



# Ashland Greenwood Volleyball Handbook

## COACHES

Head Varsity: Rian Kirby-Robinson

JV: Meagen Beacom

Reserve: Sofii Fox

Volunteer: Saige Craven

Volunteer: Erica Pinkerton



## Practice Guidelines & Expectations

- ALL practices are mandatory for every player unless the coach specifically says otherwise
- Cell phones & other electronics should be put away in the locker room unless specifically told otherwise
- Players are expected to set up everything before practice and to tear down and clean up after practice
- Students who are not able to attend school because of an injury or illness are not able to participate in either practices or games the day of their absence
- In practice, players are expected to listen attentively, work hard, compete with intensity, support their teammates, and strive for excellence in everything they do

## Absences

- Players are expected to notify their coach as far as in advance as possible if they are unable to attend practice or a game
  - 24 hour notice is a minimum requirement (emergencies are an exception)
- Injured players are expected to still attend practice for rehabilitation and physical therapy provided by the AG athletic trainer staff
- Work is not an excused absence
- An absence is considered unexcused if the player does not notify the coach before the absence occurs



- If an unexcused absence occurs for practice prior to a match, the player may not be allowed to play in that match.
- If missing practice becomes habitual, the coach and player will meet to evaluate the players commitment to the program & during this meeting they will discuss possible solutions, including dismissal from the program.

## Competition Expectations

- Players should be ready to leave at least 5 minutes before the scheduled departure time
- Players are expected to leave the hosting facility's locker room clean and neat as it was when they arrived
- Players are expected to leave any busses or vans neat and clean after use
- BE RESPECTFUL TO THE BUS DRIVERS
- Players are expected to support the other teams in the AGVB program
  - If their team is NOT playing at the same time, players are expected to help shag balls for warm ups for the other teams
  - If their team is NOT playing at the same time, players are expected to stay, watch and support the other teams in the program
- Players may work on homework during the other teams in the programs matches – we understand that school comes first

Competition Expectations continued on next page...



- **Water Bottles & Energy Drinks**

- No spillable water bottles or open cans allowed on the gym floor (Only spill-proof bottles are permitted during practices and games).

- **Coaches should not see energy drinks (Alani, Red Bull, Blend, etc.) on practice days.**

- **One energy drink is allowed on game days, assuming proper meals have been eaten.**

- **Consequences for violations:**

- Any can found in the gym = 6 towel pushes
- Any spilled can = 10 towel pushes
- Any spilled water bottle that is not spill-proof = 4 towel pushes

## Playing Time

Playing time will be determined by different factors, including coaches discretion on what is best for the team to succeed.

- Attitude and effort at practice
- Practice attendance
- Willingness to be a good teammate
- Physical ability

## Travel Expectations

Players are required to ride the team bus to and from away matches. Riding the bus together is an important team building experience – whether we have won or lost we are



together to support, celebrate, and learn together. If a player must ride home with a parent, a signed written note must be given in advance. Under no circumstances will players be allowed to ride with friends or significant others, or without a written note delivered to a coach.

## Communication

- *Players & parents are expected to communicate with coaches through email or through the AGVolleyball.com Crossbar website/app.*
  - *Each team will have their own group message + a program group message with all coaches and players.*

The line of communication will be strictly followed within our program, as well as by the athletic department. If you or your daughter have frustrations or problems of any kind it is very important that your player speak to their coach as soon as possible within our guidelines. If after speaking to the coach your daughter does not feel like the problem has been resolved, then you may contact your player's coach(es). You may contact coaches either by email or BAND. At the time of coach contact, the coach will determine if the issue can be resolved via email, BAND, or if an in-person meeting is required. Following the discussion with the coach, if the issue still exists, then the athletic director may get involved.

- Parents or players may not approach the coach(es) before or after practices or matches about an issue unless a meeting has been scheduled ahead of time



- If the matter is related to a specific incident, match, or event, then the parents and players must wait 24 hours after the specific incident, match, or event before contacting the coach to schedule a meeting

Parents & players are expected to adhere to the guidelines outlined in the Ashland Greenwood 'MIDDLE SCHOOL & HIGH SCHOOL STUDENT & PARENT RESOURCE HANDBOOK'. By acknowledging that you have read through the volleyball handbook you are also acknowledging that you have read and understood the AG RESOURCE HANDBOOK.

*\*Links will be provided to the volleyball handbook & the resource handbook. Players AND parents are required to sign the handbook electronically acknowledging that they have read and understand the expectations.*