



Volleyball Handbook 2025

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Purpose:

Chargers Girls and Boys volleyball is a purpose-driven organization where Christian values take center court. Our unwavering commitment places Jesus at the forefront, with the belief that life lessons are best learned through a spiritual lens and eternal values.

With a dedicated focus on instilling these principles, our goal is to make a profound impact on the local community by spreading the love of Jesus Christ through the positive influence of both athletes and coaches. Guided by the principle of 1 Corinthians 10:31, we strive to ensure that everything we do is done for the glory of God.

Christ-like Behavior:

All players will be taught and expected to honor Christ. All members of the team should remember that wherever we are, whatever we are doing, we represent Christ. He is first in all that we do. Our players will be expected to show Christ-like behavior on and off the court.

L- Godly **LOVE** towards others

C-

Godly **CHARACTER**

C- CHRIST LIKE ATTITUDE

Teamwork and Attitude:

Teamwork is a necessity in Volleyball. Each member should remember that their attitude and conduct affects the entire

team. A player's performance and dependability affects every member of the team. One player's absence affects the team's ability to have their normal rotations and routines. Members should refrain from negative statements about the athletes and other team members or parents. Our purpose is to promote, support, and encourage one another.

Eligibility:

The Chargers are an athletic organization for homeschoolers. Your child's education must be parent directed and at least 51% of your child's course work needs to be provided at home. The athlete cannot be enrolled in more than 2 credit-bearing courses at a public or private school. Varsity and JV athletes must be homeschooled for 365 days before being able to participate. If your child was in public school previously, an official withdrawal letter from the school is required to be given to LCA at registration.

General Guidelines:

- 1. Be on time and present for all practices and games.**
- 2. Be prepared for all practices with appropriate game wear. (Shoes, jersey, appropriate shorts, knee pads, water bottle etc.)**
- 3. Have a servant's heart, positive attitude, and show respect and courtesy to other team members, coaches, fans, refs, and opponents.**

- 4. Keep up with skills-everyone can improve.**
- 5. Follow safety guidelines and LCC Code of Conduct.**
- 6. Remove all jewelry for games & practices.**
- 7. Have all paperwork, physicals and fees turned in on time.**
- 8. For girls spandex are not allowed. Longer biker shorts (mid-thigh) are allowed with an oversized shirt for practices. Uniforms are to be worn at all games.**

If any of these guidelines become a consistent problem, consequences may be applied and a meeting with the coach, player, the parents, and the director will take place before the player can continue to participate. The following discipline is at the discretion of the coach.

1st time- Warning

2nd time- Discipline (running or sitting out for a portion or all of a game)

3rd time- A Meeting with the Director/Asst. Director and parents will be planned to discuss the next plan of action.

No drugs, alcohol, vaping, nor tobacco products will be allowed. No exceptions. There will be disciplinary action taken immediately, with no warning given.

Responsibility of Parents:

- 1. Stay informed of games and practices. Please make sure you have the Crossbar app!!**
- 2. Provide transportation to ensure the player arrives and departs all practices and games on time. The coach is responsible for all the players and cannot leave a practice or game until all the players have been picked up; unless they drove themselves. Please be respectful of the coach's time and arrive on time to pick up your athlete.**
- 3. Attend the parent meeting.**
- 4. Cooperate with the coaches in establishing and maintaining a quality organization. Let them coach and discipline when necessary. Remember that the coaches are volunteering their time and abilities in an effort to make the season a success. *Please wait 24 hours before contacting coaches with your thoughts about a situation during practice or a game, with the exception of immediate health/safety concerns.* We would like to foster a relationship between the coaches and the players. We would like the players, rather than the parents, to be able to come to the coach first with any requests or concerns. The coaches see all the players at practice so they are more familiar with their abilities, strengths, and areas needing**

improvement, whereas the parents would only see their own child. The coaches are doing their best to place the players in the positions that make the team as successful as possible. Not everyone is guaranteed a full playing position or to go to Nationals. This doesn't mean that the players can't learn new things, or be placed in different spots. This is where the communication between the coach and athlete comes in.

- 5. Encourage or support at practices or games and not interrupt during them. During games, parents are asked to display appropriate conduct from the stands.**
- 6. Parents are also asked to help during the year. The typical areas of need for volleyball include Coaching, Game Clock, Line Judges, Score Book, Statistician, Video, Fundraisers, Concessions, Gate, Fanwear, Social Media, Special Events (year-end parties, banquets). We are a volunteer ran organization. Without parents help, we cannot make the season go round. Please help anywhere you're able and can.**
- 7. Parents and/or players are required o download Mighty & Crossbar apps to keep up with the required information and schedule for the season.**

Conflict Resolution:

In the event that you feel there is a conflict that needs to be resolved, we ask that you have your player contact your coach first, then the Volleyball Director (Kassy) and then the Athletic Director so that the appropriate people have the opportunity to address your concerns. If the coaches see a conflict with one of the players, they will first go to the player and address the concerning issue. If it is not resolved, then they will talk to the parents to find a resolution. If needed, a meeting with the coach, parents, and director will be called to resolve the conflict.

Attendance:

Consistent attendance at practice and games are expected of all student athletes. When you commit to being a part of the team, practices and games should take priority over any other extra curricular activities. **The only acceptable reasons for missing practice are because of a(n):**

- **Injury/illness**
- **Family emergency**

If a player is going to miss a practice, they should make every effort to notify the coach at least one week prior to the day of the practice or a week before the next game.

Repeated absences and/or unexcused absences can result in decreased playing time, suspensions and/or removal from the team.

If a player needs to miss a practice for a reason other than those mentioned above, it must be approved by her coach. If

it is not approved, it will be counted as unexcused and the player should be prepared to accept the consequences of their actions.

Practice Schedule:

Tuesdays and Thursdays between 6:00-8:00 at Allison Sports Town.

Fees and Uniforms:

Once the season starts, at the first practice, the chargers fees will become non-refundable. The uniforms are non-refundable once the order is placed.

The jersey is yours to keep after the season is over. Charger fees need to be paid by the first practice, unless other arrangements have been made in order to get our jerseys on time for our first game.

Safety:

Players and parents must realize that there are inherent risks involved in playing sports. By participating in this sport, as with other sports, the player and family acknowledge this fact and assume this risk. Remember coaches are volunteers. The Chargers organization is not liable for injuries incurred during practices or games.

All Jr. High, JV, and Varsity players need to have a sports physical to participate. A new sports physical must be on file, or an updated medical information sheet if the physical is not outdated, with the Chargers by first practice. (Most physicals

are for a two year time frame.) This is a MSHSAA guideline. If these are not turned in by the deadline given, the cheerleader will not be able to participate in practices or games. Please see Kassy Henderson for any questions.

Thank you so much for taking the time to read through the handbook for the LCA Volleyball Program. Please sign below.

We have read and discussed this handbook with our player. We understand that these are the guidelines and policies that we need to abide by.

Players Signature & Printed Name

Date

Parent's Signature

Date