

Players & Families, Welcome to the 2024 Volleyball Season!

**Along with the MHSA Provider’s Physical Examination Form,** other requirements include:

**(Due as soon as possible after tryouts)**

* $35 white fee
* Athletic/participation fees
* Medical and demographic info
* Proof of insurance
* Parent Code of Conduct
* Student Code of Conduct
* Assumption of Risk
* Student-Athlete & Parent Concussion Statement.

**This can all be completed through Dragonfly Max. Download the app to get started or go to Dragonflymax.com**



We expect players to abide by the Student Code of Conduct provided by MHSA/SHS, the attendance policy and the academic eligibility requirements of Sentinel High School Athletics.

**BE ON TIME:** Practice gear on, nets up and peppering @ least 5 minutes before the start of practice. Tardiness = consequence.

**BE EAGER TO PRACTICE:** Practice is invaluable to a team’s success- treat it as such. No poor attitudes or complaining, hustle, always. Team shirts are required.

**BE COACHABLE:** Take direction and apply it. Pay attention when coaches are speaking, no arguing, no excuses. Learn from your mistakes- don’t pout about them.

**BE RESPECTFUL:** Treat teammates, coaches, referees AND opponents with respect. Hold yourself accountable with your social media activity. Inappropriate, unsportsmanlike social media activity referencing SHS VB= consequence

**GAME READINESS & RESPONSIBILITIES:** You are responsible for your own gear. Everyone shares in some responsibility for matches (setting up the net, libero tracking, line judging ect.) Do your part! Being absent from class due to Volleyball is never an excuse to not complete your work. Communicate with your teachers about work due at least one day PRIOR to leaving for an away match.

**BE HEALTHY:** Take care of yourself, you have that commitment to yourself AND your team. Food is fuel- EAT and eat healthy. Get enough sleep, stay hydrated. No junk food prior to a match.

**BE A TEAM PLAYER**: Encourage each other in a positive way. Do not allow yourself to cut down teammates- on and off the court. Be humble, know that you are part of a whole, not an individual when you sign up to be part of a team! What you think is best for you is not always best for the team.

**COMMUNICATION**

Each season brings many new positives but also a few challenges. Communication is key when working to over-come them.

**Parents:** Coaches will be happy to speak with you about your daughter, but we ask that you encourage her to con- front volleyball related issues directly with her coach before asking for your assistance. Gaining independence and confidence through athletics is one of the many benefits of being part of a team.

**Players:** An appropriate and usually the best time to speak with your coach is after practice- just give your coach a heads up! **Players and Parents:** Coaches will be using the app “Remind” to send out logistics, reminders or positive team messages. All athletes will be asked to join a google classroom specifically for volleyball as well. Please do not text coaches asking for an opinion or regarding issues/concerns. We will not respond or speak with athletes/parents about performance, playing time, other players ect. through text messaging. Please send an email and we can set up a time to discuss over the phone or meet in person.

**24 hour rule:** There will be no complaints directly after matches. A waiting period of 24 hours is required before contacting the coach.

**Communication course of action**

1st Player discusses issue/concern with their coach after practice or sets up a time that works for both of them.

2nd Parent contacts the coach and arranges a time to discuss issue over the phone or in person. In some instances, we ask that your daughter or other coaches attend these meetings as well.

3rd The athletic director may step in to help resolve issues with all parties involved. 4th More administrative action

**PLAYING TIME**

Playing time and the lineup of each team are decided by many factors; they include but are not limited to: positions, skill, team chemistry, opposing team’s lineup, individual stats, proven performance in matches, a specific offense effort and attitude in practice.

**Equal playing time is not guaranteed.**

Coaches reserve the right to limit playing time based on a player’s unexcused absence, poor work ethic or failure to meet player expectations.

**ABSENCES**

**If a player fails to inform the coach of an upcoming absence, it will result in a loss of playing time- regardless of the situation.**

General rules for players: -If you are sick that day, notify your coach before the start of practice. -Only you or a parent should notify your coach of an up-coming absence. NOT a teammate.

Your coach can make the decision whether a missed practice/game will result in loss of playing time.If you are injured and cannot physically participate, you still need to attend practice.

Make it easy for everyone, attend all matches and practices!

**TRYOUT PROCESS/ PLAYER EVALUATIONS**

Team placements and cuts are based off of player evaluations in tryouts, positions available for each team and include all of the coaching staff’s input. Cuts are always unanimous within the coaching staff.

Coaches do not take these decisions lightly and it never gets easier telling a player they do not have a position in the program.

We will keep the teams at 10-12 players (12 being the absolute max)

Please ensure your daughter can commit to a season fully.

We assess skill level paired with grade level. What we expect from a senior athlete is entirely different than what we expect from an incoming freshman. We expect players to improve each year.

Grade level does not take precedence over skill level when it comes to team placement and cuts.

The focus of tryouts is to evaluate athletes thoroughly. Although there will be some review, particularly with the incoming freshman, we need to reserve this time to observe as much as we can to make the best decisions.

Players evaluations:

**Day 1 & 2:** Skill evaluations & physical testing

**Day 3:** Skill evaluations cont., Position specific & game situations evaluations

**Day 4:** Court awareness/ 6’s team play, revisit skills if necessary (cuts and team placements at the end of practice)

Athletic ability/physical testing, individual skill set, court awareness, position specific skills & positions available will be discussed and scored as applicable Also important is a player’s coachability, attitude, effort and ability to work within a team.

**COACHES’ CONTACTS AND THE TRYOUT SCHEDULE ARE ON THE SHS VB WEBSITE**