

Coaching

- My Philosophy

My coaching philosophy revolves around prioritizing the growth of my athletes as both students and individuals. While achieving victory is undoubtedly significant, I am committed to guiding my athletes toward becoming well-rounded individuals. It is imperative that they exhibit perseverance, respect, and good sportsmanship in their play. A motto that resonates deeply with me is "Do not embarrass yourself, your family, or the program." To foster a thriving team environment, I firmly believe in maintaining an open-door policy that emphasizes effective communication as a cornerstone of our success.

- My Coaching Style in Practice

In my practice sessions, I employ a flexible and fast-paced coaching style aimed at cultivating the skills necessary for our level of competition. I am fully committed to dedicating the time required to address any areas of improvement with my players. Recognizing the significance of team leaders, I greatly value their role in assisting me with the development of our younger players. Moreover, it is crucial for my athletes to understand that I am fully invested in supporting them both on and off the court, fostering an environment of unwavering support and guidance.

- How Do I Measure Success?

Success cannot be solely determined by wins and losses alone. I firmly believe that building a successful team entails considering a variety of factors. Evaluating individual player statistics and their progression from game to game is crucial in understanding their impact on the team. However, I also recognize that success extends beyond the confines of the court. It is equally important to observe how my players grow as individuals and contribute positively to their community. By focusing on holistic development, I aim to foster a sense of achievement that goes beyond mere on-court performance.

Team Pillars

(Hettinger and Scranton District Values)

TRUSTWORTHINESS: Be honest. Don't deceive, cheat or steal. Be reliable-do what you say you will do. Be loyal—stand by your Team, family, friends and school.

RESPECT: Treat yourself and others with respect; Be tolerant of differences. Use good manners, Be considerate of the feelings of others.

FAIRNESS: Play by the rules. Take turns and share. Be open-minded; listen to others.

RESPONSIBILITY: Do what you are supposed to do. Persevere: keep on trying. Always do your best. Use physical and verbal self-control; be self-disciplined. Think before you act—consider the consequences. Be accountable for your choices.

CARING: Be kind. Be compassionate and show you care for yourself and others.

CITIZENSHIP: Do your share to make your, team, school, and community better.

SAFETY: Create a safe environment for competition to take place, while maintaining Safety for athletes.

COLLABORATION: Leads to group success and personal growth.

CHARACTER: Have integrity and use empathy.

Qualities of a Nighthawk Volleyball Athlete

1. Be Loyal
2. Be A Leader
3. Be Coachable
4. Be A **Hard** Worker
5. Be A Good Teammate And Friend
6. Be Yourself

Rules and Guidelines

Alcohol, Drugs, and Tobacco:

Compliance with NDHSAA Rules: As representatives of our high school, all athletes are expected to adhere to the rules and regulations set forth by the NDHSAA regarding alcohol, drugs, and tobacco use. Violations of these rules will result in disciplinary actions as outlined below:

- First Offense: A six-week suspension from participation in athletic events.
- Second Offense (within one year): An 18-week suspension from participation in athletic events.
- Third Offense: A one-year suspension from all NDHSAA-sanctioned athletic events.

Grades:

Academic Performance: At Hettinger High School, we emphasize the importance of maintaining academic excellence alongside athletic participation. To ensure a well-rounded educational experience, we have implemented the following policies regarding grades:

- Weekly Assessment: Grades are assessed on a week-to-week basis, with the grading period running from Wednesday to Wednesday.
- Academic Suspension: Any student-athlete failing two or more classes will be suspended from participating in athletic events for one week.
- Cumulative GPA Award: Each year, our school can receive an esteemed award from NDHSAA. To be eligible for this award, our team must maintain a cumulative GPA of 3.25 or higher. This accolade reflects not only your commitment to sports but also your dedication to academic excellence.

By upholding these standards, we aim to foster a culture of responsibility, discipline, and academic achievement among our student-athletes. Remember, your success in both academics and sports is a testament to your commitment and well-rounded development.

Attendance Policy for Volleyball Players:

Volleyball players are required to attend all practices, as regular attendance is crucial for individual and team development. Excused absences are limited to the following circumstances:

- a. Medical Purposes: Absences supported by a note from a medical professional.
- b. Family Emergency: Absences due to unforeseen family emergencies.
- c. School-Related Functions: Absences for school-sanctioned events or activities.

SCHOOL ATTENDANCE: At the middle school and high school level, a student must attend school by the end of period 3, 10:08 am, or they will not be eligible to practice, or play in any competition that day.

Consequences for Missed Practices:

All absences not falling under the excused categories mentioned above will be considered unexcused. It is important to understand the consequences of missed practices, as outlined below:

- a. 1 Unexcused Absence: Result in missing one set during a match.
- b. 2 Unexcused Absences: Result in missing one entire match.
- c. 3 or More Unexcused Absences: The coach will make a decision regarding further consequences, which may include potential dismissal from the team.

Punctuality Expectations for Volleyball Players:

Being punctual demonstrates respect for your teammates, coaches, and the value of time. Volleyball players are expected to arrive on time for all activities and practices. In case of an unavoidable tardiness due to school-related help or other valid reasons, it is mandatory to inform the coach in advance. Please note that tardiness resulting from after-school detention is not acceptable. The consequences for tardiness are as follows:

- a. 1 Tardy: This will result in a verbal warning.
- b. 2 Tardies: This will result in missing one set during a match.
- c. 3 Tardies: This will result in missing one entire match.

By adhering to these attendance and punctuality expectations, we can create a positive and dedicated volleyball program that fosters discipline, teamwork, and personal growth.

Curfew Policy for Volleyball Players:

To ensure the well-being and focus of our volleyball players, we have implemented a curfew policy. Adhering to a curfew is essential for maintaining discipline and promoting optimal performance. The curfew guidelines are as follows:

1. Weekday and Match Curfew:

- Weekdays and Matches (including tournaments on Saturdays): Curfew is set at 10:00 PM.
- Weekends: Curfew is set at 12:00 AM (midnight).

2. Exceptions and Notifications:

- If there is a valid reason necessitating a later return beyond curfew, players must inform the coach in advance. Valid excuses may include school-related activities or unforeseen circumstances.
- This proactive communication ensures transparency and helps in managing expectations and potential issues.

Consequences for Curfew Violations:

Violations of the curfew policy have consequences to maintain accountability and reinforce the importance of compliance. The consequences for curfew violations are as follows:

- 1 Violation: The player will receive a verbal warning.
- 2 Violations: The player will be required to miss one set during a match.
- 3 Violations: The player will be required to miss one entire match.

By adhering to the curfew policy, players demonstrate their commitment to the team's goals, their personal responsibility, and their understanding of the impact of rest and preparation on their performance. It also ensures a harmonious environment where everyone can thrive.

Bus Travel Guidelines:

Team unity and camaraderie are highly valued within the Night Hawk Volleyball program, and it is preferred that all team members, from A squad down to C squad, travel together to and from matches. By sharing the journey, we reinforce the importance of collective experiences and support each other through both victories and defeats. However, we understand the need for flexibility and prioritize the safety and well-being of our athletes. Nevertheless, we emphasize the significance of being together as a team for both wins and losses whenever possible.

To ensure smooth coordination and safety during bus trips, the following rules apply:

1. Parent Notification:

- If an athlete intends to ride home with a parent after a match, it is crucial for the parent to inform one of the coaches in advance. This notification helps us maintain an accurate record and ensure the safety of all athletes.

2. Traveling with Another Athlete's Parent:

- If an athlete plans to travel home with another athlete's parent, they must obtain a written note from their own parent and submit it to the coaching staff before departure.

3. Shorter Distance Home or Family Functions:

- If an athlete lives at a shorter distance from the match venue and it is more convenient to ride home with their parents, this is acceptable. Prior notification to the coaching staff is appreciated in such cases.

- If an athlete needs to continue in a different direction for a family function, they will not be required to ride the bus all the way home and then back. Please inform the coaching staff of such arrangements beforehand.

By adhering to these guidelines, we prioritize the safety, communication, and teamwork necessary for a successful and enjoyable bus travel experience.

Dress Code for Volleyball Players:

Maintaining a professional and respectful appearance is crucial as volleyball players represent not only themselves but also their schools, communities, and the sport of volleyball. As ambassadors, it is essential to adhere to the following dress code criteria:

1. Match Day Attire:

- On the day of a match, regardless of whether it is home or away, players must be dressed in appropriate attire.

2. Skirt and Short Length:

- Skirts and shorts must follow schools' (Hettinger or Scranton) dress code rules.

3. Footwear:

- needs to be weather acceptable, especially when getting on a bus. Ex (sandals in cold temps)

4. Midriff Shirts:

- Wearing midriff shirts as dress apparel is not permitted. Ensuring a tasteful and professional appearance is important.

5. Blue Jeans:

- Blue jeans are not considered appropriate dress apparel, even on Fridays.

6. Hats:

- Dress apparel should not include hats.

7. Socks:

- Half-calf socks are requested during matches.

- Only all-white or all-black socks are acceptable.

8. Weekend Tournament Dress Code:

- For weekend tournaments, a casual dress code is permitted. There is no requirement to dress up for these events.

*Note: If a player is sent home from school for wearing inappropriate or excessively short clothing, they will not be allowed to dress for that event. In the case of an away match, the player may still travel with the team but will not be permitted to play.

By adhering to the dress code, players demonstrate their professionalism, and respect for the sport, and represent their school and community in the best possible manner.

Grounds for Dismissal:

While it is our sincere hope to maintain a positive and harmonious team environment, there may be rare instances where dismissal becomes necessary. The decision to dismiss a player will only be made after all available avenues for discussion and reconciliation have been exhausted. Dismissal will be the last resort option, implemented by the head coach, if it is deemed to be in the best interest of the team and its goals. We value open communication, and parents are encouraged to meet with the head coach to discuss any concerns. It is important to note that all decisions made by the coach are final and permanent.

Examples of potential dismissal situations include, but are not limited to:

1. Extreme Negative Attitude:

- Consistent display of an excessively negative attitude that undermines team morale and unity.

2. Uncoachability:

- Demonstrated resistance to constructive feedback, refusing to accept and implement coaching instructions.

3. Severe Lack of Effort:

- Failure to consistently put forth the necessary effort required for individual and team success.

4. Degrading a Teammate:

- Engaging in actions or behavior that belittles, demeans, or disrespects a teammate.

5. Disregard for Coach Instruction:

- Repeatedly failing to adhere to instructions provided by the coach, hindering team progress.

6. Negative Impact on the Team:

- Any actions or behavior that have a detrimental effect on team dynamics, cohesion, or performance.

7. Unacceptable Use of Social Media:

- Engaging in social media activities that are disrespectful, damaging to the team's reputation, or in violation of team rules or codes of conduct.

Dismissal from the team is a serious step taken to preserve the integrity, values, and goals of the team. Our primary objective is to create a supportive and positive environment for all team members to thrive and succeed together.

Team Captains:

The selection of team captains will be determined by the coach, taking into consideration input from players through an anonymous vote. It is important to note that the role of a captain is not limited to seniors and can be fulfilled by any player who demonstrates the necessary qualities. Captains are entrusted with the responsibility of being both a teacher and leader, both on and off the court. During matches, captains will be the primary point of communication with referees. Additionally, they are expected to provide encouragement, motivation, and serve as a spokesperson for the team when communicating with the coach. It is important to remember that individual concerns can be directly brought to the coach at any time, without going through the team captain.

The expectations set for team captains are as follows:

1. Maintain Focus: Captains are expected to stay focused themselves and help their teammates maintain focus during practices and matches.

2. Lead by Example: Captains should demonstrate leadership qualities not only through their words but also through their actions, setting a positive example for the team.

3. Positive Role Model: Captains are expected to be positive role models both within the school and outside of it, representing the team and its values.

4. Command Respect: Captains should command the respect of their teammates and coaches through their dedication, work ethic, and conduct.

5. Decision-making: Captains should possess the ability to make decisions that prioritize the best interests of the team as a whole.

6. Supportive Friendliness: Captains are encouraged to foster a friendly and supportive environment, being a friend to all players on the team.

By fulfilling these expectations, team captains contribute significantly to the team's success, unity, and overall development.

Playing Time:

Varsity: The coach will make determinations on playing time, based on the evaluation of each player's skills and their ability to contribute to the team's success. The coach will select the best six girls who they believe will give us the greatest chance of winning. It is important to understand that playing time at the varsity level is not guaranteed and will not be distributed equally among team members.

Junior Varsity: The focus at the junior varsity level is on developing the necessary skills to compete at the varsity level. While playing time is guaranteed for all players, it should be noted that equal playing time is not guaranteed. The coach will allocate playing time based on factors such as skill development, effort, and performance in practice and games.

"C" Squad: At the "C" squad level, our primary objective is to introduce the fundamentals of the game and provide players with a foundational understanding of volleyball. Playing time for all players on the "C" squad is guaranteed, ensuring that each player has the opportunity to gain valuable experience. However, it should be noted that playing time will not be distributed equally among team members.

Understanding the nuances of playing time across different levels is essential for maintaining a supportive and positive team environment. It allows each player to focus on personal growth, skill development, and contributing to the overall success of the team. The coach's decisions regarding playing time are made with the team's best interests in mind, with the goal of fostering a competitive and cohesive team dynamic.

Earning A Varsity Letter:

1. Play in at least 12 Varsity games, not matches.
2. Help the varsity in some way in practice, or on the bench.

a. This ensures that even if you don't get 12 games if you practiced hard and made your team better, you will get a Varsity letter.

Parents

As a parent, you play an important role in our team dynamic. There are various ways in which you can actively contribute to your daughter's experience on the team. You can participate as a supportive spectator, provide transportation, assist as an officiator (line judge), contribute to fundraising efforts, and more. Your involvement and understanding of what's happening with your daughter's team can greatly enhance team cohesion. We encourage you to attend preseason meetings organized by the coaches. This will provide valuable insights into the coach's mission and ideas. Engage in open conversations with your daughter, ask her questions, and seek to understand her role and position within the team. Volleyball is an exciting sport, and your daughter's participation is a vital part of its success.

It is important to refrain from speaking negatively about any of your daughter's teammates. Such remarks can be hurtful and can easily reach the girl they are directed towards. Likewise, it is crucial to avoid speaking negatively about the coach in front of your daughter. If you have concerns or feedback for the coach, please address them directly to me. I am open to hearing your thoughts and suggestions. However, it is important to discuss these matters privately rather than during practices or games.

While it is natural to want to guide and support your daughter, it is best to avoid coaching her from the sidelines. This can create confusion for her as she will receive instructions from both you and the coach. Instead, be a positive fan, cheer from the sidelines, and offer encouragement.

If you believe there is an issue involving the coach, I encourage you to schedule an appointment with me. If the problem involves one or more athletes, it is essential for all parents to be involved in finding a solution. Together, we can address any concerns or challenges that may arise. Please reach out to me to arrange a meeting, keeping in mind that practices and games are not suitable times for such discussions.

Thank you for being a valued member of our team community. Your support, understanding, and positive involvement contribute to a fulfilling and enjoyable experience for all involved.

Role of the Parent:

your role is vital in supporting your child's athletic journey. Here are important aspects of your role:

1. Listening: Be an attentive listener when your child wants to share their experiences, concerns, or successes related to their sport.
2. Encouragement: Provide consistent encouragement to your child and their team. Positive reinforcement goes a long way in building confidence and fostering a supportive environment.
3. Cheering: Be a spirited and positive fan by cheering for the entire team. Your enthusiasm uplifts the atmosphere and boosts morale.
4. Support: Offer unwavering support to your child, both in their successes and during challenging times. Your support can provide reassurance and motivation.
5. Role Understanding: Help your child understand their role on the team. Clarify the value of their contributions and emphasize the importance of teamwork and sportsmanship.
6. Avoid Criticizing: Refrain from criticizing your child's teammates or the coaching staff. Instead, focus on constructive and supportive feedback that can positively impact their development.
7. Open Communication: If you have concerns or questions, approach the head coach at an appropriate time to discuss the matter. This ensures a respectful and productive conversation that benefits both your child and the team.

By embracing these guidelines, you contribute to a positive and nurturing environment for your child and their teammates. Your involvement as a supportive and understanding parent is invaluable to their overall athletic experience.

Forms:

Athletes and parents are required to complete the following forms and submit them to Mr. Kohler or Coach Resner. It is mandatory for all athletes to have their physical clearance forms filled out, as per the NDHSAA rule. Additionally, handbook forms must also be completed.

The activity fee for volleyball is \$40.00 for Junior High and \$50.00 for High School. This fee must be paid to the office before the athlete can participate in their first practice. Does not apply to Scranton athletes.

Injuries:

Hettinger Public School and Scranton Public School will ensure that competent coaches/advisors, safe facilities, and safe equipment are utilized. Nevertheless, injuries may still occur. If an injury occurs, notify the coach/advisor. MEDICAL COSTS FOR INJURIES ARE NOT THE RESPONSIBILITY OF HETTINGER PUBLIC SCHOOL OR SCRANTON PUBLIC SCHOOL. Hettinger Public School and Scranton Public School do not carry insurance to cover costs involved in an injury. Injury costs are the responsibility of participants and/or their parents/guardians.

GENERAL CONDUCT:

Any conduct deemed detrimental to the team, both during the season and out of season, will result in consequences on a case-by-case basis at the discretion of applicable administrators and coaches. These consequences could include, but are not limited to, loss of playing time, loss or ineligibility for awards, game suspensions, or removal from the team. Inappropriate usage of social media outlets falls under this guideline.

COMMUNICATION GUIDELINES:

The following are communication guidelines put in place by the Hettinger-Scranton Athletic Departments. All coaches, parents, and athletes are expected to follow these guidelines. Communication Parents Can Expect From a Coach:

1. Philosophy of the coach
2. Expectations of the athlete and team
3. Location of all practices and games
4. A copy of the team rules

Discussion of your son's or daughter's role on the team will be between the coach and the athlete only.

Communication Coaches Expect From Parents:

1. Concerns related to your son or daughter's mental, physical, or emotional well-being
2. Specific questions about a coach's expectations of parents
3. Notification of any injuries or illnesses
4. Prior notification of any student absences from practices or games

APPROPRIATE Parental Concerns to Discuss with Coaches:

1. Mental or physical treatment of your son/daughter
2. Ways in which you can help your son/daughter improve
3. Concerns about your son/daughter's behavior

INAPPROPRIATE Parental Concerns to Discuss with Coaches:

1. Playing Time *Playing time discussions will be between the coach and athlete only.
2. Team Strategy
3. Play Calling
4. Team Selection
5. Another Athlete

24 HOUR RULE

Hettinger-Scranton Athletic Departments have instituted the following protocols for a 24-Hour rule:

1. No parent may approach a coach to discuss a situation no earlier than 24 hours after the situation occurred.
2. After 24 hours have passed, parents may email or call the coach to set up a face-to-face meeting to discuss the situation at hand if it does not violate "Inappropriate Parental Concerns to Discuss with Coaches."

Chain of Command

The importance of a chain of command cannot be overstated, as it serves as a vital framework for any organization, ensuring efficient functioning and streamlined communication. A clear chain of command establishes a hierarchical structure, where everyone knows their role, responsibilities, and whom to report to. This hierarchical arrangement fosters accountability and discipline, allowing for swift decision-making and timely execution of tasks. It minimizes confusion, prevents conflicts of authority, and ensures that information flows seamlessly from top to bottom and vice versa. Additionally, a well-defined chain of command promotes teamwork and unity, as it encourages individuals to work together cohesively towards common objectives. In essence, the chain of command is the backbone of any successful organization, providing structure, direction, and clarity, ultimately leading to optimal performance and achievement of goals.

1. The player or peer the issues is with
2. The Coach of the team where the issue is happening
3. Head Coach
4. Athletic Director
5. Superintendent

Communication with all coaches is always happening so issues will be discussed amongst coaches. If the coaches feel they can no longer handle it they have the right to bring in the AD or even further the Superintendent. If chain of command is broken the issue is no longer relevant. If it is that important use proper channels

Volleyball Handbook Signature Page

I _____ (Athlete Printed name) have received a copy of the Hettinger Scranton 2022 Volleyball Handbook.

I have read and understand all the related material in the handbook related to my capacity as a parent/athlete for Nighthawk Volleyball. I further understand it is my responsibility to follow the enclosed policies and guidelines within this handbook.

(Parent Signature)

(Date)

(Athlete Signature)

(Date)

NOTE: Must be turned in to Coaches the first week of practice.