



PLAYER/PARENT HANDBOOK

EXPECTATIONS AND POLICIES/PROCEDURES OF THE VOLLEYBALL PROGRAM



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IRONWOOD RIDGE WOMEN'S VOLLEYBALL

COMMITMENT TO EXCELLENCE

The Ironwood Ridge Volleyball program strives to be a model program - promoting dedication, commitment, pride, loyalty confidence, competitive spirit, and tradition. Our tradition of athletic and academic excellence began in 2001 with our first teams and we believe that it is the responsibility of every student-athlete to maintain that tradition of excellence. We believe that the volleyball court is an extension of the classroom as stated in our coaching philosophy... a place where we strive to promote the development of the whole person.

COACHING PHILOSOPHY: Our main philosophical belief is that we want players to be better people when they walk out of here, in addition to being great volleyball players. High school athletics provide student-athletes with excellent real-life situations and guidance without real-life consequences. We believe this is a fundamental element of participation in the volleyball program. We subscribe to the theory that the competitive athletic experience can enhance social development, contribute to mental and physical health, as well as teach the values of teamwork, goal-setting, responsibility, self-discipline, and self-motivation.

In the IRVB system, each player must understand and appreciate their role on the team and in the program. Further, players will understand and appreciate the values of **discipline, accountability, sacrifice, selflessness, determination, competitive spirit, commitment, teamwork, and pride**. One of our main goals is to empower the players to have them learn how to think and react on their own in practice and competition. We want players that are metacognitively aware on and off the court – knowing what to do even when they don't know what to do.

IRVB TEAM PHILOSOPHY

THE IRONWOOD RIDGE VARSITY VOLLEYBALL TEAM

The philosophy and emphasis of the varsity team at Ironwood Ridge High School will be producing the total student-athlete while fielding a competitive team that vies for the sectional and State championship every year. In this respect, the varsity team will be modeled after a collegiate program. Players will be required to be very competitive in practice and competition, and will be asked to make a commitment to the program throughout the off-season and pre-season. Playing time is not guaranteed at this level.

The coaching staff will design a system and line-up that can compete at the highest level. Training will include a reinforcement of technical skills, while focusing on team systems and tactical concepts in order to understand scouting reports in preparation for competition.

EARNING A VARSITY LETTER: To become a volleyball letterwinner, a player must compete in at least 40% of the team's regional or conference matches; remain academically eligible, and have no unexcused absences. The coaching staff and Athletic Director may also award a varsity letter in other special circumstances.

JUNIOR VARSITY TEAM

The emphasis of the Junior Varsity will be a continuation of technical skills and team systems with an introduction to tactical concepts. At this level, players must be able to apply the technical concepts they inherited at the Freshman level to competition. Players will be required to be very competitive in practice and competition, which will help them to prepare for the varsity level. Players must continue to manage their time demands and be disciplined in everything they do. The coaching staff will help players understand their individual role on the team, how to prepare as a starter and as a reserve, and most importantly how to compete and earn playing time.

SOPHOMORE/FRESHMAN TEAM

The first goal of the Sophomore/Freshman team will be to teach the players about being student-athletes. Players must learn our gym culture and how to deal with the demands placed on them in respect to being an high school athlete. On the court, an emphasis will be placed on technical training with an introduction to team systems. At this level, individual skills are the main focus rather than the team's win-loss record – which is not to say that an emphasis will not be placed on *striving to win*. Players should develop a good work ethic and be very competitive.

COMMUNICATION CHANNELS

ONE-ON-ONE INTERACTIONS

The majority of the communication between the coaching staff and student-athletes will occur in person **on campus** in the gym and/or classroom; or at other official volleyball activities including competition, team functions, traveling, etc.. We believe that this interaction and one-on-one time with trusted coaches and teachers is healthy and valuable for a student-athlete. Players should always be encouraged to talk to coaches in person first before communicating via electronically (text message, email, etc).

- **OBSERVABLE:** The most common one-on-one interactions are in the gym or weight room during practices and/or competition.
- **PLAYER MEETINGS:** The coaching staff often conducts coach-player meetings where the player will meet with at least two coaches.
- **LOCKER ROOM:** Team meetings usually occur in the team's locker-room and/or gym classroom.

ELECTRONIC COMMUNICATION (PHONE/TEXT MESSAGE)

The Administration discourages the use of private communication between coaches, student-athletes, and parents on personal cell phones. The coaches will discuss appropriate situations where a phone call or a text message is acceptable.

- **GROUP CHAT:** The coaching staff normally establishes a group chat for electronic communication to the players. Group chats include another coach and the staff will monitor the correspondence. These text messages will be informational and only pertain to volleyball-related information. **Social Media will never be used team group chats or for sending any volleyball information.**
- **TEXT MESSAGES CONTENT:** All communication originating from the coaching staff to a student-athlete will be professional in nature and relative to the volleyball program. Further, all electronic communication will be open and transparent.
 - **PLAYER-TO-COACH:** In most cases, if the student-athlete communicates to the coach privately first, the coach may respond to the student-athlete with a copy to another coach and/or the parent of the student-athlete.
 - **COACH-TO-PLAYER:** In most cases, if a coach needs to communicate to a student-athlete electronically, another coach (or the parent of the student-athlete) will be copied.
 - **PARENT-TO-COACH OR COACH-TO-PARENT:** Unless any emergency situation exists; parents should communicate with the coaching staff via email. All communication between parents and coaches will be professional in nature.

REQUESTS TO DISCONTINUE COMMUNICATION: Parents (or Legal Guardians) may request in writing that their student-athlete not be contacted through any form of electronic communication by the Ironwood Ridge Volleyball Program or any of the coaches.

EMAIL COMMUNICATION

Players and parents are encouraged to communication directly with the coaching staff via email using the **District-based email address**. Emails and responses should be copied to another coach and/or the parent of the student-athlete.

If sending an email to one of the volleyball assistant coaches, the Head Coach or Athletic Director need to be copied using their District email addresses. For example, please copy blang@amphi.com on all email correspondence.

VOLLEYBALL EMAILS | DISTRIBUTION LIST

The Volleyball Program will routinely send information out to our email distribution list from irvb@nighthawkvolleyball.com.

This information will be sent to student-athletes, parents, coaches, and Administration. The distribution lists are tagged for specific groups and individuals may unsubscribe at any time if they do not wish to receive this communication. If the email is sent to student-athletes only, another coach will be copied.

SOCIAL MEDIA

The Volleyball Program will maintain public Social Media sites for promoting the volleyball program and our student-athletes.

- Players and parents may “like” or “friend” any of the IRVB’s official pages as these sites are public.
- The Nighthawk Volleyball Program will not follow or “like” any student-athletes pages, profiles, etc. on any social media outlet.
- Coaches will not include (follow, like, etc) any current volleyball player via their personal Social Media sites

PLAYER CODE OF CONDUCT

ACADEMIC STANDARDS

First and foremost, volleyball players must be good students. In fact, instead of student-athletes **we like to refer to our players as athletic-students**. The success of the volleyball program depends on the performance of each athlete in the classroom. Players must maintain an acceptable grade point average and attendance record, as well as demonstrating positive classroom conduct at all times. The coaching staff is serious about the success of every student-athlete in the program. Being placed on Academic Probation will result in a reduction of playing time.

Athletes will be subject to **Grade Checks** (and/or submitting a **Character Check** if needed) every two weeks. The following progression will be used for any student-athlete placed on academic probation within the volleyball program:

- (1) **WARNING.** Athletes with a GPA lower than a 3.00 will still be eligible for all matches and practices. However, the coaching staff will contact the teachers for suggestions to increase the performance while encouraging the athlete to strive for a higher standard.
- (2) **PROBATION.** Athletes with any grade lower than a C on the Grade Check *may not be eligible for matches*, but will be allowed to practice with no restrictions provided the player is attending Conference Periods and/or tutoring outside of practice.
- (3) **SUSPENSION.** Athletes with more than one D and/or an F on the Grade Check *may not be eligible for matches and will be restricted in practices*. In addition to Conference Period, athletes may be assigned afterschool tutoring during practice.

IRONWOOD RIDGE VOLLEYBALL PLAYER EXPECTATIONS

Behavior standards for IRVB players are extremely high. You are always a representative of the program and the school – whether you are on or off the court. Remember that you have made a commitment to yourself and your teammates.

- **Volleyball players must communicate with the Coaching Staff.** The coaches want to hear questions and concerns from the players first. We feel that this develops healthy relationships for the student-athletes and we can work through most any issue if we're in the loop in a timely manner. If parents need to attend any meetings as well, please contact the coach.
- **All volleyball players are to be role models on and off the court.** This means that not only are the players exhibiting the highest level of sportsmanship and respect on the court, but in the classroom and on campus as well. Players must abide by the school's Code of Conduct, including campus/classroom rules, and the school dress code.
- **Volleyball players must abide by the Academic standard.** Unexcused absences, referrals, and poor academic performance will have a direct effect on a player's playing time and status in the program.
- **Players must be organized.** Turn in assignments on time and have your gym bag packed in advance. Players should be on time to class, practice, meetings, etc. As student-athletes, volleyball players will be required to balance their athletic life, academic life, and private life. Homework should never be used as an excuse to miss practices. Make sure you plan ahead to avoid any potential conflicts.
- **Players must be in shape for practices and competitions.** All student-athletes are expected to maintain a high level of fitness during the season as well as maintaining their strength and conditioning during the off-season. Players need to consume an adequate amount of water necessary for hydration throughout the day (sodas/sugary drinks are to be avoided during the season). Players should have a healthy lunch packed and snacks that should be eaten during the day.
- **Social Networking Sites.** As a student-athlete at Ironwood Ridge, you are not only representing yourself and your team, but the entire volleyball program and school. Because of your higher profile on campus, it is important that you be concerned with what is being published on social networking sites, such as Facebook, MySpace, Twitter, Instagram, TikTok, etc..

Any online behavior that fails to reflect the high standards of honor and dignity that characterize the privilege to participate in the Ironwood Ridge Volleyball program may result in suspension from the volleyball program.
- **Illegal Activities.** Athletes will never take part in any activity that is against school policy or the law (drinking alcoholic beverages, smoking including vaping, illegal drug use, stealing, etc.) or be present at any activity where this may take place. **These violations may result in suspension from competition and could result in the immediate removal from the volleyball program.**

PRACTICE EXPECTATIONS

PRACTICE ATTENDANCE IS MANDATORY: All athletes will be expected to attend every practice session, team meetings, and matches. Missing training sessions or competitions for reasons other than school-sponsored activities or excused illnesses will be considered unexcused and could result in a loss of playing time. Three unexcused absences may result in dismissal from the volleyball program.



ATTENDANCE ON PRACTICE DAYS: Students MUST attend all classes on the day of practice. Exceptions must be cleared through the Athletic Office prior to the absence. Violation of this rule will result in a period of ineligibility of no less than one competition.

If any player is going to miss practice for any reason, the coaching staff must be informed in **advance**. Players must take responsibility for themselves — *it is not acceptable to relay the message to the coaching staff by someone other than the player or parent in certain circumstances.*

NOTE: text messaging is not an acceptable form of communication for absences/tardiness. A phone call is more appropriate.

Doctor's appointments: Please try to schedule all doctor or dentist appointments around the practice schedule. If an appointment must be made after-school, it will be better to schedule a Friday appointment, rather than miss practice before a match. Notify the coach in advance.

VOLLEYBALL PRACTICE POLICIES AND PROCEDURES

WHAT TO BRING TO PRACTICE:

1. All players are to report in full practice attire — **please see Ironwood Ridge Volleyball Dress Code section**
2. All players should have their team bag: team notebook, defensive shirt, jump-rope, and water-bottle.

PLAYERS MUST BE ON TIME FOR ALL PRACTICES. *On time* means arriving to the gym 15 minutes earlier than the scheduled start time; make sure any therapy/taping by the Athletic Trainer is completed **before** the scheduled practice time—this means getting there earlier to take care of this. Players should always help set up all equipment before warming up or touching a ball.

STAY UNTIL ALL EQUIPMENT IS ACCOUNTED FOR AND PUT AWAY. Remember that we're all in this together; players will help break down the gym before taking off their shoes and will stay until everything is put away. Wait for the coaches to release the team.

PLAYERS WILL BE EXPECTED TO WORK HARD. Practice sessions are valuable - always come to the gym ready to learn and train. To maximize training time, players will be required to move quickly from drill to drill and breaks. Players will be dedicating practice time to volleyball and should not be talking to student managers, etc. unless directed by the coaching staff; and are required to participate in every drill.

INJURIES AND ILLNESS | ATHLETIC TRAINER

Players will be expected to perform drills at full speed...period. If a player is unable to complete any drill due to sickness or injury, they will be sent to the Athletic Trainer for evaluation and treatment as needed. Once the Athletic Trainer clears an athlete for practice, the player will be once again expected to perform drills at full speed unless restrictions have been made by the Athletic Trainer.

If needed, the Athletic Trainer will direct players to an appropriate physician for further evaluation/treatment. If a player seeks outside medical treatment without consulting with the Athletic Trainer, a return-to-practice clearance will be needed before the athlete is cleared to practice.

Please use your best judgment when deciding to practice when ill.

PRACTICE ATTITUDE AND PROHIBITED ITEMS

Players must bring a great training-attitude to the gym everyday. Be competitive (but not combative) in every drill or scrimmage. Perform drills at full speed and be willing to make mistakes — to be successful here, you must allow yourself to make mistakes. Support your teammates at all times. **Abusive language or behavior will not be tolerated.**

THE FOLLOWING IS PROHIBITED FROM ALL PRACTICES AND TRAINING SESSIONS:

1. CELL PHONES are to be **kept out of sight** while in the gym and during practice (turned **OFF** and stored in players' bag/locker)
2. All jewelry (including earring studs) must be removed
3. Gum is not allowed in the gym
4. Skin lotion — this transfers to the floor and creates slick/slippery spots that are potentially dangerous

COMPETITION EXPECTATIONS

GAME DAY! On competition days, the players are expected to prepare to compete as the team. Players represent the volleyball teams on campus by wearing similar clothing and/or shirts and are required to stay together as a team for all pre-game activities, including while the other IRVB teams are playing. This means that when players arrive to the gym, they will not be using cell phones or talking to friends separate from their teammates before they play. Once the team is ready for pre-game activities and routines, all players must be focused.

During the match, players should be focused on their team and the match — not who's in the stands. This means being completely engaged on the task at hand: starters should be performing based on what was prepared in practice and/or according to the scouting report or game plan; reserve players should pay attention to what is developing in the match and adjustments that might be made to contribute when called upon. Regardless, all players should be supporting each other and our goal to win the match. **There should be energy on the bench.**

SUPPORT AT THE VOLLEYBALL MATCHES: One of the goals of the Ironwood Ridge Volleyball Program is to promote unity and support among all student-athletes. Players and parents of all levels *are strongly encouraged* to be present at matches of all levels of the program.



ATTENDANCE ON COMPETITION DAYS: Students **MUST** attend all classes on the day of competition. Exceptions must be cleared through the Athletic Office prior game day. Violation of this rule will result in a period of ineligibility of no less than one competition.

MATCH EXPECTATIONS | HOME MATCHES

Players are to report to the Volleyball Gym prior to the posted time and check in with the coaching staff. At that time, the coach may instruct players to help with set-up and/or help the other teams during the warm-up. Players that need treatment from the Athletic Trainer may be released at that time as well. Once the team is ready for pre-game activities and routines, all players must be focused.

At the conclusion of the match, all players must remain with the team until all post-game meetings and responsibilities are completed. The coach will release the team at the conclusion of the next matches' warm-ups or after any team meeting. Underclassmen must remain in the gym until picked up by their parents — not roaming the halls, campus, etc.



HOME MATCH MANAGEMENT: During matches, all players will have responsibilities during each teams' matches: generally the Varsity team will assist during the Freshman matches; the Freshman will assist during the Junior Varsity matches; and the Junior Varsity will assist during the Varsity matches. Responsibilities will include calling lines, three-ball rotation, and Libero tracking.

MATCH EXPECTATIONS | AWAY MATCHES

EARLY DISMISSAL FROM CLASS: When leaving campus before the end of the school day, players should notify their teachers in advance when they will be missing any class. On Game Days, check in with the teacher at the beginning of class and remind them that you will be leaving early. At this time, get any homework or other class work that you may miss. **Players that are ineligible will not be dismissed from school early to attend away matches.**

TRANSPORTATION TO AWAY SITE: All athletes will travel to the opponent's site together on the team bus. All members of the traveling party will follow District rules and regulations of the bus. Student managers will sit in the front of the bus with the coaching staff.

At the conclusion of the match, all players must remain with the team until the program returns home to the school, unless a parent is picking up a player. At all away matches, players/managers must stay in groups of three.

TRANSPORTATION HOME FROM AWAY MATCHES: The policy of the Athletic Department and the volleyball program is that **players travel to and from away matches together** on the bus. Parents are expected to pick up their athletes at Ironwood Ridge High School. In the event that a parent must pick up their child at the site of an away match, the correct paperwork must be filled out and turned into the head coach before leaving Ironwood Ridge's campus. **No exceptions,** this is a district policy.

IRVB DRESS CODE

THE IRONWOOD RIDGE VOLLEYBALL UNIFORM

“The connection between dress and war is not to far to seek; your finest clothes are those you wear as soldiers.”

- Virginia Woolf

In respect to our uniform and apparel, the IRVB philosophy is that the uniform reflects the culture of the program. Players and coaches contribute to this culture and reputation of Ironwood Ridge Volleyball in the way they present themselves. Adherence to the Dress Code will ensure IRVB’s reputation as an organization of disciplined, well-coached student-athletes. This tradition is established and long-standing. Players and coaches are expected to dress for practice and competition in a way that reflects our standards of professionalism, unity and discipline.

In respect to the IRVB apparel, IRVB believes that the name on the front of the uniform is more important than the name on the back of the uniform. Therefore, we have been reluctant to print players’ names on uniforms or gear. Only varsity players’ numbers are printed on apparel or gear. This has always been a honor of making the varsity program.

THE PRACTICE UNIFORM must be worn at all practices and team meetings (unless otherwise directed by the head coach). The practice uniform will consist of the IRVB practice shirt, Mizuno spandex, kneepads and knee-high socks, and any ankle braces and appropriate shoes.

- Practice Shirts must remained fully tucked-in during the entire practice
- Kneepads must be worn (with socks pulled to the kneepad) during competition (and/or practice if directed)
- Team Cover-up Shorts must be worn over spandex when players are outside of the gym

The uniform must be neat and clean. Failure to wear the official practice uniform will result in disciplinary action in the form of extra conditioning and restriction of practice, including being sent home from practice for multiple violations.

THE COMPETITION UNIFORM will be worn for all matches. Failure to have your uniform will result in sitting the match. The competition uniform consists of the Ironwood Ridge Volleyball jersey (tucked in) and Mizuno competition spandex, kneepads and knee-high socks, and any ankle braces and appropriate shoes. The uniform must be neat and clean, while the jersey should be tucked in. Players should also match the color of their sports-bra (white) when wearing the white home jerseys.

Unless otherwise directed by the coaching staff, players turn in their uniform immediately following competition in order to be laundered by the Ironwood Ridge Equipment Manager.

GAME DAY: Each team has the option to coordinate wearing IRVB apparel to show our unison and pride for the evening’s competition. Generally, we will dress up on home matches; and wear game-day shirts for away matches. If the Senior Class directs the entire program to match on a particular match, the expectation will be that all players abide

CHANGING CLOTHES/UNIFORMS: Players are not to change their uniform or practice tops in any public setting—even if you have a sports-bra or other undergarment on underneath the shirt. This is a high school rule. Players must use locker rooms or restrooms when changing.

OTHER APPAREL: Players should not wear any other apparel representing other programs, club teams, or brands while attending any IRVB function; this would include club volleyball t-shirts/apparel, other sports, and/or brands other than Mizuno (Nike, adidas, Puma, etc.). IRVB functions includes team practices and meetings, matches, team travel, and off-season strength and conditioning sessions.

PROPERTY OF IRVB: All uniforms, warm-ups, kneepads, team bags, and other equipment remain the property of Ironwood Ridge High School and the volleyball program and must be returned upon completion of the season unless otherwise directed by the coaching staff. Players will be financially responsible for any lost or damaged apparel or equipment.

IRVB apparel and equipment must not be taken from the equipment room without permission. Players found taking anything out of the bins or shelves in the storage closet may be removed from the program.

Please remember that you have earned the right to wear IRVB training apparel – this should not be given out to friends to wear on campus or at volleyball events. All unwanted gear should be given back to the volleyball program.

PLAYING TIME PHILOSOPHY

PLAYING TIME | THE TEAM COMES FIRST

The prevailing rule when dealing with playing time is that **the team comes first**. This rule is based upon the fact that no team reaches its potential without every player making a contribution—at Ironwood Ridge we have been competitive at every level, therefore we ask our players to accept a role before accepting a starting position. Each player must also be aware of her importance to the team. Playing time standards will vary depending on the philosophy for each team.

TEAM FIRST: This means that everyone is working towards the same goals, and they have to put their private agendas aside when they interfere with the team's goals. A team is not a democracy; it is the ultimate meritocracy. Every coach is looking to get the most out of the team, and to do that they will try to get the most out of every player. Competitive players all want to play as much as possible and we appreciate that, but the attitude we are looking for out of our players is "what can I do to help the team?"

THE IMPORTANCE OF EVERY TEAM MEMBER: For a successful team, the coach must consider each player as part of the whole. In an ideal situation, every player will be proud of his contribution to the team's success. Listed below are the components of this idea.

- 1. Every player has a role.** Those players who play less than others are still vital parts of a team's success. First and foremost, they always have the opportunity to earn more playing time. No starting line-up is ever permanent. In addition, they can raise the level of practice, maintain or raise the level of play when called upon, or out-play and replace "starters."
- 2. Every player gets opportunities.** There are at least two essential kinds of opportunities. First, as mentioned above, the opportunity to earn a starting spot is always there in practice. Whether in game situations or practice, the coach is responsible for identifying the strongest line-up, which means constant reevaluation. Second, every player will get opportunities to compete in game situations, because this is an essential part of the competitive experience. Note, however, that these opportunities may be quite disproportionate, although this is always subject to change.
- 3. Every player will be coached.** Our goal is to make sure that every player in the program will receive an equal amount of coaching at every practice and match. At the varsity level, this will be difficult when getting the team prepared for competition. However, the coaches will ensure that players are given the correct instruction to make themselves a better volleyball player and to compete for time.

PLAYING TIME on any team may be rewarded (and can be reduced) based on a player's work ethic in practice and competitions, attitude, academics, attendance, position, and performance.



PLAYERS should be the ones to talk to the coaches first when concerned about playing time. Parents that have a concern will not have an opportunity to discuss the matter unless the player is aware of the concern.



2004 VARSITY TEAM: The team's bench kept the Nighthawks focused and fierce throughout the State Tournament and the run to the school's first State Championship appearance.



2014 VARSITY TEAM: The reserve players accepted their role and unconditionally supported the team with constant energy all the way to the State Championship Title match.

PARENT EXPECTATIONS

PLEASE SUPPORT THE PROGRAM AND THE COACHES

Ultimately, we all have the same goal—to see our players become successful within a team culture. Therefore, it will be very important that parents are not critical of coaches and/or players in front of the players. There will be times during the season that an athlete will come home very upset after a practice or match — your role as a parent is to offer support without making any judgment that may affect your daughter's attitude towards the coaching staff. Remember that sometimes children tend to exaggerate both when praised and when criticized. Please don't overreact and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem may not be as it appears.

If any conflict(s) arise during the season, please seek out the coach in a non-confrontational environment and at an appropriate time.

- a. Before and after matches **will never be** an appropriate time for an appointment
- b. In most cases, the coaching staff will have the player and another coach attend the meeting
- c. If you feel that the coaching staff is inconsistent with the District Interscholastic rules or standards, please contact the Administration



THE 24-HOUR RULE: When a parent is concerned about playing time or other issues during a match, the coaching staff asks that parents and coaches wait a minimum of 24 hours after the triggering event before discussing the issue. Hopefully "cooler heads" will prevail and the meeting will be much more productive.

PLEASE SUPPORT THE ATHLETES

Make sure that your daughter knows that - win or lose, scared or heroic - you love her, appreciate her efforts and are not disappointed in her. This will allow her to do her best, to avoid developing a fear of failure based on the spectra of disapproval and family disappointment if she does fail. Be the person in her life that she can look to for constant positive enforcement. Learn to hide your feelings if she disappoints you.

- **Be completely honest about your daughter's athletic capability, competitive attitude, and actual skill level.**
- Be helpful, but please don't "coach" her on the way to the gym...on the way back home...at breakfast or dinner...etc.
- Teach your daughter to enjoy the thrill of competition, to be a part of a high school team, to be working to improve her skills and attitudes...to take the physical bumps and come back for more. Please refrain from saying "winning doesn't count," because it does. Instead, help her develop the feel for competing, trying hard, and for having fun.

PLEASE SUPPORT THE TRAINING OF YOUR ATHLETE

The high school volleyball season is a busy time, where the players will be physically and mentally exhausted from demanding training sessions and a competitive competition schedule. The coaching staff and athletic trainer can only monitor the players during training sessions and matches. Parents can help keep players in top physical and mental condition during the season by monitoring their daughters' nutrition and rest.

- a. **Nutrition.** Players should consume an adequate amount of water necessary for hydration throughout the day. During the season, sodas, sugary drinks, and energy (high caffeine/sugar) drinks should be avoided. Players should have a healthy lunch packed and snacks that should be eaten during the day.
- b. **Rest.** Players need at least 7 hours of sleep each night — talk to your daughter and establish curfews during the week and for the weekend.

SPORTSMANSHIP

All parents are expected to lead by example and will be expected to demonstrate the highest level of sportsmanship while representing Ironwood Ridge Volleyball. Please cheer for our team's efforts and success. Parents and fans should never cheer for the other team's mistakes and confuse it to be our success.

- a. Keep all comments in the stands positive — **remember, you are sitting among other parents. Please don't compare the skill or attitude of your child with that of other teammates.** PLAYERS ARE OFF-LIMITS FOR PARENTS.
- b. Volleyball Officials are off-limits for parents. Please refrain from yelling at the referee from the stands - no matter how bad the call might be! We want a positive reputation in the volleyball community.

OTHER EXPECTATIONS

VOLLEYBALL PRACTICES

All volleyball practice and training sessions are closed to the public. We close practices to keep the players focused on training and learning to deal with teammates in competitive situations. However, practices are open to all parents and staff and are welcome to attend. Parents should keep the following practice guidelines in mind if they wish to observe practice sessions:

- a. Let the players practice. Sit away from the courts and the players, please do not sit on the bleachers next to the courts.
- b. Do not talk to the players during any drill and/or break. This includes coaching from the sidelines and/or cheering.
- c. Come with an open mind. *You should be there to enjoy watching and supporting your daughter, not to evaluate others*

Due to insurance and liability regulations, only Ironwood Ridge Volleyball players, managers, and coaches may participate at practice. Parents cannot assist with practice, this includes bringing water bottles to practice or the team bench during matches — let the players take the initiative.

PICKING UP YOUR ATHLETES AFTER PRACTICES AND MATCHES

STUDENT-ATHLETE DROP-OFF/PICK-UP: For supervision purposes, all players are to be picked up by their parents in the **West Student Parking Lot** on campus, near the bridge and benches. The coaching staff cannot be held responsible for student-athletes' safety that are picked up elsewhere on campus.

Parents need to be on time to pick up their athletes — please remember that the coaching staff puts in long hours with school, work, and practices/matches. Following matches, a coach will remain on campus until all athletes have been picked up. ***Coaches may not drive athletes home and every minute that we spend waiting at the school with your athlete will take away time from our own family.***

The following progression will be used for consequences of being late:

- (1) **First occurrence.** Unexpected things come up (flat tire, family emergency, work conflict, etc) occasionally. Therefore, the coaching staff will wait the first time without any problem.
- (2) **Warning.** The second time a coach must wait later than 20 minutes; the player will be verbally warned.
- (3) **Written Warning.** The third time that a coach must wait later than 20 minutes or the first time later than 45 minutes; a written warning will be forwarded to the parents and Athletic Director. A written warning may result in the player being asked not to participate in future away matches.

Please do not pick up athlete from another site (at away matches) unless it has been approved by the coach in advance and proper documentation has been submitted.

ARIZONA STATE TAX CREDIT

This is an excellent way for the volleyball program to generate revenue for capital expense items — items that will help increase the level of training and the athletic experience that we can provide your daughter. Maximum donations are \$ 200.00 for single filers and \$ 400.00 for those filing jointly. The contribution is a **tax credit** (not a deduction) — meaning you can take the dollar-for-dollar amount right off your tax liability. Contributions can be made in a lump sum, or in installment payments throughout the tax year. Forms are available online at www.nighthawkvolleyball.com or from the coaching staff.

VOLLEYBALL PARENT SUPPORT

The Ironwood Ridge Volleyball Club needs parent help at all home matches. As a club fundraiser, the volleyball club hosts the concessions stand and sells t-shirts/polos at all home matches. Parents are asked to sign-up for a shift before or after their daughter's match. *For example, a varsity parent could work the snack bar during the junior varsity game.* All proceeds benefit the women's volleyball club.

Parents can also help by approaching local businesses and organizations for Volleyball Sponsorships and selling Media Guide advertisements, as well as working concession at other sports events at Ironwood Ridge High School.

For more information or if you are interested in helping, please contact the coaching staff.

OTHER EXPECTATIONS OF PLAYERS

IRVB, INC. | FOREVER FUNDRAISING

One of the most important off-the-court elements of a high school athletic team is fundraising. The school district can only help us so much to achieve our goals. Fundraising is sorely needed to help pay for assistant coaches, practice uniforms and team apparel, team equipment, quality volleyballs and training equipment, summer camps, website hosting, and the program's Awards' Banquet. Extra expenses are also accrued for the varsity team when traveling to out-of-town tournaments and to State competitions.

All players are expected to help raise money throughout the season and during the off-season. Each level will have a fundraising goal to assist in raising the necessary amount to sustain the volleyball program. Volleyball players at Ironwood Ridge are provided many benefits as a result of excellent fundraising — items that might otherwise be paid for out-of-pocket.

Our fundraising philosophy is that the players must earn the money themselves, instead of having a parent write a check. We do not offer 'buy-outs' from our fundraising activities. There will be a number of opportunities for players to fundraise, including the serve-a-thons, car washes, **Volleypalooza**, **Summer Camps**, sponsorships and Media Guide advertisements, Snack Bar/t-shirt sales, and cookie-dough sales.

STUDENT CLUB ACCOUNT: All funds are deposited to the volleyball club's bookstore account and managed by the student-athletes under the direction of the coach. Any off-season fundraising *will not* necessarily guarantee any student-athlete a position on any roster.

OTHER SPORTS DURING THE VOLLEYBALL SEASON

OUTSIDE VOLLEYBALL: High school volleyball players **are not allowed** to compete on any other volleyball team during the season. This is an Arizona Interscholastic Association (AIA) rule that states players shall not practice or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition.

PRIVATE LESSONS: There are AIA rules that allow players to receive private lessons during the high school season with restrictions. However, there is an AIA determination that states that club volleyball coaches may not give lessons in certain situations. The coaching staff prefers that players refrain from additional training during the season. Therefore, players are expected to discuss and inform the head coach before scheduling any private lesson to ensure the player's high school eligibility while at Ironwood Ridge.

OTHER SPORTS/ACTIVITIES: Ironwood Ridge Volleyball players are allowed to participate and/or compete in other sports' teams (club sports such as soccer, basketball, Open Gyms, etc.) during the high school season while keeping the following philosophy in mind:

High school volleyball is the priority and IRVB players *are expected to not miss any high school practice/competition to attend any club event.* Players missing practices or competitions in order to participate in any outside sport/activities (other than school-sponsored events) could see a reduction in their playing time. Players are expected to discuss any club conflicts with the coaching staff.

Varsity athletes are asked to limit their involvement with another sport during the week leading up to and during the play-offs. This is a period where the practices are designed to allow the players and team to peak, as well as minimizing the possibility of injury or fatigue.

If you have any questions concerning participation in other sports or private lessons during the season, please contact the coaching staff.

VOLLEYBALL OFF-SEASON PROGRAM | COMMITMENT TO EXCELLENCE

Preparation is the key to maintaining a top-notch volleyball program. In the short time that we have been here, Ironwood Ridge has built a strong tradition of developing excellent volleyball players and teams. Those that wish to become a member of our teams, at some point, will need to put the work in during the summer.

The volleyball program provides all current and prospective volleyball athletes opportunities to improve as a player during the off-season. Staying in shape in the off-season is vital to the success of our program. The program encourages players to do this by playing other sports and enrolling in Sports Conditioning. In addition, the volleyball program provides off-season training opportunities, including strength and conditioning sessions, open gyms, scrimmages and leagues, volleyball camps, etc.

COMMITMENT TO EXCELLENCE AWARD: The continued success of the volleyball program will depend on your personal level of commitment. Since we believe that you must dedicate yourself to physical, academic and skill development, an incentive system will be used to reward players who demonstrate a commitment in these areas. The COMMITMENT TO EXCELLENCE AWARD recognizes off-season participation and maintaining a solid GPA.

IRONWOOD RIDGE VOLLEYBALL CORE VALUES

WE DON'T WHINE

"The true joy in life is to be a force of fortune instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy."

George Bernard Shaw

WE WORK HARD

"The difference between one person and another, between the weak and the powerful, the great and the insignificant, is energy — invisible determination . . . This quality will do anything that has to be done in the world, and no talents, no circumstances, no opportunities will make you a great person without it."

Thomas Buxton — Philanthropist

THE TRULY EXTRAORDINARY DO SOMETHING EVERY DAY

"Roosevelt, more than any other man living within the range of notoriety showed the singular primitive quality that belongs to ultimate matter, the quality that medieval theology assigned to God: 'he was pure act.'"

Henry Adams, Theodore Rex — Desmond Morris

WE CHOOSE TO BE POSITIVE

"...everything can be taken from a man but one thing: the last of the human freedoms — to choose one's attitude in a given set of circumstances, to choose one's own way. And there were always choices to make. Every day, every hour, offered the opportunity to make a decision, a decision which determined whether you would or would not submit to those powers which threatened to rob you of your very self, your inner freedom; which determined whether or not you would become plaything of circumstance . . . in the final analysis it becomes clear that the sort of person (you are is) the result of an inner decision . . . therefore, any man can . . . decided . . . that (this) last inner freedom cannot be lost."

Viktor E. Frankl, Man's Search for Meaning

EVERY PLAYER HAS A ROLE

When we don't play as much as we would like, we are noble and still support the team and its mission.

"If there is a meaning to life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death human life cannot be complete. The way in which a man accepts his fate and all the suffering it entails, the way in which he takes up his cross, gives him ample opportunity — even under the most difficult circumstances — to add a deeper meaning to his life. It may remain brave, dignified, and unselfish. Or in the bitter fight for self-preservation he may forget his human dignity and become no more than an animal. Here lies the chance for a man either to make use of or to forgo the opportunities of attaining the moral values that a difficult situation may afford him. And this decides whether he is worthy of his sufferings or not."

Viktor E. Frankl, Man's Search for Meaning

WE ARE CONFIDENT

We don't freak out over ridiculous issues and we don't create crises where none should exist.

"What an extraordinary place of liberties the West really is . . . exempt from many of the relentless physical and social obligations necessary for a traditional life for survival, they become spoiled and fragile like overbred dogs; neurotic and prone to a host of emotional crises elsewhere."

Jason Elliot, An Unexpected Light: Travels in Afghanistan

WE ARE WELL LED

"An army of deer led by a lion is more to be feared than an army of lions led by a deer."

Phillip II of Macedon

WE CARE ABOUT EACH OTHER AS TEAMMATES AND AS HUMAN BEINGS

"No man is an island, entire of itself, every man is a piece of continent, a part of the main . . . any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bell tolls; it tolls for thee."

John Donne, For Whom the Bell Tolls

WE PLAY FOR EACH OTHER

