have weekly assignments...if the net is not up on time (clock will be set), then the whole team will run.
- 100% effort and good attitude is expected every day. If your effort/attitude is in question by the coaching staff, you will be sent home from practice. Before returning you will have a discussion with your coach, you will have consequences, and you may need to consider your commitment to playing on the volleyball team.

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.

Travel

- Travel attire will be required for away games. Everyone should be matching. (practice shirt, travel shorts over Adidas spandex, warm up tops and bottoms)
- All players must be on time to the school and are required to ride the bus to and from games.

- If there is an emergency and you need to ride with your parents after the game, then you must obtain an alternative student travel form from your coach. This request must be signed by a parent or guardian and approved by the principal. You must complete a new form for each game and the form needs to be turned in before the bus departs the school for the game. (Forms will NOT be accepted at the game.)
- All 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.
- If we make any stops make sure you are back on the bus when you are supposed to be.
- Athletes will be given a notice when we are 20 minutes from the gym to call parents. Please be on time to get your child.

Game Day

- Varsity will set up Krueger FH/9A will set up Main gym and JV/9B will breakdown the gyms for home games.
- Seniors/team captains will determine game day attire and relay to the team. Everyone should be wearing Lake volleyball attire before/after their respective match is played. (practice shirt, travel shorts over spandex, warm up tops and bottoms).
- All players not playing will shag for each team when warm-ups begin.
- All players not playing will sit with their teammates in a designated area to watch the game and support/learn from the team that is playing. **NO ONE SHOULD BE ON THEIR PHONES.** Players will have extra conditioning if this becomes an issue.
- Everyone should be invested in cheering for the team playing. Visit concession stand between sets and matches.
- All players will be assigned games to call lines. Be at the score table when the referee calls for captains.

Locker Room

- Clear Lake coaching staff is not responsible for lost or stolen items.
- Keep locker room clean, we will not pick up after you. Team will have extra conditioning for locker room not kept clean.
- 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 school owned equipment should only be worn when we are practicing, traveling, or on game day.
- Any issued equipment will be collected the week after volleyball season ends. If you fail to turn in any of your issued equipment you will be placed 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 off season period.
- Players who do not participate in the volleyball off season 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 off season or complete volleyball offseason workouts (if athletic periods do not coincide).

Appropriate Chain of Communication

- Step 1- Player meets with team coach and head coach (open door policy)
- Step 2- Parent meets with team/head coach (appointment required)
- Step 3- Parent meets with coaches/Athletic Coordinator (appointment required)
- Parents should never approach a coach before or after practices and games.
- Meetings are only to discuss mental and physical treatment of the student athlete, student athlete's behavior, and coachability of the student athlete. Your student athlete's playing time, her teammates, and other athletes in the program will never be discussed.

If any problems exist, you will bring them to the attention of the coaches immediately. Please remember playing time is not an issue and will not be addressed in any meeting. Parents may contact the coach **after** the athlete has discussed the issue with the coaches and further clarification or concerns need to be addressed. If all communication steps have been exercised and it is necessary, a conference may be set up with the athletic coordinator and a coach.

Please remember we are Lady Falcons fans first! Parents make sure we are always positive role models and encouraging spectators for all our Clear Lake volleyball athletes. Disrespectful or derogatory remarks towards athletes, coaches, opponents, officials, fans, etc. will not be tolerated.

THE LAKE VOLLEYBALL STANDARD

1. I have read the Volleyball Handbook, and I understand the policies of the volleyball program. I agree to follow all rules and guidelines expressed in the handbook.
2. I am ready to make the sacrifices and to provide the effort necessary to make myself and the Clear Lake Volleyball Program the best we can be.
3. I will strive to follow the following guidelines that exemplify the Clear Lake Falcon behavior.
4. I will be a leader in class and will handle all of my academic responsibilities.
5. I will have respect for myself and for those in authority on and off the court.
6. I will not lie or steal.
7. I will give my best effort at ALL times.
8. I will not use profanity in the presence of coaches and adults.
9. I realize the importance of practice and I will personally strive to participate in 100% of the workouts. I am aware that missed workouts result in make-ups the day I return.
10. I will always put the interest of the team above my individual interest. We > Me.

Athlete Name: _____ Signature: _____ Date: _____

Parent Name: _____ Signature: _____ Date: _____

O.N.E. OUR NEW ERA

