OAK HARBOR HIGH SCHOOL

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2016 WILDCAT

VOLLEYBALL HANDBOOK

Head Coach: Kerri Molitor

JV Coach: Dan Potter

Freshmen Coach: Amanda Reed

**For league information, schedules, and other information:**

**wescoathletics.com**

**INTRODUCTION**

Welcome to the Oak Harbor High School volleyball program. We are committed to making this a positive experience for you and your child. I would like to thank you in advance for your contributions to our athletic program. Please review this notebook. If you have any questions, please contact me and we can set an appointment to discuss your concerns.

The purpose of this notebook is to familiarize you with myself and my coaching philosophies. I have been involved with the sport of volleyball for over 20 years, competing as a player and as a coach. I have experience playing every position, and coaching players of all levels, from beginning to advanced skill levels. I am a graduate of Oak Harbor High School and Western Washington University with a BA in Education, K-12. I was raised on a small farm on the north end of Whidbey Island, where my husband and I now live and are raising our two sons. I am excited to have the opportunity to be the head coach for the Oak Harbor Wildcats.

--Kerri Molitor

**COACHING PHILOSOPHY**

The development of the student athlete is the fundamental goal of my coaching philosophy. I believe there is more to athletics than win/loss records. It is my goal that upon leaving our program, a player will be a better individual than when they entered. I set high standards, with a priority in academics and positive personal values. I teach by positive example and emphasize the *process* rather than the *result* of a performance. I believe athletics provide an opportunity for students to learn valuable lifelong skills. Goal setting, leadership, cooperation, competition, dedication, discipline, and time management skills are examples of areas that will be enhanced through participation in athletics. These skills will be beneficial to the student/athlete throughout their life.

**ACADEMIC STANDARDS**

Because it is in the best interest of the student/athlete, academic progress will be closely observed. School and/or league academic standards will be strictly enforced. Athletics is secondary to academics. Student athletes must be **passing all classes** to be eligible to compete. This includes the semester prior to competing. If an athlete falls below a “C”, they may be asked to attend tutoring. If an athlete is failing a class, they will attend practice and will use that time to study/and or receive tutoring, but they will not travel to away events.

**ATTENDANCE REGULATIONS**

It is essential that all members of the team prioritize their personal schedule and exercise time management skills in order that scheduling conflicts are kept to a minimum. The coach, assistant coaches, or athletic office should be notified at least 12 hours in advance if a player is to be absent or late to practice. A message from a teammate immediately prior to practice or competition is unacceptable. Each player will have a phone list. Not knowing who to contact is not an excuse.

Unexcused absences or late arrivals are cause for disciplinary action. This may be in the form of additional conditioning, loss of playing time, or removal from the team. Examples of unexcused absences and tardiness include, but are not limited to, detentions, hair appointments, shopping, or other activities that are able to be scheduled outside of volleyball time. Although there may be situations when excused absences are unavoidable, the team is still affected when members are missing. Therefore, consequences may still occur.

Practice plans and game strategies are planned in advance and require the assurance that all members of the team will be in attendance. It is expected that all members of the team are in attendance at all team functions. This includes players that may be injured, or on academic/athletic probation. Injured players will continue to attend all practices and competitions. Their function on the team will be modified during their recovery. Ineligible players will continue to come to practices, however, they will not travel with the team. Building team dynamics is an important part of every group. Some team events may take place outside scheduled practice times.

Practice and game schedules will be provided at the beginning of the season. They will be updated and revised as needed. Admissions to games are required by the league. This includes sub-varsity matches.

Varsity players will arrive prior to the start of JV/Fresh. matches to support their fellow teammates. JV/Fresh. players will stay for the Varsity matches and perform assigned duties and/or sit together to cheer for their team.

Athletes are expected to travel with the team. Exceptions will be at the discretion of the coach. Our away matches tend to get us home late. Athletes are expected to study in the gym, or on the bus if needed. Athletes will stay with the team at away matches. They will study or cheer with their teammates.

School attendance is important. Athletes are expected to attend all scheduled classes. A minimum of 3 consecutive classes is required to participate on a given day.

Cell phone use will be limited. During Volleyball “team time” there will be no cell phone usage (including text messaging). This includes bus rides to and from games. There will be opportunities to make calls as necessary. They will be allowed to use their phones as we cross the twin bridges—this will allow parents ample time to be at the school to pick up their daughters as the bus arrives.

**FORMATION OF THE TEAM**

Athletic tendency dictates what position a person is best suited for. Performance during practice dictates how and when a player will be used in scheduled competitions. Other factors that may influence court time are how players add or distract from the team’s performance. During competitions, lineups are adjusted to best benefit the team, which means players may not receive equal court time. Players will be given opportunities in practice situations in order to improve their skills and demonstrate their capabilities. Players will be evaluated on (1) their ability and improvement of skill level, (2) performance in practice situations, (3) ability to perform in competitions, and (4) overall contribution, in whatever capacity, to the success of the team. Parents may not negotiate with coaches on lineups, positions, and amount of playing time the coach has decided upon for players on the team. If, at any time, a member of the team does not understand their role, open communication between player and coach is expected at appropriate times. Impromptu meetings should not interfere with scheduled practices or games. It is expected that the athlete will communicate openly with the coach. Athletes must attend all parent/coach meetings.

Discussions about positions, playing time, strategies, or other student/athletes are inappropriate outside of the gym. These items are at the discretion of the coach. It is detrimental to the team when outside influences put additional expectations and pressure on the athletes. Teammates, parents, and friends are encouraged to play a positive, supportive role in our program.

**PLAYING TIME**

At the high school level, opportunities for playing time during games will be earned. All playing time and positions will be at the discretion of the coach. If an athlete has a question about their standing on the team, it should be directed to the coach. Team members often understand their roles on the team, even when they are frustrated with them. Accepting their part of the team can be a rewarding experience, on or off the court.

Playing time is not guaranteed on any squad.

We have a closed-practice policy. Only members of the team, staff, and administration will attend our practices unless it is pre-arranged. During matches, parents and spectators must remain in designated areas. Athletes are expected to be focused on their coaches and teammates throughout the match. This includes the time before, between, and immediately after each set. If there is an emergency during the match, please wait to be summoned by a coach or athletic trainer before approaching the court or other team spaces. Only current high school athletes are allowed in the locker rooms.

**COMMUNICATION**

Each player will keep a volleyball notebook. Phone lists, bus schedules, practice and game schedules will be kept in their notebook. Other forms of communication between coaches, captains, and the team members may include cell phones, text messaging, and emails. Technology can be an asset when used appropriately.

SOCIAL MEDIA/NETWORKING:

Consider social media to be a live microphone… Be honest, respectful, and POSITIVE!

As a member of the OHHS Volleyball team, each athlete must remember that playing and competing for Oak Harbor High School is a privilege. As a Student-Athlete, you represent the school district and you are expected to follow the student handbook guidelines. You should portray yourself, your team, your school and the school district in a positive manner at all times.

\*As a Student-Athlete you SHOULD:

1. Be Careful! Even with privacy settings, once you post… it is PUBLIC!
2. Be Aware! Potential employers and college admissions offices often access information you place on social sites.
3. Be Positive! Your posts are a reflection of you, your team, your school, your family, and your community. Maintain a self-image that you can be proud of for years to come.

\*As a Student-Athlete you SHOULD AVOID:

1. Derogatory language or remarks about teammates or coaches; other athletes, teachers, coaches; or students, coaches, or representatives from other schools.
2. Incriminating or negative photos or statements.
3. Indicating knowledge of an unreported school or team violation (regardless if it was intentional or unintentional)

**RULES OF PRACTICE**

General obligations—Team members are expected to attend all practices, games, and meetings as scheduled. Absences, late arrivals, and early dismissals must be pre-arranged. Any injury or illness must be reported immediately. *Use of tobacco products, illegal drugs, or alcohol is strictly prohibited.* All participants involved with the volleyball program will follow all rules and requirements as stated in the Oak Harbor High School Athletic/Activity Code.

Purpose of practice—The purpose of practice is (1) to prepare a team for situations which occur in competition, (2) to mold a group of individuals into a team, and (3) to provide learning experiences through which individuals can improve their physical, emotional, and mental competence. In order to have productive practice time, each member of the team must be prepared to follow all rules of practice.

Timeliness/Promptness—Practice will begin on time, and will end on time. Players are expected to be in the gym and ready to begin activities at the start of scheduled practice time. Time should be allowed ***before*** practice for changing clothes, taping injuries, lacing shoes, setting up nets, fixing hair, etc. If a player is late to practice, she will begin running laps until the coach directs her to join the team. She may not join in practice, or interrupt practice to ask the coach what she should do. Players should plan to remain at practice until the coach dismisses them. Parents should not pick athletes up early from practice unless it has been pre-arranged. There are circumstances that may justify practice running late. If the team is trying to reach a goal, for example, they may continue past the scheduled time allotted. Coaches will do their best to keep practice on schedule to avoid running late.

Effort—Maximum effort to perform to the best of an individual’s ability should be given at all times. In every drill, every game, every day each player will be expected to try to follow through on all requests from the coaching staff. New skills will not always be learned easily. The effort a player puts forth will directly relate to accomplishing what is being taught. It is the nature of the game that contact may be made with various body parts to the floor. Floor burns, bruises, and some blistering are not uncommon when playing competitive volleyball.

Conditioning—Members of the team are expected to exhibit maximum effort throughout practice. This includes drills, shagging balls, returning to a line of active play, or strictly conditioning drills. Much of the physical conditioning necessary to the sport will be maintained through active drills during the scheduled practice time. It is important that individuals give their best effort at all times to increase their physical condition.

Responsiveness—Players are expected to act quickly upon instruction as ask questions if needed. Players will improve a t a greater pace if they pay attention to instruction given directly to them, to another player, and to the team as a whole. Willingness to try something new, even if it is difficult, will result in much greater achievements. Be responsive to all coaching. Although each coach may have a different coaching style, players must respect and be responsive to every coach on the staff.

Demeanor—Members of the team are expected to control negative emotions brought on by frustration or fatigue. Use of negative words or body language toward self, teammates, or coaches will not be tolerated. All team members and coaches will maintain good sportsmanship. Players will represent themselves, the team, and the school in a positive manner, treating all individuals with respect. Spectators cheering for our team will also adhere to our team’s expectations of good sportsmanship.

**PRACTICE AND DRILL DESIGN**

Practices and drills will be designed to insure the best possible results. Players will be challenged individually, and the team will benefit as skills are learned. Many drills will be very repetitive, as the basic skills continually need to be reinforced. As the skill level increases, players will be challenged by more advanced skills and techniques. Drills are designed to incorporate the maximum correct repetitions. Each practice will contain the following elements in order to maximize learning and retention:

Warm-up—A blending of motor patterns and ball handling skills designed to increase the body core temperature while incorporating volleyball movement patterns. Stretching will be included during this phase.

Skills Imprinting/Repetition—This is a repetitive phase in which athletes practice basic fundamental skills. This is a time where drills are run in order to give players maximum contacts to imprint proper techniques.

Combination Drills—These drills will follow a natural sequence of events that may happen in a match. Players are using several skills in a repetitive manner in order to adapt to specific gamelike situations.

Team Tactics and Controlled Scrimmages—This phase of the practice develops team execution, and can isolate specific areas of the game. It follows the typical sequence of events that occur in game situations, and play is allowed to progress to the natural completion. Maintenance of proper technique and positioning is important in this phase.

Conditioning—Although conditioning occurs throughout practice, high intensity drills or specific strength and jump training exercises will be done at the end of practice. Conditioning at the end of practice reduces the effect fatigue will have on learning technical skills. Maximizing performance is the goal of each practice.

Warm-down—This phase includes a general wrap up of the practice. It can also be a time to mentally review and to reflect on daily goals.

**MEASURING SUCCESS/GOAL SETTING**

Athletes need to know if they are successful. Successfulness will be measured by the attainment of goals. Individual and team goals will be established and monitored throughout the season. This will help to motivate and challenge each member of the team.

**LETTERING POLICY**

The following are criteria for receiving a varsity letter:

1. A player must complete the season in good standing.
2. A player must have competed in a minimum of 10 sets during regular season (league matches) *or,* have competed in a post-season competition.
3. Pre-season (non-league) matches do not count toward the athletic letter.
4. Ultimately, it is the coach’s discretion as to who will letter.

**CODE OF ETHICS**

Responsibilities of the **Coaching Staff**:

1. Always make safety and the athlete’s welfare come first.
2. Instill high ideals of character, and set an example of the highest ethical and moral conduct.
3. Select the squads, and determine the style and philosophy of play.
4. Teach skills and techniques to all players during practice sessions.
5. Determine lineups at games.
6. Understand game rules and show respect for the official’s decisions.
7. Develop mutual respect and confidence with players, parents, coaches, teachers, and administrators.
8. Display modesty in victory and graciousness in defeat.

Responsibilities of the **Players**:

1. Put the team’s goals, welfare, and successes above your own.
2. Attend all practices and game, even with an injury.
3. Be receptive to coaching
4. Be responsible for equipment and uniforms.
5. Be positive representatives of Oak Harbor High School, and the community.
6. Follow all team rules.
7. Show respect for coaches, teammates, opponents, administrators, and officials.
8. Display modesty in victory and graciousness in defeat.
9. Understand that nobody is granted equal or guaranteed playing time in games.

Responsibilities of the **Parents**:

1. Be positive and supportive to all members of the team.
2. Allow the coaching staff to instruct and guide the team.
3. Remember the athlete has to return to practice the next day, refrain from adding additional stress and unrealistic expectations to the athletes.
4. Address all questions and concerns at appropriate times, do not question or confront the coach immediately before or after a contest.
5. Demonstrate good sportsmanship and serve as positive role models.
6. Understand that nobody is granted equal or guaranteed playing time in games.



Athlete’s Name Grade

(printed)

We have read, and agree to the terms outlined in the Oak Harbor High School Wildcat Volleyball Handbook. Should any issues or concerns arise, we agree to handle these in an appropriate manner.

(Parent signature) (Date)

(Athlete signature) (Date)

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GO WILDCATS!!!