

2019 Worthington Trojans Volleyball Information, Parents and Players

Head Coach: Jessica Hogan 507-376-4174

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Assistant Coach: Courtney Opdahl

Assistant Coach: Micaela Massey

Important websites: www.isd518.net/volleyball (Volleyball home page, calendar and info)

<http://www.thebigsouthconference.org> (Game schedules and notifications)

1. **PRACTICE:** Practice Begins Monday, August 12th.

Check: <http://www.isd518.net/volleyball> for details. Practice is extremely important – PLEASE BE THERE! Always let a COACH know if you are going to miss practice as much in advance as possible. Telling a teammate is not telling a coach. WORK is NOT an excused absence.

Excused absences will be monitored and responded to by the coaches depending on the situation. Unexcused absences will be handled in the same manner, but could hinder playing time and your privilege of being on the team.

2. **UNIFORMS:**

* Jerseys will be provided by the school to be turned in at the end of the season in good condition

* UNIFORM SHORTS (SPANDEX) – Must purchase on your own
They must be black with no writing or logos on them.

*Knee Pads – Must purchase on your own (black or white)

3. **PAPERWORK/FEES/PHYSICALS:** – Please get this taken care of ASAP!

4. **SHOES** – A good pair of shoes is very important. Basketball shoes are not the best option for volleyball because the soles are so big and heavy, just as running shoes are not suitable due to their lack of ankle support and thin soles. It is understandable that your daughter may need to use the same pair of shoes for more than one sport/activity. If this is the case, more of a light weight cross trainer design is a good option.

5. **ANKLE BRACES** – Not required, but are proven to be a good preventative investment. If you have had ankle injuries in the past, these are strongly recommended.

6. **SCHOOL ATTENDANCE POLICY** – Please refer to the District Handbook

7. **TEAM BUS:** Players are expected to ride the bus to away matches and back to Worthington unless there are special circumstances. In this case, the parent/guardian needs to speak to the coach directly about the situation well in advance, if possible. We feel this is an important time for the team to be together. **A note only will not be acceptable.** Varsity players will all be expected to ride home on the bus.

8. **CELL PHONES:** There are appropriate and inappropriate times athletes need to be using their cell phones. On the team bus to or from an away match, or sitting as a team in the bleachers before or after a match are NOT appropriate times for cell phone use. All cell phones will be collected by the coaches when the team boards the bus for away games and will be returned on the ride home. As always, the girls will be able to use their phones for emergency calls and for arranging transportation. If they need to use it for any other important reason they may ask the coaches permission. If a parent needs to get a hold of their daughter while we are on the bus

please email or call the coaches cell phone. Phones will also be collected before home matches, as they are not allowed in locker rooms.

9. PLAYERS: Work Hard Everyday and Be Coachable, Respectful and display a Positive Attitude. Accept the role your coaches give you and the role your team needs you to play. Set your expectations for yourself high, but don't expect anything you haven't earned. Don't assume the worst about a coach or a teammate in an unclear situation. Instead, assume the best out of them and yourself. Don't build negative thoughts up in your minds about yourself, your teammates or your coaches. Often times, perception doesn't match reality. Talk to your coaches if you are feeling frustrated, anxious, or uncertain so they can help you and let you know their perspective and expectations. Expect as much out of yourself as you do from everyone else involved with your team. Let your unselfishness shine through for the better of the team.

- Players will not be allowed to participate in a game with a visible hickey on their neck. This is not a proper representation of our school, team or community.
- Players will not be allowed to participate in a game with a visible tattoo on their body. A tattoo is a personal choice for individualism. We are not on the court as individuals; we are on the court as a team. It will be covered or they will not play.
- Players will be encouraged to stay off of social media during volleyball season, especially in regards to posts directly relating to the volleyball team.

10. PARENTS: Please positively support your daughter and your daughter's team and teammates. Worthington volleyball will demonstrate sportsmanship and class at all times, please do your part this season so we can all be a fine example of that. Chemistry is a winning ingredient on any team and as coaches we work hard to have strong team chemistry. Please do not negatively talk about your daughter's team or teammates, and do not accept these types of negative comments from your daughter at any time. Together we can keep a positive environment on and off the court. Don't assume the worst about a coach or a player in an unclear situation. Instead, assume the best out of them and yourself. Don't build negative thoughts up in your minds about the coaches or the team. Often times, perception doesn't match reality. Any other concerns parents have should be addressed by encouraging your daughter to talk to her coach. If this doesn't resolve the situation, the chain of command will be followed. The matter of playing time will not be discussed due to the fact that it puts the player in a difficult situation. Your daughter's role on the team will be clearly defined and discussed between her and the coaches. Please have her inform you of what her role on the team is and help her to accept it and put the team first.

11. TEAMS (Grade level does not "get you" a spot on any team)

Varsity – Players ready for the highest level of skill and competition

Playing time is not guaranteed, playing time will not be equal.

B Squad – Next group of players to the varsity level, Playing time is not guaranteed, playing time will not always be equal.

C Squad – Next group of players to the B Squad level.

USUALLY – all players see some playing time, but equal playing time is not guaranteed

In closing, thank you for all of your support as we begin a new season. Dedication from you and your daughter(s) will keep our program growing in a positive direction. We, the coaches, will continue to work hard in building this program to a high level. We look forward to the upcoming season!

Coach Hogan and WHS Volleyball Staff

