

Pirate Volleyball Handbook

The Pirate Volleyball Program is built on Leadership, Discipline, Loyalty, and Building Respected Members of the Collinsville Community. This handbook is written as an aid to clarify our intent. It is not meant to eliminate communication between players and coaches, but to make certain the lines are open and flowing at all times. We want to insure each area covered is clear and embraced by all participants. Hopefully, we are all here for the same reasons. Together, we can do great things for you and for Collinsville.

OBJECTIVES OF THE COLLINSVILLE VOLLEYBALL PROGRAM

1. Each player receives a diploma and an education. These are not necessarily the same. Your diploma will come if you follow the plan as set forth by our athletic staff. Education is learning to "pour yourself out" to make a commitment to something higher and more rewarding than yourself. You will learn to give, and in return the more you give, the more you will receive. It is learning to give all you have and not worry about what others might think.
2. Athletics plays an important role in the school, but is not independent of the school. We want to play volleyball at a level that is very difficult for our opponents to maintain for 3 games. That level of play is what we practice. It is our goal to play at a little higher level than most teams can.
3. Through our volleyball experience, we become better people. It is the intent of the program to teach more than volleyball fundamentals. Players should develop or improve a genuine care and concern for other people. They should become more accountable and responsible and learn for every action there is a reaction. They will learn to be positive about this day tomorrow. They should love their country and this great school. Maroon and gold will become very meaningful. They will understand the influence they have on other people and use this in a positive manner.
4. They will have fun. Volleyball is a game to be enjoyed. To be enjoyed, it must be done correctly. Once learned how to play correctly, there is nothing more fun. A definite objective is the absence of tension or pressure. The player will know that her goal is to give great effort and everything else will take care of itself.
5. Learn the schizophrenic nature of volleyball. On the court, we need aggressive personalities. Outside the gym, we expect ladies. Many times players get these confused. They are tough/aggressive off the court and very meek on the court. These are learned traits and must be practiced and positively reinforced.
6. The upcoming season of volleyball will be a new and exciting change in many ways. The coaching staff will bring drills, techniques, and planning to the table that will hopefully make this season memorable. As a coaching staff, we are here

to provide excellent instruction, necessary evaluations, and guidance to the female athletes for the 2009-2010 school year.

ASSUMPTION

Assumption: A statement that is assumed to be true. It is important that you understand that we are making four assumptions. You must understand the importance because the program is developed with these assumptions paramount in our minds.

1. We assume you want to be the best volleyball player you can be. This is important because when our coaches look at you they see what you could be and will push you to achieve to your maximum. You will never be allowed to settle for less than your best. This causes problems only when this assumption is false.
2. We assume you expect to play on a championship team. Our practices, our off-season, and our overall programs are designed to produce a champion. To be a champion is not easy so it is very important that before you decide to be a Lady Pirate you understand we assume very strongly that you want to be a part of a championship team.
3. We assume you expect to graduate from High School. Administrators, teachers, and coaches are all working with the above assumption. If you are not in agreement with this, there will constantly be problems.
4. We assume you want to be a better person. We have very high expectations of our players off the court. We work with you to help you become a better person. Once a Lady Pirate, you are a Lady Pirate 24 hours a day, 7 days a week for the rest of your life. There are many benefits that go along with being a Lady Pirate, but along with those benefits are many responsibilities. We will help you become all you can be off the court as well as on the court.

MEDICALLY UNABLE TO PERFORM

There is always a possibility that a player could become injured to the point that she would be medically unable to participate again. Unable to participate would

mean that you could not play volleyball but it does not mean that you cannot be an integral part of the volleyball program. It is simply a changing of your role. Your role could become one of assisting in a supportive background role. It would be the assignment of a job essential to the program. We want you in our program even if you are unable to play.

EXPECTATIONS

1. As an athlete for Collinsville High School, you are expected to perform to the greatest of your abilities regardless of any issues that might evolve over time. You are expected to learn, achieve, and succeed in any area that you attempt. We are not asking for absolute perfection, but determination and strive to make absolute perfection a possibility. The coaching staff will respect you as an athlete, and respect for the coaches would be appreciated. You will be evaluated individually all throughout the season, so the progress can be easily identified to the eye.
2. Every game will be tough to win. No team wants to or has a burning desire to lose. Some teams desire to win is greater than others. Hence some teams are more difficult to defeat. When two teams are competing, what you are watching is more a contest of wills than of skills, the stronger will usually overcoming the skill. The skill will prevail only when it is so superior to the other team's skill that the will is not tested. Force your opponent to play full speed every play, knowing that when the game is on the line, there is a high probability that fatigue should destroy will. Force them into fatigue by making them give more effort longer than they are accustomed. Know in your mind if we are close going into the last set, the advantage is ours.
3. Stay MAROON. No team will always win every game. No player will ever play a perfect game. Every player and every team can stay true to its color, true to its school, to their parents, and to their community. To give up, to quit, to cut back, to feign injury, to negotiate for peace with opponents is to change color. This would be disloyal to your school, heritage, and those who trust you. Not every person can be great but every person can stay MAROON. Always remember who you are-On/Off the court.
4. At the conclusion of every match, we will shake hands with the opponents and then go to the locker room for a short meeting.

5. We will eat a team meal together. Meals will cost \$2.00. The meal is open to anyone who wants to eat. Destination will be decided upon during season and a schedule will be given.
6. GAMES – the season has many away games and very few home games. The music for the games may only be played during warm-up. The music must be tasteful and be approved by all members of the coaching staff before it can be played for a game.
 - Home games – dress clothes will be worn on days that we play home.
 - Away games – dress clothes will be worn on days that we play away.
 - Bus rides – the bus transports athletes to and from the games. I will not make any exceptions for anybody this season. Please be considerate of our decisions.
 - Noise levels – unnecessary noise levels on the bus are not tolerated and consequences will be enforced. Driving a bus is more difficult; therefore, unnecessary distractions could cause injuries. Please be respectful!
 - Cleanliness – all trash, bottles, paper, and wrappers of any kind will be properly disposed of either on the bus or at the games. All areas where this team inhabits will be checked and inspected for our athletes being respectful. This includes the Collinsville gym. Consequences will be enforced.

ASSISTANT COACH

1. The assistant(s) will provide leadership and partnership to the head coach and the volleyball program. The head coach will give responsibilities to the assistant that will be done in a timely manner.
2. I expect the assistant coach to give the junior varsity players a taste of what will be expected of them on the varsity level. I expect the assistant coach to be firm, but fair, in making decisions based upon the future successes of the program.
3. The assistant coach will guide the junior varsity players by explaining, demonstrating, and teaching what the head coach has directed them to give.

4. The assistant coach will keep track of attendance, morning weights, after school practices and days that the player is tardy. The assistant will complete all necessary forms, before travel will take place. i.e. bus requests, student absence forms, travel verification. The head coach will confirm officials, time of departure/arrival, emergency folder, and cell phone collections.
5. The assistant coach will help make sure all necessary equipment is on the bus for travel or in the gym for practice.
6. The assistant coach will use the practice time allotted for appropriate drills and conditioning.
7. The head coach will provide the assistant coach with a copy of all drills used for practice time on Monday of each week.

PROCEDURES

To have a successful team, procedures and consistency are key in making sure the levels of expectations are met. The coaching staff has outlined several procedures that are to be followed and maintained throughout the season.

- **PRE-SEASON** – as an athlete, you have made a commitment to practice and learn through the three-week period before school starts. I would NOT recommend you to miss any of the 2-a-day practices scheduled for the pre-season. Consequences will be enforced: Running 2 miles for any practice missed.
- **CHORES** – each week the groups will rotate to a different chore, your group will always stay the same. With groups, the same people are not always stuck doing the same work. Teamwork!
 - Net up, Group 1
 - Net down, Group 2
 - Fill water jug/ball counters, Group 3

- Sweep/towels hung on net, Group 4
- Laundry, Group 5

- EQUIPMENT – if you are issued equipment, you MUST leave it at school. I would NOT recommend you taking them home for any reasons. Consequences will be enforced. You will be issued lockers/locks for the locker room to keep your issued equipment.
 - 2 practice shirts – you must have a practice shirt, tucked in, in order to practice
 - 2 spandex shorts – you must wear appropriate length spandex for practice, everyday. You may NOT roll them up at the waistband.
 - 1 home jersey
 - 1 away jersey

Active ankles (optional to issue)

PRACTICE

We will have a set practice schedule every day. If there are any changes, you will be notified as soon as possible. You must have complete attire for practice. See above: equipment. We will have morning weights 4 days a week beginning when school starts. The first day of practice will begin with a 7 minute 30 second mile. You may not attend practice until this is accomplished. Practice time is evaluated for your playing time. DO NOT schedule any appointments during athletics. If you miss athletics, consequences will be enforced.

SUMMER PROGRAM

Momentum is either begun or destroyed on reporting date when players look around and see the investment their teammates have made during the unsupervised summer. You can tell on opening day who has prepared themselves.

CONDITIONING TEST

Conditioning is year-round. It is not a sometime thing. We will test athletes the first day of two-a-days to make sure everyone is physically fit for workouts.

OUT OF TOWN

When out of Collinsville, it is important to remind yourself that you may be the only Collinsville person a waitress, coach, clerk, etc. ever has contact with. From you this person will judge our athletic program, our coaches, our individual team, and our school. Be sincere, courteous and respectful. Leave every person you come in contact with a good feeling.

PARENT/COACH COMMUNICATION

Our offices and time are always available to meet with you and your parents. I expect to hear of your problems from you. We cannot operate without communication between coaches and players. Parents will be kept informed of everything.

DISCIPLINE

Do not confuse discipline with cosmetology. The outer does not always reveal what is on the inside. Do not get so hung up on the outer that you fail to search out the real person inside. Discipline-doing what is right or necessary in all circumstances. Saying no to drugs, steroids, and alcohol when everyone around you can't, is real discipline. You cannot win with cosmetics-they will be removed by adversity, hardships, or tears. You can win with discipline. Over a course of a season your athletic ability will not increase enough to make the difference. Discipline techniques can increase enough to make the difference. No matter the opponent, no matter the score, no matter the officials-is discipline. Discipline is not an inherited trait it must be learned. We will teach. You must be willing to learn.

DEVOTIONALS

We have FCA meetings periodically to help our players grow spiritually. These are non-denominational meetings (sometimes with speakers). The FCA meetings are voluntary and are to help make our players better people.

SELFISHNESS

The only reason you will be eliminated from the team is "Selfishness". Selfishness and Team cannot co-exist. We will eliminate a selfish star to keep a team. The best players do not always win but the best team does. Selfishness is the problem. Some of its symptoms are:

1. Stealing - Violation of another's things or space for selfish gain.
2. Tardy - Explained below
3. Absent - Missing practice benefits no one. Missing off-season workout is an absence.
4. 1- Concerned with self more than team.

Attendance and punctuality are mandatory. You are to attend every function and be on time. Failures to attend a function or arriving late are very selfish acts. The

person that is tardy or absent is concerned with no one but herself Arrange your schedule to prepare for circumstances that may cause you to be late or absent. If you are tardy or absent, you are expected to call. We have great confidence in you-When you are absent, we fear the worst. Be selfless - call and let us know the situation. The only problem we cannot handle is the one we don't know about. If you are absent you will make up any work you missed. It is your responsibility to get with your coach and determine what needs to be done.

LEADERSHIP

I. Leader Defined-Person who can alter or change behavior or attitude of another individual or group of individuals.

II. Characteristics of a Leader

- A. Usually the best or most gifted player
- B. Usually the older more experienced players
- C. The ability to get things started or going

II. Expectations of a Leader

- A. Set example by actions
 - 1. On court practice
 - 2. Game night performance
 - 3. Off court, in community
 - 4. In classroom
 - 5. With young Pirates
- B. Solve problems of teammates/friends
- C. Be courageous and loyal in adversity

D. Tough enough to stand up for what is right

E. Trust coaches enough to visit about problems/complaints

III. What you can expect from Coaches

A. Make effort to never scream/yell at you

B. Make effort to never put you in a tough position in front of your teammates

C. Trust and depend on you to lead team, identify and solve problems

LOCKER ROOM / MEETING ROOM

These are your volleyball homes. You are responsible to keep your individual area clean and, as a team, keep the area neat. You are not required to have everything in your locker in one exact manner. You are trusted to keep it orderly and neat. If this should be a problem - we can work on this together. I will try to always pick up locker rooms and meeting rooms after all practices. I will also pick up items left on the floor. Since I am paid only as head coach, I feel it is fair that you guys pay me to pick up after you. Each article is worth 2 towel pushes.

Athletic Code of Conduct

Alcohol

First Offense: Athlete will run 20 miles before becoming eligible to play again.

Second Offense: Athlete will be suspended for 14 days and run 30 miles.

Third Offense: Removal from the athletic program.

Tobacco

First Offense: Athlete will run 10 miles.

Second Offense: Athlete will be suspended for 7 days and will run 20 miles.

Third Offense: Athlete will be suspended for 14 days and will run 30 miles.

Fourth Offense: Athlete will be removed from the athletic program.

Abusive Drugs

First Offense: Athlete will run 25 miles.

Second Offense: Athlete will be removed from the athletic program.

** All running punishments will be over and above all other regular activities, workouts, and practices.

Stealing

Punishment that will be given in addition to the regular school punishment will be at the discretion of the Athletic Director after discussions with the athlete's respective coach.

ENDING MARKS – The Collinsville coaching staff is dedicated to making this volleyball season successful and memorable. We are looking for a young lady to know what role she has on this team, those who know how to lead and know sometimes when to follow. We are looking for ladies who support, praise, and guide. We are asking that you give it what you believe should be given. Good Luck!