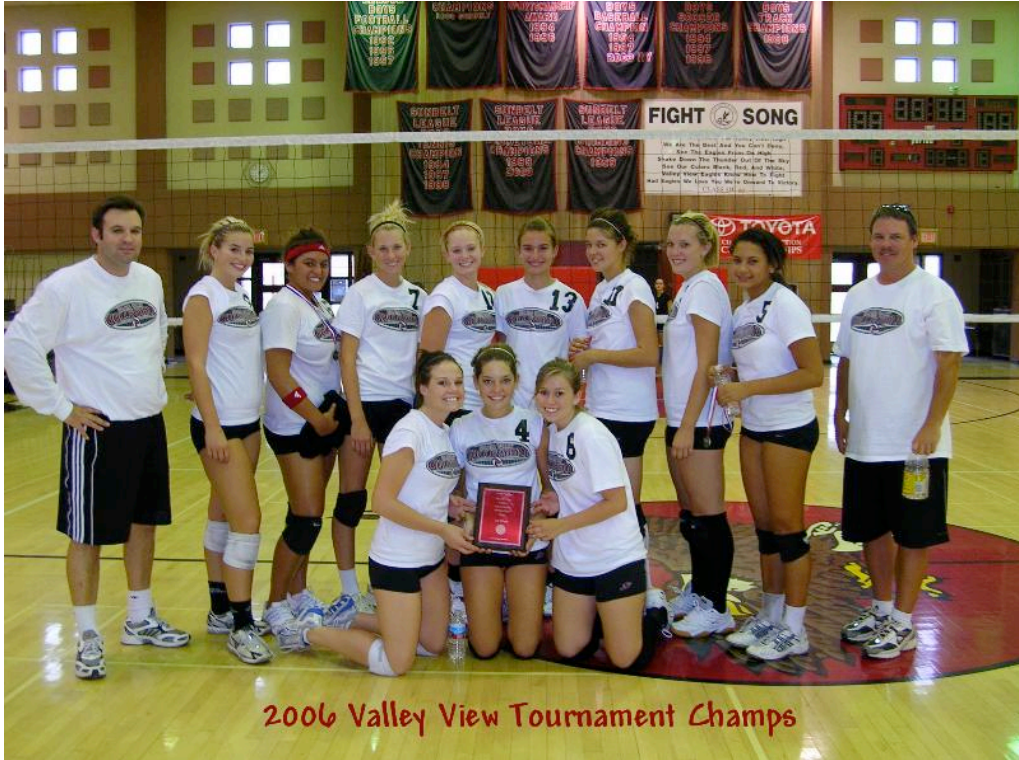


Paloma Valley High School Volleyball Program Parent & Player Handbook



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Program Information

Success has always been easy to measure. It is the distance between the team's origins and final achievement..." Michael Korda

Fundraising

Funds raised throughout the season are used to pay for new equipment, uniforms, tournaments, awards, and banquets. All players are required to participate in fundraisers. Buy-out options may be available for some fundraisers. Purchasing a spirit pack is encouraged, but optional.

In trying to keep costs down for each player, the volleyball program will fundraise through out the season and year. Fundraisers may include carwashes, candy sales, and football concession stands.

In addition to the previously mentioned fundraisers, the volleyball program hosts a concession stand at our home events. We ask that families volunteer to share their time and responsibility for staffing the stand to support their daughters and to make the volleyball program self-sufficient.

Pictures

At the beginning of each season team pictures will be taken. Each player will receive an order envelope for pictures at practice; no make-up picture dates are scheduled. The team picture will be published in the school's yearbook.

Banquet

At the conclusion of the season, we will hold an Award's banquet. Family and friends are encouraged to attend. This is a great time to celebrate and reflect on the accomplishments of the past season.

Team Managers

We are always looking for good, reliable team managers. In the past we have been lucky to get of a few volunteers who wanted to be apart of the volleyball program. There have been some male students with a high interest in the game that volunteer as managers. Whatever the circumstance, we would like team managers to have an opportunity to be a part of the team. If you know of anyone who loves volleyball and might be interested, please let one of the coaches know.

Videotaping

We would love to have as many parents videotape our events as possible. We would like to start the tradition of compiling a season highlight video featuring each team's performances. If you are willing to help videotape, please contact one of the coaches. Digital format is the most helpful.

Volleyball Program Website

We would like to develop a website to showcase the team and their achievements. If you have experience and would like to help, contact Coach Kaas.

Besides our team website, all of our results and statistics will be posted on Maxpreps.com.

Team Policies

“Anything you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon, must, absolutely must, come to pass.” Winston Churchill

Line of Communication

This is one of the most important areas to emphasize. This line of communication will be strictly followed within our program, as well as by the athletic department. The staff truly believes that if all of us are conscientious in following this, we should not run into any problem that cannot be resolved in a smooth and comfortable way.

If you or your daughter is having frustrations or problems of any kind it is very important that your daughter speak to her 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 as parents may contact your daughter's coach. You may contact us either by email or by phone. It will be determined at that time if a meeting to discuss the matter or if it can be discussed by email or over the phone. If after discussing matters with your daughter's coach you do not think things are better, then you should contact the head coach.

As a final note, parents or players may not approach the coaches before or after practices or matches about an issue unless a meeting has been scheduled. If the matter is related to a specific incident, match, or event, then the parents and athletes must wait until 24 hours after the specific incident, match, or event before contacting the coach to schedule a meeting.

Try-outs and Playing Time

Players will never be cut after the initial try-outs, but there may be movement between teams. Our philosophy is that players should be on a team in which they will have an opportunity to participate fully. Because of this, the coaching staff will move players from team to team so that they have “match” experience during the season. Their opportunity to participate is determined through evaluation of performances during practices, scrimmages, and matches. Playing time at the Freshman level will be as equal as possible, but may be dependent upon position.

Playing time at the JV level may not be equal, but instead is determined more on performance and how one contributes on the court. At the varsity level, the level of competition, each player’s individual skills, and their ability to consistently contribute to the team’s success will determine playing time. Generally speaking, the higher the level of the team the more competitive it will be to have playing time.

Practice

Practice will normally begin at 2pm and conclude by 4:30pm, Mondays through Fridays. Occasionally, practices will be held on different days at different times, but never on Sundays.

Practice is the time and opportunity for the athletes to work on their skills without worrying about outside influences. Because of this, practices are closed. Please understand that we are not trying to hide anything, just trying to limit distractions for everyone.

Athletes are expected to be dressed, have training needs addressed, and have the nets set up before practice begins. We want practice conditions to mimic game conditions. Therefore practice uniforms are required and will consist of spandex shorts and the team practice T-shirt.

Some of the coaches work for the school district. From time to time, their duties may cause them to be late for practice. If this should occur, athletes are expected to warm up and stretch on their own. If they do come in late, some coaches may have other activities for their athletes as well.

Absence from Team Practices and Activities

1. Excused Absences

- An absence is excused if the player notifies the head coach in advance and the head coach approves the absence.

- Absences are strongly discouraged as it disrupts the team, team chemistry, drills, etc.
- Excused absences might include but are not limited to – family emergencies, medical emergencies, special academic opportunities, and once in a lifetime opportunities.
- Illness or injury is not an excused absence unless a signed note from a doctor is provided to the head coach.
- Work is not an excused absence.
- Athletes who miss the practice prior to a match with an excused absence must sit out at least one game of that match.

2. Unexcused Absences

- An absence is unexcused if the player does not notify the head coach before the absence occurs, or does not provide the proper written documentation indicating the reason for absence signed by the parent/guardian of the player.
- If an unexcused absence occurs for a practice prior to a match, the player will not be allowed to play in that match. If missing practices become habitual, then the coach and athlete will meet to evaluate the player's commitment to the program. During this meeting, they will discuss possible solutions, including dismissal from the team.

Injury/Illness

Illnesses and doctor appointments related to an injury or current illness are legitimate excuses for missing a practice or match. Eye doctor, dentists, orthodontics, and other doctor appointments are not. There are days throughout the season when these can be taken care of, please plan accordingly. If during the school day an athlete leaves school because of illness, please leave a message in the head coach's school mailbox, send an email to your coach, or call your coach.

If your daughter has an injury that requires medical attention, she will need a doctor's release to resume practice or play. A physician's note must be turned into their coach in order for your daughter to resume practice or play of any degree or level.

Be "On Time"

"On Time" means 5-10 minutes early. "On Time" means being dressed and ready. "On time" means that you are 100% (physically and mentally) ready for the team meeting, practice, bus, or match.

Nets and Equipment

Teams are responsible for setting up and taking down their own nets. Teams are responsible for their team's equipment (balls, scoreboards, jump test, ball shooter, etc.) Practice is not over until all equipment is stored where it belongs.

Buses and Travel

We will travel as a team. While traveling on the bus, we will be quiet, focusing and visualizing the upcoming match. We will sit as teams, Varsity in the back, JV in front of Varsity, freshman in front of the JV, and Managers in front of the freshman. Freshman and JV will be dressed in their uniforms before we leave on the bus. Freshman will be responsible for the water, cups, and first aid kit. JV will be responsible for the balls and ball cart.

We will return as a team. The exception may be made for tournaments. A parent or guardian must sign a permission slip before we leave for the tournament. If you cannot ride the bus home after a match, you will need to turn in the signed permission slip before we leave for the match and you will sit out the next match. If you miss the bus, you will not play in that and the next match.

Away Matches

During JV and Freshman Matches, Varsity team members will ref and keep books. Varsity player's not keeping books or doing lines will sit as a team. During the varsity match, JV and Freshman players will ref and keep books. Player's not keeping books or doing lines will sit as a team. Players are not allowed to leave the gym. Players should stay in their uniforms until we return to Paloma Valley HS.

Home Matches

All team members will report to the gym after 5th period. During JV and Freshman Matches, Varsity team members will ref and keep books. Varsity player's not keeping books or doing lines will sit as a team. During the varsity match, JV and Freshman players will ref and keep books. Player's not keeping books or doing lines will sit as a team. Players are not allowed to leave the gym. All team members are expected to stay in their uniforms until the varsity match concludes and all equipment is put away. After all the equipment is stored, we will have a team meeting, after the meeting the teams are excused.

Uniforms

All uniforms are property of Paloma Valley High School. Players may choose to purchase their uniform at the conclusion of the season. Each team may choose to purchase an additional uniform.

Awards

The following awards will be presented at the Awards banquet.

- Varsity Letters
- All-league and All-CIF
- School Records
- Wildcat Award
- Most Valuable player, as voted by the players and coaches
- Most Improved, as voted by the coaches

JV and Freshman awards will vary by team.

*****TO RECEIVE A TEAM AWARD THE ATHLETE MUST BE IN GOOD ACADEMIC, BEHAVIORAL, AND FINANCIAL STANDING WITH THE SCHOOL.**

Player Conduct

Players and coaches are expected to think positively and to encourage others. We will not accept negative attitudes and/or negative comments. We must play with confidence, knowing that the team believes we can be successful.

Foul language will not be permitted. Immediate consequences will result. These kind of language is offensive and is not encouraging, don't use it.

Hazing or initiations will not be permitted. These activities are degrading and many times illegal.

Avoid alcohol, tobacco, and other illegal drugs. These substances are harmful and illegal. Coaches will report any drug use to the appropriate authorities.

Follow ALL school policies. As members of the Volleyball team, we are held to a higher standard. We are examples in the classroom, around the campus, and in the community. Being a member of the volleyball team is a privilege that comes with responsibility. You are a reflection of the team. Players who choose to abuse the privilege will be dismissed from the team.

Team Philosophies

To be successful, the four P's of excellence should be incorporated into your preparation for the upcoming season.

The four P's are:

Patience: Understand that being your personal best take times. Work on achieving your goals. Set realistic expectations for yourself. Believe that success is a learning process and is the product of hard work.

Persistence: Never settle for anything less than your best. Take advantage of opportunities when they are presented to you. Be ready to do the little things that lead to success. Learn from your mistakes and grow more positive in your approach to your sport.

Pride: Whatever you do, take pride in your approach. Do not settle for mediocrity. Commitment to doing your best provides you with the work habits to be the best. It is your approach to training that separates you from the rest.

Performance: All of your training should be designed to make you a more successful athlete. Identify the difference between "nice to do" and "necessary to do" exercises. Turn your athletic potential into athletic performance.

A few important points:

- Our emphasis on COMPETITIVE volleyball. There is no guarantee of playing time. At any given time the best team of 6 players will be in the game. The best TEAM of six is not always the six best athletes.
- Remember open lines of Communication, on and off the court
- Continued emphasis on understanding and analysis of the game.
- Hone and shape skill development and team building.
- Develop Work ethic and Competitive drive.

As a team we wish to learn proper skills, build team and school spirit, prepare for college, win league, advance in CIF, develop leadership qualities, progress as student athletes, and most importantly, have fun.

"Each of us, if we would grow, must be committed to excellence and to victory, even though we know complete victory cannot be obtained, it must be pursued with all one's might. The championships, the money, the color; all of these things linger only in the memory. It is the spirit, the will to excel, the will to win; these are the things that endure." Vince Lombardi

Being an Athlete

Self Motivation

*“You either have it or you don’t have it...and if you don’t have it...you’ve had it.”
“If you’re not fired with enthusiasm, you will be fired with enthusiasm.”*

What makes a successful athlete?

Motivation is the key to success, and self-motivation is the basis of all motivation. Every successful volleyball player has to be a self-starter. The coaching staff will help you find your hot button and help you learn how to use it. If the coaches have to motivate you every day in practice, every game, then we are in serious trouble.

What are the ingredients for becoming a self-motivated person and athlete?

First, you must have a strong belief. You must believe not only in yourself, but also in the people around you, the program, the people in the program, your teammates, and the coaches. Belief is the key to motivation. Belief in what you are doing and whom you are doing it with is as important as believing in yourself. If you do not believe in yourself and the program, we cannot be successful.

What it takes to be a great athlete

“No one can cheat you out of ultimate success but yourself.”

Being an athlete does not merely mean being a member of the team. There are many phases to think about if you want to be a winner in volleyball and in life as well. The following are a few qualities that are absolutely necessary in becoming a great athlete.

Are you coachable?

The worst thing that can be said about a player is that she is un-coachable. A player must be able to take coaching and listen to instruction. Are you a “know it all”? Will you always do your best and strive to improve? Do you accept constructive criticism well? Do you try to compare yourself to other players? Do you make excuses for your performance?

“It’s what you learn after you know it all that counts.”

Are you possessed with the spirit of competition, which fires an intense desire to win?

No one has ever achieved greatness without having the burning desire to win. Do you want to win with passion, and as a team? Does it bother you to lose?

"A perfectionist fails every time. It's the excellist that never stops getting better."

Are you willing to practice?

Not just reporting to practice and putting in the necessary time, but working everyday with the same enthusiasm and determination you use in a volleyball match. Great athletes have one speed, and it should be the same everyday, full speed, every practice, and every match. Do not just work on the things that you are good at or come easy to you. Spend the majority of your practice time on the things that are difficult for you. If you quit during a drill or during practice, you will quit when it counts most - it becomes habit. We don't want players who quit. We want 100% out of every individual. We must establish a "never quit" attitude in everything that we do.

"Winning isn't everything, the effort to win is."

Are you willing to make sacrifices?

Conditioning to play is not fun. It is not easy. Training is exacting; the responsibility is heavy because in volleyball each one must do it individually on her own in the off-season. It is rough, and includes personal denials in order to remain in good condition, but it does have its rewards. You will have the inner confidence and condition that will allow you to execute a good pass or dig, a good serve, a good set, a good attack or block, and winning a match.

When you are fatigued, you rationalize. You make decisions poorly, and you make excuses in your mind. You say to yourself, "I'm too tired, I can't do this, I'll quit, I'll loaf, hopefully no one will notice." When you don't use your abilities to the fullest, you're cheating yourself and your teammates. The only way to remain in good shape is to never get out of it. The importance of hydration, nutrition, and rest are important variables throughout the season and year.

"Fatigue makes cowards of us all."

Do you have the ability to think under fire?

Can you concentrate on the work to be accomplished at the moment? Can you shut out of your mind a previous failure, success, or personal insult in order to give your undivided attention to the here and now? Can you check your personal baggage at the door? Matches are won by what is happening now at this moment. Good athletes play every phase of the game at 100%, in the moment. Good athletes play in the moment and play with poise. Learn from mistakes and move on.

“Physical strength will make the opponent weaken, and mental toughness makes them crack.”

Maturity

Some players who are not quite capable of sustained playing time at the varsity level should not get discouraged as they may develop into a regular some day. We as coaches have an obligation to develop all players with the expectations that they will fit into key roles on a team. All players have the obligation to work diligently toward their development. You must continue to work toward your maturity as a person and player, while maintaining a positive attitude towards the team. If you cannot commit to this going into the season, then you should reconsider your place on the team. The coaches will try to communicate with you in identifying what role you will play and the skills you need to work on. If you have questions about your role, ask your coach.

School

School should be the highest priority in your life besides your family. If you fail in school, it is certain that you will fail in volleyball as well. Being successful in school does not only mean passing your classes, but should mean passing with above average grades.

As a team, we seek to maintain a team GPA of 3.5.

There should be absolutely no behavior problems in or out of school. Always treat others with respect. Be respectful to authority figures. Rules are made for reasons and should be followed. If you have difficulty fitting into the structure of society and school, will never be successful as a volleyball player. If you can't be disciplined in school and in your community, you will not be disciplined on the court. Hard work, dedication, and discipline are the most important aspects of life, school and Wildcat Volleyball.

Being part of a team

Being chosen to become a member of the Paloma Valley Girls Volleyball Program is a privilege, not a right. As a member of the team, there is inherent responsibility. You have chosen to make a commitment to the community, the program, your team, your teammates, and your coaches. You have chosen to put the welfare of the team before your own welfare. You have chosen to put the goals of the team before your individual goals.

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

Ten Commandments for Parents with Athletic Children

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the gym or on the way back or at breakfast, and so on. It's tough no to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often-critical instruction.
4. Teach them to enjoy the thrill of competition, to always be giving 100%, to be working to improve their skills and attitudes. Help them to develop the feel for competing, giving a maximum effort, for having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you dropped the ball too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reaching.
10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped me in athletics."