



2024

Owatonna High School Volleyball Handbook

**School:** Owatonna High School

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Schedules and Information

[www.owatonn.volleyball.com](http://www.owatonn.volleyball.com)

[www.owatonnaactivities.com](http://www.owatonnaactivities.com)

[www.big9.org](http://www.big9.org)

# Huskies Volleyball Program Rules

**Hard working** – Giving best effort in everything we do is the cornerstone of our program.

**Learning** – and the process of mastering the skills and systems of the game

**Competitive Excellence** – We say and do everything we can to win every time we step on the court (in practice and in matches)

**Attitude and Gratitude** – We choose to be positive in all things and appreciate what we have and the people who help us

**Toughness** – Determination and resilience. We will never give up

**Integrity** – We always choose to do the right thing

**Unity** – Team first. We look for ways to help the team and the people on it

## Specifics

- Academics first
- Be early to practice, bus times and events
- Treat everyone with respect
- Leave places better than we found it
- Represent our program with pride

# Team Policies and Procedures

## Attendance

Players at every level are expected to attend all volleyball functions throughout the season as well as arrive on time for practices, games, scrimmages, meetings, fundraisers, etc. If the player is ill and/or there is an emergency and the player is unable to attend, please contact the Head Coach of the player's team prior to the scheduled practice/event. Failure to do so may result in loss of playing time in the next scheduled match. If you are not at practice, you are missing important physical and strategic training which ultimately affects the entire team. Your presence is important.

**Excused Absences:** Sickness, injury or any other type of unplanned emergency that was communicated to the Head Coach of the player's team. Missing practice due to the above will not result in loss of playing time or loss of position.

**Unexcused Absence:** Missing a team event due to anything other than sickness, injury or emergency will be considered unexcused. The result of an unexcused absence will be playing time consequence for one set (out of a match) for every missed practice. Example, if a player misses 2 practices and/or scheduled team events and they are unexcused the player would sit out of 2 sets of the next scheduled event.

## Player Evaluation/Tryouts/Team Placement

Players will be evaluated on a number of items, including but not limited to the following criteria in conjunction with the level being tried out for:

- Game Skill: Passing, serving, serve receive, defense, blocking, hitting, setting, volleyball knowledge, understanding of strategy, consistency of skills and hustle
- Athletic and competitive game ability: Ability to apply skills in competitive game situations
- Coachability and openness to continue to learn with a positive and receptive attitude
- Willingness and ability to communicate on the court
- Work ethic, intensity, energy, body language and overall attitude

Players will be placed on rosters based on the above criteria, however other factors are considered, such as number of players trying out and number of players being considered for specific positions with similar skill sets in a given season. Coaches may decide not to offer player(s) a position on the roster if there are more athletes that try out than what teams have

available for. In the event that an athlete is not placed on a roster, the registration fee will be refunded by the OHS Activities Office.

## **Playing Time**

Being a part of a team, the needs of the team are more important than the needs of any individual player. Every role on our team is important and critical for the success of the entire group and program. There are many different roles on a team, both playing roles and non-playing roles. There are many ways to contribute to your team's success whether you are on the court or off. Please keep in mind that volleyball is unique with substitution rules and limitations. Coaches do not have free reign to replace players and this affects playing time scenarios as well. Additionally, certain positions have a natural tendency to play more rotations than others. Other factors such as what offense is chosen may also affect playing time and how many players are utilized in a given set. In general, coaches are expected to place players in roles where they will find the most success and the players that will give the team the best opportunity to be successful.

**B Squad/C Squad:** OHS VB systems (offense and defense) are taught, and more specific positional training and game play is incorporated. Playing time is based on a player's skill level and development throughout the season as well as positional needs of the team. Coaches will attempt to play as many players as possible in a match but playing time is not equal.

**Varsity/JV:** OHS VB systems (offense and defense) are utilized and more specific roles for players are identified to be incorporated on the court. Playing time is based on a player's skill and the role being filled. In addition, on court presence and decisions in game time scenarios, including but not limited to effort, intensity, communication and leadership. Playing time is not equal nor guaranteed.

## **Practice Expectations:**

- All practice and team events are mandatory. Please refer to the excused/unexcused absence section for regulations should you need to be absent
- Cell phones and any other electronic devices should be kept in your bag and on silent. No cell phone use when you step into the gym. If there is an emergency – parents, please call the high school office
- Students must be in school on the day of a practice or competition. Students truant/unexcused from school (or any period) will be ineligible for practice and/or competition. Students with an **excused** absence, per the student handbook, are eligible to participate the day of the absence.
- Come ready to work hard, play with intensity, support teammates, listen carefully and respect on another and the process

## **Communication:**

Players are always welcome to talk with their coach regarding questions or concerns they may have regarding volleyball. Players and parents should communicate with coaches regarding schedule/attendance conflicts in advance. More in-depth conversations should take place outside of scheduled practice or game time. With regard to playing time concerns, playing time is a coaching decision and will be determined by the coaching staff. While coaches are always open to discussing playing time with players and ways to continue to improve and increase future playing time, coaches will have the final word on playing time.

The appropriate steps regarding communication are listed below in the order they should occur.

1. The player should set up a time to talk with their coach (outside of a scheduled practice/event) about the concern and attempt to resolve it with the coach of their team. If a resolution is not found:
2. The parent or guardian and player should set up a time to talk with the coach of their team (outside of a scheduled practice/event). The player must be present for this conversation. A meeting will not happen if the player is not present. If a resolution is not found:
3. The parent or guardian and player should set up a time to talk with the Varsity Head Coach (outside of a scheduled practice/event) to discuss the concern. If a resolution is not found:
4. The matter should be referred to the OHS Activities Director

### **Travel Policy:**

All athletes, managers, etc. must ride to and from away events on the school provided bus or van. Players will be allowed up to 2 times to ride home with a parent/legal guardian from an away game per season. The parent/legal guardian must sign a Travel Release Form and personally hand it to the head coach of the team.

### **Overnight student trips and away events:**

Prior to loading the school provided bus or van, all backpacks, purses and bags must be inspected before departure.

- Students are expected to be on their best behavior and represent our school and community in a positive manner
- Students are expected to stay with their team at all times, regardless of parent attendance
- Parents are not allowed in players' hotel rooms
- Students are expected to be respectful at the hotel: No slamming room doors, running through the hallways and keeping noise levels down
- Students should not leave hotel room doors open with the latch out. Please keep hotel room doors shut
- Individual students should never be alone in the hotel. There should always be 2 people together at all times: in your rooms, elevators, on your way to breakfast, lobby or anytime leaving the room
- Students should never leave the hotel or tournament site without a coach

### **Varsity Lettering Policy:**

- Earn a spot on the varsity roster
- Maintain good academic standing
- No chemical violations during the season (please visit p. 3 of the Huskies Student/parent Handbook for MSHSL Drug/Alcohol/Tobacco rules regarding chemical eligibility and penalties for violations)
- Participate in a minimum of 3 matches during the course of the season
- Coaches discretion in special circumstances
- Varsity managers/student assistants may receive a varsity letter based on coach recommendation

## **Social Media:**

Students and parents – social media can be a helpful tool and a great way to share information with family, friends, and the community. Student athletes should be mindful that when it comes to posting online, nothing is private. Please use careful discretion when posting about yourselves, teammates, friends and adults to your social media.

Any negative posts about teammates, coaches, the volleyball program or other related subjects could result in removal from your team and the program.

## **Team Media Outlets:**

Information on Owatonna High School Volleyball and Owatonna Youth Volleyball Association can be found through the following sites:

Website: [www.owatonn.volleyball.com](http://www.owatonn.volleyball.com)

OHS Volleyball Twitter: @VB\_OHS

Facebook: @Owatonna Volleyball -OYVBA

Instagram: @owatonn.volleyball