Volleyball

AHS

ARMSTRONG HIGH SCHOOL VOLLEYBALL

**Player & Parent Information Packet**

**2019 Volleyball Coaching Staff**

*Christine Denson – Mike Vogel – Mallory Johnson - Tim Jindra*

*Dave DeHerder – Kathy Lundeen – Belinda Barnes*

Armstrong High School

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Armstrong

**Falcons**

*Use what talents you possess. The woods would be very quiet if no birds sang there except those that sang best. Van Dyke*

Commitment & Expectations of All:

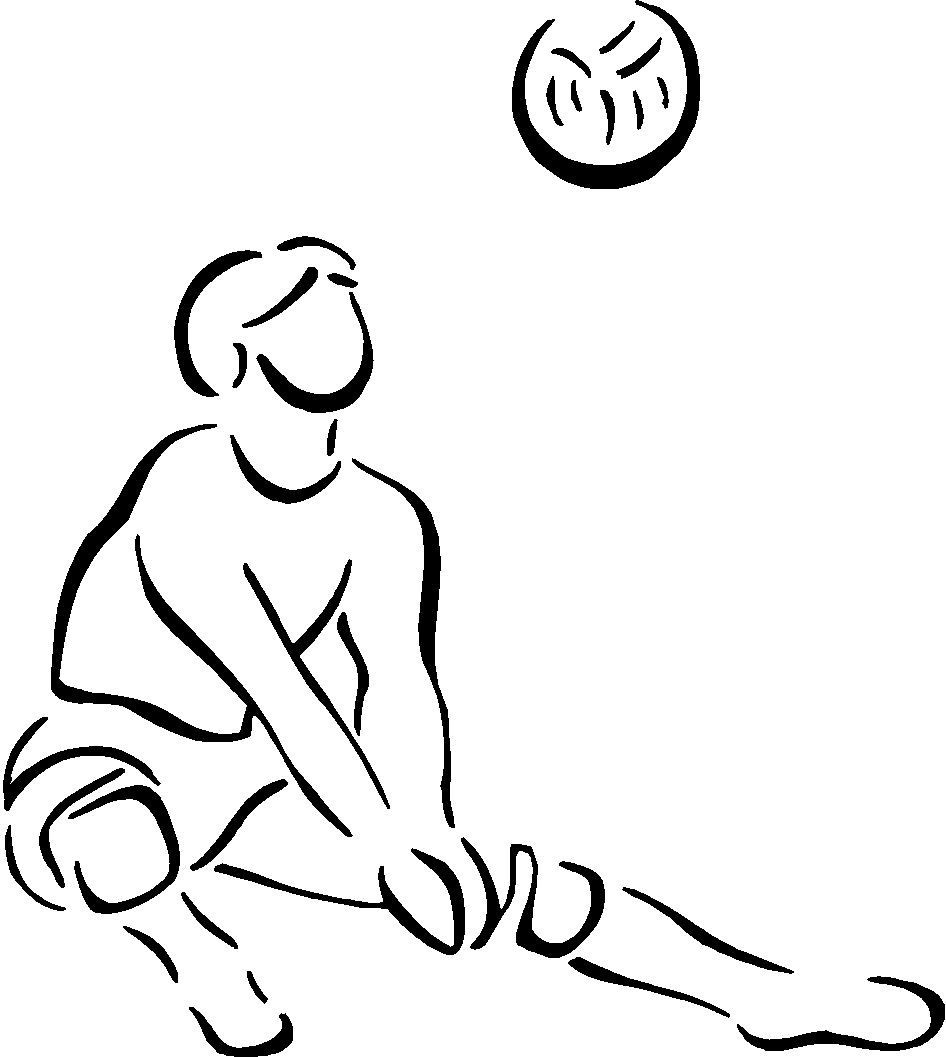
For our program to be successful, the rules of the volleyball & MSHSL handbook must be followed and enforced. We expect our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter at home and away matches.

Our program is dedicated to treating athletes fairly and giving each individual an opportunity to improve. Participation in our program requires time, effort and financial responsibility, but we feel it is well worth the investment. Volleyball requires a strong commitment to practice times, game times, your teammates, and your coaches. It is important that everyone involved understand that each individual must be willing to make this commitment in order for us to become the best.

Being a member of the Armstrong HS Volleyball program is a privilege. As a member of the team there is inherent responsibility. You and your daughter have chosen to make a commitment to the community, the program, the team, the teammates, and the coaches. You have chosen to put the goals of the team before your individual goals.

**S**tudent-Athlete Expectations:

1. To make a commitment to the team and the team rules.
2. Show good sportsmanship by having respect for all coaches, referees, fans, opponents and other teammates.
3. Encourage team play with a positive attitude.
4. Prepare mentally and physically for all practices and competitions by being willing to listen, learn, and develop new volleyball skills.
5. Strive to give 100% during practices and competitions.
6. Trust in coaches and our volleyball program.
7. Set a higher standard for yourself by continuing to set small individual goals that are realistic and that can be accomplished during the season.
8. Never lose faith, never give up, and never doubt yourself or your teammate’s abilities.
9. Represent yourself and our volleyball program with lots of pride and a true fighting spirit.



Team Rules & Policies

Practice Rules

* All practices are mandatory for every player unless sick. Injured players should plan on attending practice. Church & Choir/Band will be considered with prior notification.
* Players should be in the gym 5 minutes before the start of practice with volleyball shoes and knee pads already on. Players should be ready to go.
* If you show up late you are hurting the team…please do not be late as the whole team will share in the consequences.
* All conversations turn to volleyball on the volleyball court…keep the focus on volleyball.
* During practice we never walk anywhere….Always run….HUSTLE!
* Players will never criticize or put down another player. Negative talk, text, email is like a cancer and will be handled in a serious manner. We will only be successful if we pull together and try to understand all of our strengths and weaknesses in a compassionate and supportive matter.
* Keep the words **never, can’t, sorry, and “I know”** out of the gym. They get in the way of improvement and success.

Be On Time

* All players must be on time to all practices, matches, bus departures, and special events.
* On time means you are ready and waiting to start practice or a match when that time starts, NOT walking into the gym at that time.

Court Set Up / Take Down

* ALL players have a responsibility to prepare for practice and games.
* Responsibilities:
  + - * Setting up and taking down nets
      * Getting ball carts and balls & hitting box if needed
      * Putting everything away in its proper place and in an orderly fashion.

**Match & Tournament Rules**

* All team members will sit together as a team and actively cheer on their teammates.
* **Phones** **will not** be allowed during any games. **Homework will** be allowed. Phones may be used to communicate with parents ONLY; otherwise they are out of sight. If we have issues with these rules, phones will be collected by coaches when they enter the bus and when the match is over.
* Teams will sit together in between matches during tournaments. You will be allowed to visit with your parents and get food, but overall you are to be there and present with your teammates.
* At home matches players will not leave until all equipment has been cleaned up and put away, and your coach has given you the ok.

**Always have proper equipment and apparel for all practice and matches.** Double check to be sure you have your volleyball shoes, knee pads, jersey(s), water bottles.

Practices

* All practices on every level will be run with the same outline. Every practice will begin with Basic Ball Control, Serving and Serve Receive, and will be followed by team specific goals to work on. Everybody should feel comfortable knowing what is going to be expected of them at practices.
* Practices will be intense, in other words, the girls will be worked and expected to try things outside of their prior skill sets. In order to change, we have to be willing to do the work and go outside of our comfort zones. You will leave practice tired, possibly sore, sweating, and proud of how hard you worked that day!
* B Squad, 9A, & 9B practice times are: 2:30-4:30 pm,
* JV & Varsity practice times are: 4:30-6:30 pm.

Try-outs / Team Placement:

Our try-outs began on the first day that the Minnesota State High School League (MSHSL) allowed us to begin our season, August 12th. We have exactly 8 days to determine teams **and** prepare our teams for their first competitions. Because we are so pressed for time, our try-out schedule is pretty demanding. In addition to being pressed for time, we are also confined to the MSHSL rules on numbers of players allowed on rosters. We are allowed a preset number of 12 players on each of our Varsity, JV, and B-squad rosters. We are not as confined with our 9th grade numbers (FYI).

All players were allowed five full practice sessions during try-outs before we determined teams (2 & ½ days). We speak to all of the girls individually at the end of the try-out sessions to let them know their status. Sometimes there are changes made after the posting of teams. **Players will never be cut after that cutting time**, but there can be movement between teams. Our philosophy is that we believe that players should be on a team in which they will have the most opportunity to play in competitions, in addition to their time on the court during practice. Because of this we will move players around if need be so that they will have “game play” experience during the season

Playing Time

Playing time does not measure a player’s success or value to the team. Their value is directly related to whether or not the player contributes to the improvement of the team, not just the scoreboard. We are about building a TEAM!

Playing time at the 9th grade level will be as equal as possible. Playing time at the B-squad and JV will be fairly equal but determined more on practice attitude, performance, communication, coach ability, court awareness, teamwork, and how one contributes on the court. At the varsity level we like to give everybody an opportunity to play as much as possible, but will not be determining play time on an “equal” basis.

There is not guaranteed playing time, however, the philosophy noted above will be followed based on the specific team. Coaches will do their best to select playing time that will give each athlete the best opportunity for success. Playing time will be at the discretion of the coaches. The following are considerations for playing time:

* Attendance
* Practice performance, work ethic, attitude, and mental toughness
* Acquisition of basic skills and fundamentals
* Knowledge of positions, team offensive and defensive strategies
* Game situations

Parent Night:

We will be having our parent night on Thursday, Sept. 26th. Our parent night will be for all of our players and parents on the 9th, B, JV, and Varsity teams. We will be introducing players and parents by their teams before the start of each match, and will have a social above the stands after the varsity match. There will be treats and beverages as well as good conversation so please mark this on your schedule and plan on attending. Parents deserve recognition for **everything** they do!

Senior Night:

Senior night is a night that we take time to recognize our seniors. Our senior night will be Thursday, October 10. Following the match, we will have a social above the bleachers. Please mark this date on your calendars and plan on attending the match as well as the social so you are able to let our seniors know how much they mean to us.

Schedule

*“Success has always been easy to measure. It is the distance between the team’s origins and the team’s final achievement...” Michael Korda*

**9th, B, JV, & Varsity**

**Date Opponent Location**

Aug. 22 Cooper Cooper

Aug. 27 Centennial **Centennial High School**

**Sept. 3 St. Louis Park Armstrong High School**

**Sept. 4 Mounds View Armstrong High School**

Sept. 7 Coon Rapids Tournament (V & JV) Coon Rapids High School

Sept. 7 Maple Grove Tournament (B) Maple Grove High School

Sept. 10 Andover Andover High School

Sept. 12 Rogers Rogers High School

**Sept. 14 Hosting 9th Grade Tournament** **Armstrong High School**

Sept. 14 Lakeview Tourn. (B) Lakeview North High School

**Sept. 17 Elk River Armstrong High School**

Sept. 19 Osseo Osseo High School

Sept. 23\* (Monday) Chanhassen Chanhassen High School

**Sept. 26 Totino Grace (Parent Night) Armstrong High School**

Oct. 1 Bye

Oct. 3 Spring Lake Park Spring Lake Park

Oct. 5 Hopkins HS Tournament (JV & V) Hopkins High School

**Oct. 7 (Monday) Anoka Armstrong High School**

**Oct. 10 Park Center (Senior Night) Armstrong High School**

Oct. 11-12 St. Michael Invite (V) St. Michael High School

Oct. 12 NW Suburban Conf. 9th Tourn. 9A @ Chaplin Park, 9B @ Coon Rapids

Oct. 15 Crossover Match TBD

Oct. 22, 24, 29 Sections TBD

Nov. 2 Section Final TBD

Nov. 7,8,9 State Tournament Xcell Energy Center

**9th Grade Matches begin at 4:00 p.m., B-Squad & JV matches begin at 5:30 p.m. Varsity Matches begins at 7:00 p.m.**

Team Policies

*“Success lies in not always being the best, but in always doing your best.”*

Transportation Policies:

Players will be required to ride the team bus to and from away matches. Riding of the bus together is a very important team building piece of being a part of a team sport. If we have won or lost, we are together to support, celebrate, and learn together.

All teams will be required to wait for the bus just outside the activities entrance as a team; that is when the team building begins. The times of pick up for each team will depend on where it is that we will be playing. Sometimes just the 9th graders will be picked up, and after they get dropped off the bus will come back for the B, JV, and Varsity. Attached you will see the bus schedule with specific dates/times of pick up/ competitions and who is riding the bus together. It Is extremely important that you follow what is on the schedule. It has been put together for specific reasons.

**Tournaments** will be the only time that we will make an exception to the bus rule. If more than one team is at the same tournament and one team is done before another team is scheduled to play their last match, then we will allow players to leave with the following rules:

1. A note is signed **by their own parent** stating that their child will be riding **with them**.
2. Players will **never** be allowed to ride with other parents, siblings, friends or boyfriends.

**Picking Up Your Daughter:** When we return from an away match we will require that all girls contact home before our departure from the school we have just played. This is to assure that there will be somebody at school when we arrive to pick up your daughter. We (the coaching staff) will not ever leave a player alone at the school – we will wait until somebody picks her up. Because of this, we really appreciate in advance your consideration in being prompt in picking up your daughters. If for some unusual reason players are not getting picked up in a timely fashion, they will not be allowed to travel with the team.

Chemical Use:

The use of illegal substances is clearly drawn out for you in the packet of materials that you read and signed when you registered for volleyball. Our program will follow the MSHSL rules and policies and, we have added one additional addendum which we will call the “One-Chance-No Tolerance” policy. Our policy will be this: If a person has never had an offense and just receives their first one, they will follow the rules of the MSHSL and then will be allowed to participate with us once again. If that person or somebody else is caught violating the chemical policy in any way a second time they will not be allowed to return to the volleyball program until the following season. This policy covers the entire four years that you are involved with the program, and all year round.

Lettering Criteria:

Lettering will be determined by making the varsity roster during the volleyball season as well as playing time. In addition to this, it will be at the coach’s discretion. If you have any school or MSHSL violations during the season you will not letter.

Team Awards:

At the end of the season our 9th, B-squad, JV, and Varsity teams will vote for their own team awards. The awards that 9th, B-squad, and JV will vote for are: Most Improved, Most Valuable, and Hustle Award. The varsity will vote on the awards mentioned above and in addition the coaches will award a “Falcon” award.

Team Captains:

Team captains will be voted for by all 9th, B-squad, JV, and Varsity players. Voting will take place after the last match of the regular/current season. Players will have the opportunity to vote on the leaders they believe best represent the program and our ideals. The captains for the 2020 season will be announced at the banquet along with the awards. There will be two/three captains voted in, and they will all be seniors.

Academic Awards:

In addition to team awards, the varsity players have an opportunity to qualify for an academic MSHSL award. Current GPA determines eligibility and will be announced at the banquet.

Parent / Team Partnership:

Parents are as much of a part of the team’s success as the coaches and players. You have the power to drastically help the team achieve its potential in multiple ways, by supporting the Boosters program, volunteering, encouraging words of support to players and coaches, etc. Your awareness of the team expectations, goals, and philosophy are essential for you to help us be the best that we can be. Our athletes must hear one voice and have one direction on the court and at home…and that direction needs to be team focused.

Please leave the coaching to the coaches. Players will find it very difficult to conform to the coaching philosophy and strategy if they are getting conflicting information at home. As coaches we are not always right, but we make every effort to be, and care about all of the girls on the team.

Please refrain from negative talk about teammates & coaches. Being positive and supportive for everybody has a much more positive impact on your daughter and on our team and program. Criticizing your daughter or others in the program never brings good to anybody or anything.

Line of Communication:

This seems to be one of our most important areas to emphasize. This line of communication will be strictly followed within our program as well as by the activity director. I truly believe that if all of us are conscientious in following this line of communication, we will not run into any problem that cannot be resolved in a smooth and respectable way.

1. If you, or your daughter are having frustrations or problems of any kind it is very important that your daughter speak to her coach first, as soon as possible. The longer one allows something to go on without saying anything, the more escalated the problem becomes in one’s mind.

2. If after speaking to the coach your daughter does not feel like whatever the problem was has gotten better, then you as parents may contact your daughter’s coach. You may contact us by email. It will be determined at that time if a meeting needs to be set up to discuss the matter. If a meeting is needed, we will set up an in-person meeting with the coach, yourself, and your daughter.

**3. We do not want and will not allow parents to approach coaches before or after practices or matches about an issue unless a meeting has been scheduled**. If you have any issues about something that happened at a match, please allow yourself a 24 hour cooling period before contacting any coaches.

4. If after discussing things with your daughter’s coach you do not think things are any better, then you should contact the co- head coaches (Christine Denson or Mike Vogel). If you have followed the proper lines of communication up to that point, we will be happy to set up a time to meet with you and your daughter to discuss things in person.

5. If after meeting with us you find you are still unsatisfied with how things are going, you may at that time contact Patti Weldon, our activities director.

6. All of the coaches on our staff are kind and caring humans. We are coaching volleyball because we love the sport, we love to teach it, and most of all because we love kids. None of us would ever take anything out on one of our players because they came to us with a concern. Because we are all educators, we all understand that we are continual learners too. We would like to believe that we would be good listeners and open to truly hearing whatever it is that is being brought to us. We realize that it is not easy for players to approach their coaches with a problem. We do know how empowering it feels after respectful communication has taken place and some type of solution found! This is an extension of the high school education….communication!

Communication Process:

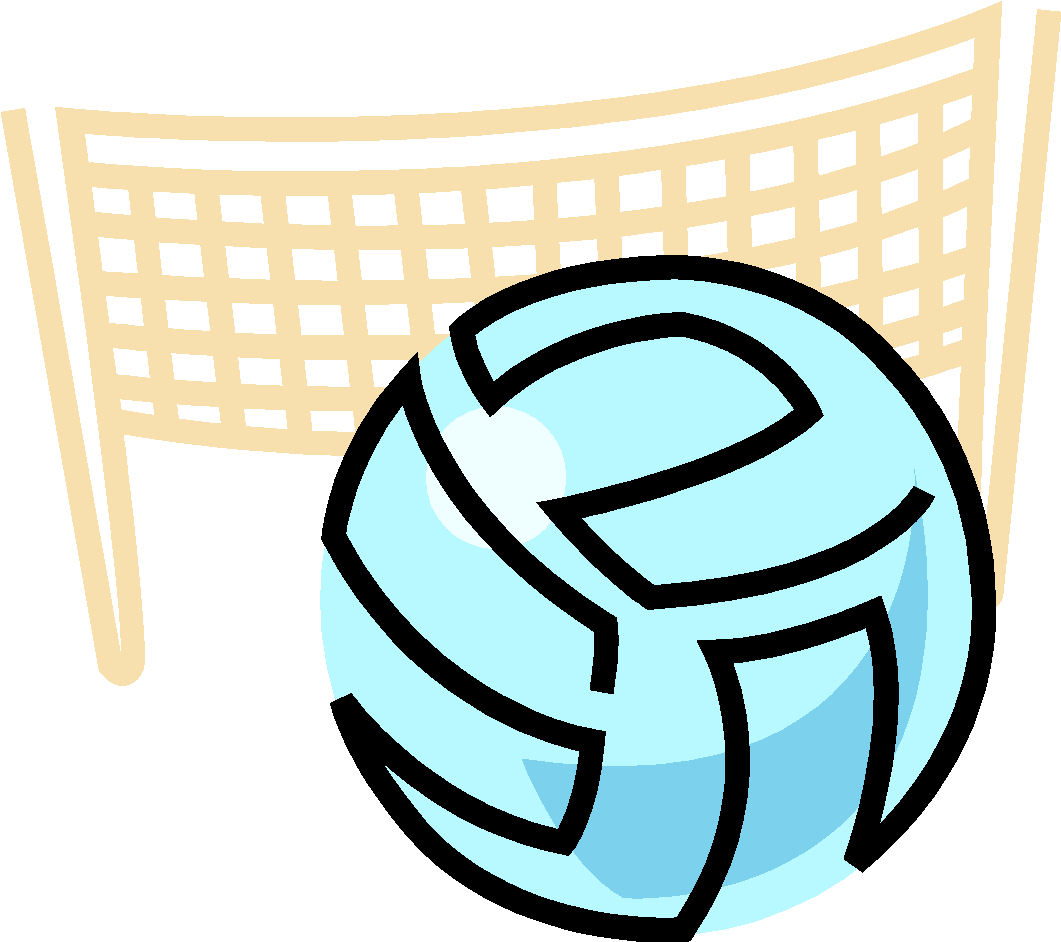
1. Daughter to direct coach. \* Players can also communicate with the captains.
2. Parent to direct coach with player.
3. Parent to head coach (Christine Denson & Mike Vogel), and player.
4. Parent to Athletic Director (Patti Weldon).

Injury / Illness:

Illnesses, doctor appointments, family emergencies related to an injury or current illness are legitimate excuses for missing a practice. Eye doctor, dentists, orthodontics, and other doctor appointments are not. There are days scheduled throughout the season to take care of these kinds of appointments, please plan accordingly. Unexcused absences will result in not playing the first game of the next match at a minimum - a maximum would be to not play the entire next match. If you leave school during the day because of illness please text or email your coach. Please **do not** tell another player to let your coach know. If you are at home sick, please text or email your coach.

If missed practices become routine, the coach and athlete will meet to evaluate the player’s commitment to the program which will lead to possible solutions or dismissal from the team.

If your daughter has an injury of some type that requires them to see a doctor, then they will need a doctor’s release note in order to resume practice or play of any type. **Please note:**  a physician’s note for our trainer must be turned in, in order for your daughter to resume practice or play of any degree or level. If your daughter has a temporary injury we would like them attend practice to observe and learn what is being taught for that day(s).



Match Information

*We may not always reach our goal, but there is recompense in trying: horizons broaden so much more, the higher we fly. Wanczyk*

9th Grade Matches:

Our 9th grade teams will be playing in the main gym at 4:00 p.m.. As a team, on home matches you will be required to get changed right away after school, and then report to the gym to help in setting up the nets, put the padding on the poles, and set up the ref. stands. Both the A and B teams are expected to watch and support each other, and stay for some or all of the B, JV matches which begin at 5:30. The 9th graders set up, but do not need to do any taking down…just making sure the balls are all collected and that there is not any garbage by the team chairs. You’ll help shag balls for the B & JV teams when they are warming up.

B-Squad, JV, Varsity Home Matches:

On the night of a home match the B-squad and JV teams are expected to be at the high school dressed and ready to warm up by 5:00 p.m.. At 5:30 they will begin warming up together. After the B-squad match is over the B-squad team will take the net down, put away everything properly and then head into the stands to support the JV, and later to help shag balls for the varsity warm-ups. After warm-ups, they will be taking turns implementing the three-ball system for the varsity match. The JV players will help shag balls for the varsity warm-ups, and will help implement the 3-ball system for the varsity match. Varsity players will arrive by 5:15 to help line judge & keep score for the B-squad and JV matches, as well as support both teams. Any players within the system (9th-Varsity) that are there at the end of the varsity match should help with the take down and putting away of the equipment properly. This goes VERY quickly with numbers.

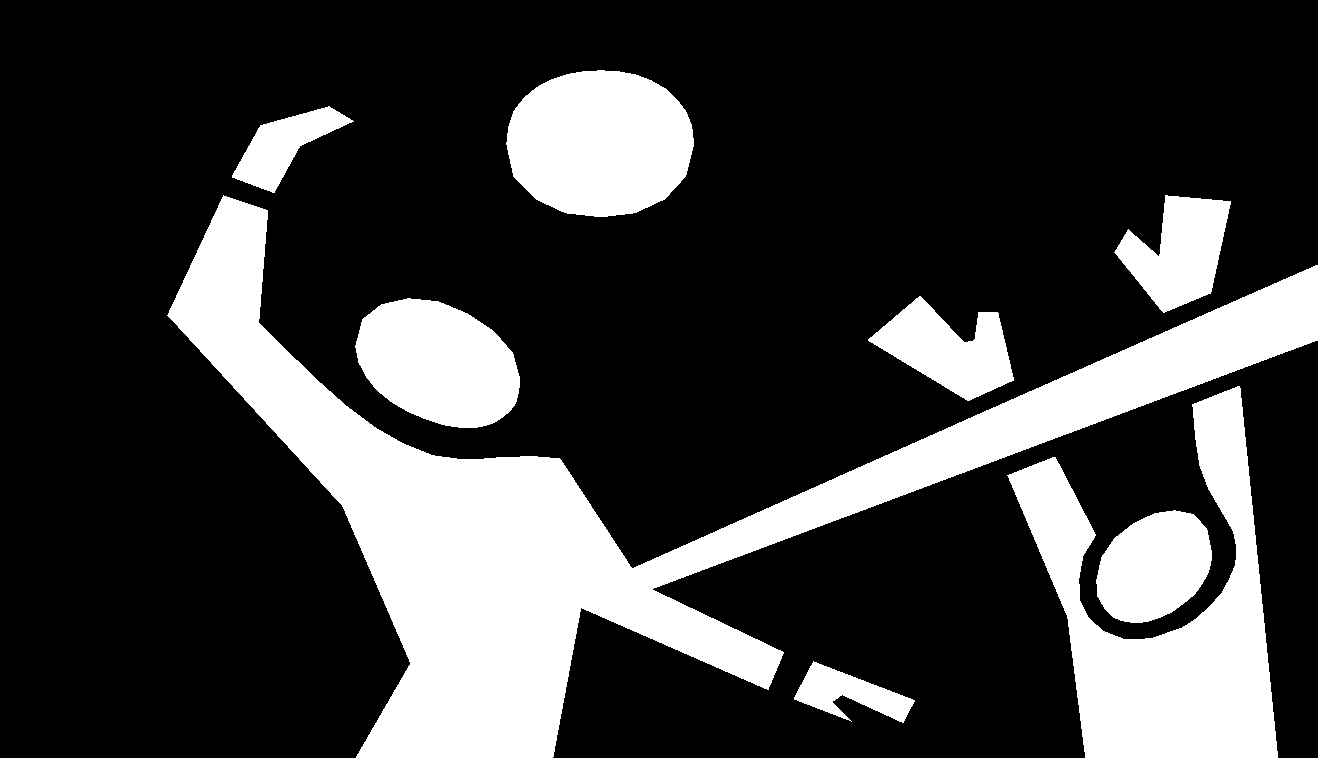
Other *“If we wait for that perfect moment when all is safe and assured, it may never arrive. Mountains may not be climbed, races won or lasting happiness achieved.”*

Team Managers:

We are always looking for good, reliable team managers. Team managers do have the opportunity to gain a Varsity Letter. If you know of anybody who loves the game of volleyball and might be interested, please let any one of us know. They will be expected to attend all matches and tournaments, they will be trained to do the videotaping at our matches as well as help with other stat taking. In addition, they will be expected to attend one practice each week to help with videotaping and other volleyball responsibilities that help the team. Thanks!

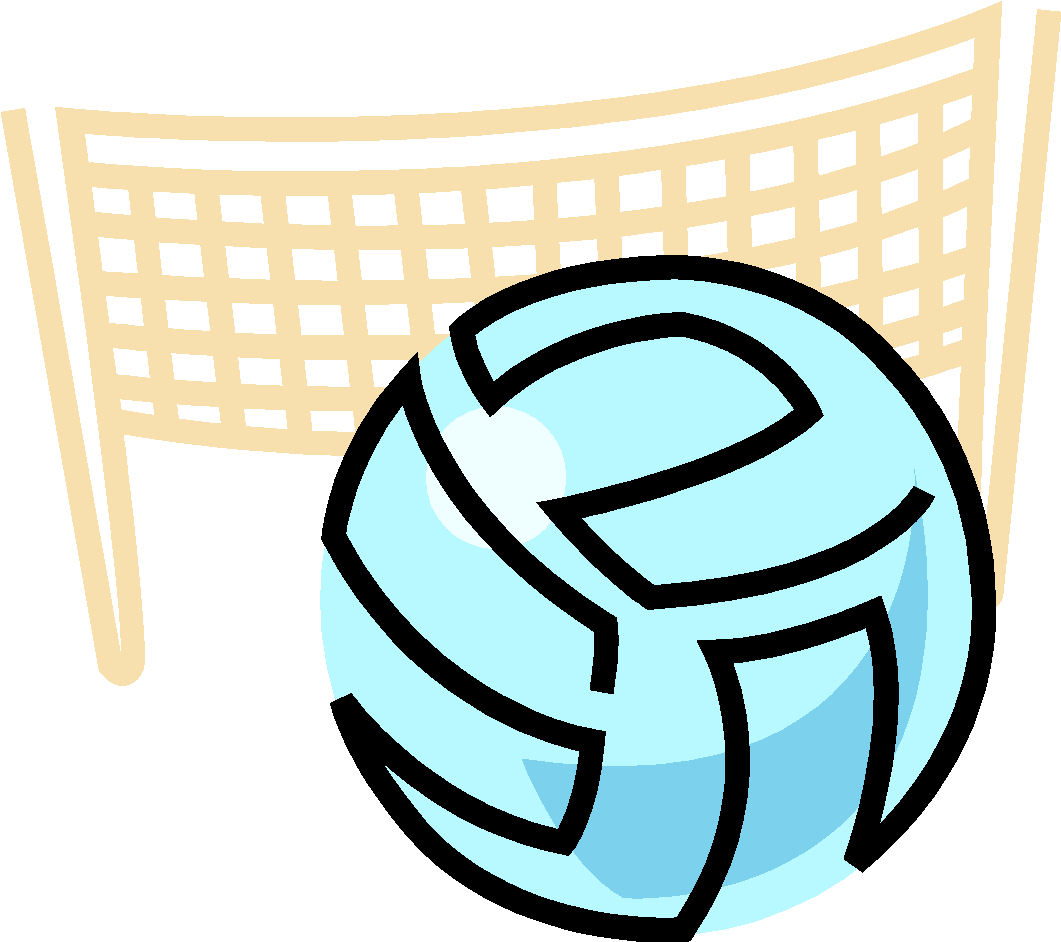
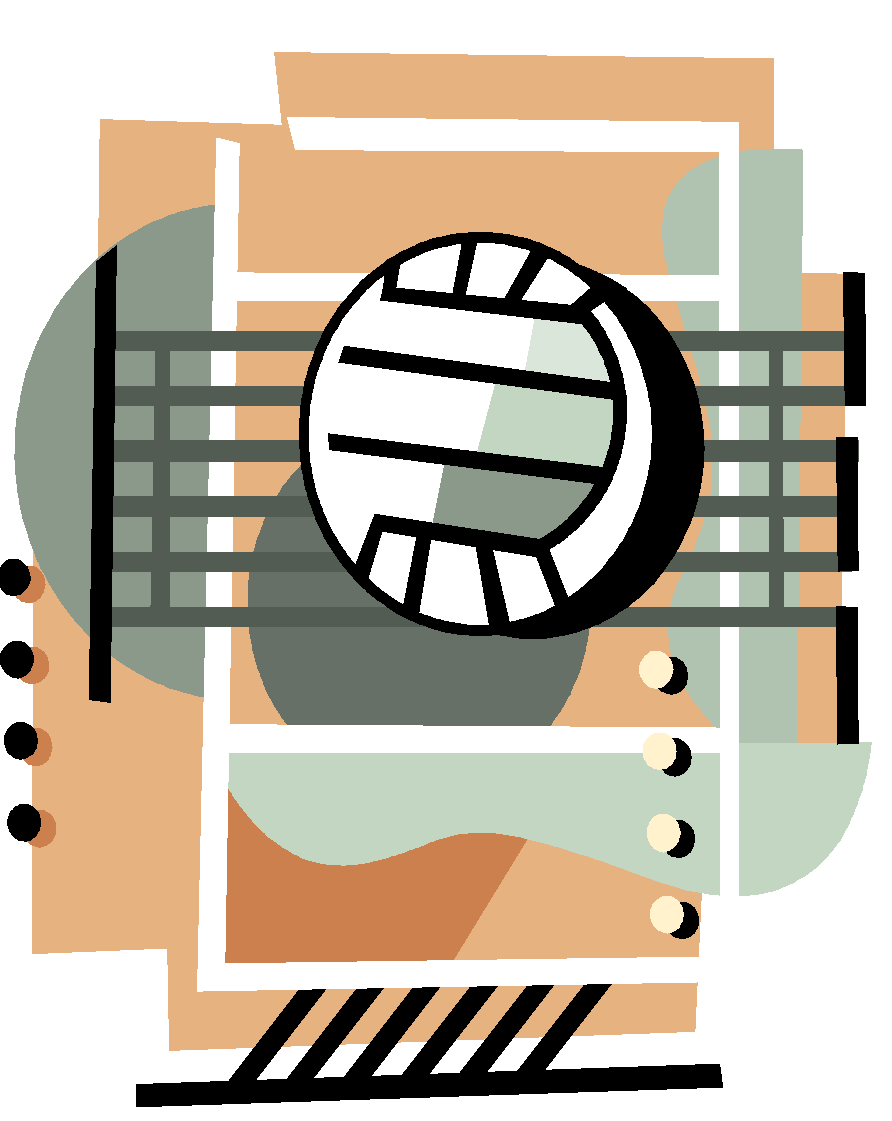
Banquet:

The captains parents and Boosters are working on the details and will get information to you in a timely fashion. We believe it will be the Sunday after the section finals on November 3rd. The banquet will be for all of our teams, 9-Varsity.



Post High School NCAA Information:

If you are an athlete and you believe that you will have the opportunity and have the talent to participate in a post high school college/university sport, than you will need to set up an appointment with your school counselor to discuss all that you need to do in order to be eligible to play at that level. This is something you will want to think about starting your freshman year in high school.

Coach Contact Information

Position Name Email

Co-Head Varsity Coach Christine Denson [armstrongvolleyballcoach@gmail.com](mailto:armstrongvolleyballcoach@gmail.com)

Co-Head Varsity Coach Mike Vogel [armstrongvolleyballcoach@gmail.com](mailto:armstrongvolleyballcoach@gmail.com)

JV Coach Mallory Johnson mallory-johnson@comcast.net

Assistant “All Teams” Dave Deherder ddeherder@comcast.net

B-Squad Coach Tim Jindra jindrat@msn.com

A Coach Kathy Lundeen [kathycl4cherrytree@gmail.com](mailto:kathycl4cherrytree@gmail.com)

9th B Coach Belinda “Barnie” Barnes barniebb@gmail.com

**Parent & Player Agreement**

As the player and athlete, I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have completely read, understand and adhere to the Armstrong High School Parent & Player Handbook. I have reviewed and understand the rules, expectations, guidelines, responsibilities, and obligations that come with being a part of the Armstrong High School Volleyball Program. I understand that my attitude, my behaviors, my work ethic, and the choices I make ultimately determine the amount of success I have within the Armstrong High School Volleyball Program. By signing below, I agree to its terms and agree to abide by them and understand the consequences upon breaking the rules and policies. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete Printed Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ August, \_\_\_\_\_ 2019

Athlete Signature

**Parent:**

As the parent/guardian of my athlete I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have completely read and understand the Armstrong High School Parent & Player Handbook. I understand the rules, expectations, guidelines, responsibilities, and obligations that my daughter will be expected to adhere to if she is a part of the Armstrong High School Volleyball Program, and I plan to support my daughter in this effort. I have read, understand, and agree to adhere to the parent communication guidelines. I will remember that my daughter is participating for fun and that this experience is for her and her teammates. I will focus on being a supportive parent to my daughter and to the team. I will encourage my daughter to treat other players, coaches, officials, and spectators with respect and I will do the same. I will promote the well-being of all the student athletes and the team. I adhere and will follow the Rules set aside for the Armstrong High School Volleyball Program. By signing below, I agree to its terms and agree to abide by them.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Printed Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ August \_\_\_\_2019

Parent/Guardian Signature