

Parent/Athlete Handbook

2019 Byron Nelson Volleyball

Head Coach: Brianne Groth

Assistants: Amy Lilly, Jennifer Ladusau, April Ryan, Whitney Key

2019 Season Policies and Guidelines

I. Mission Statement

Athletes on this team will strive to improve their physical skills and athletic talents as well as strengthen their mental toughness and overall knowledge of the game. Players will also learn the importance of teamwork, communication, and respect of other teammates and authorities. We will be leaders on the court and in the classroom.

II. Practices

1. Players must be dressed in Byron Nelson practice apparel.
2. All communication in the gym will be positive. This means no cursing, swearing, or degradation regarding each other or one's self. Practice is meant for improving team skills and individual skills and not talking about external occurrences.
3. Please be aware that there may be Saturday morning practices for Varsity players, and these practices are also mandatory.

X _____
(Student-athlete)

X _____
(Parent)

III. Matches

1. Players must wear Byron Nelson warm-ups to matches (no other club, college, etc.).
2. Players will turn in their phones to the coaching staff before the match. Players will not get their phones back until the end of all matches. This time is meant to support other teams during their games. Players can always ask to use their phones in an emergency. Coaches will have their phones in case a parent need to get ahold of their daughters in an emergency situation.
3. During home games, no one may leave until the gym is completely taken down.

X _____
(Student-athlete)

X _____
(Parent)

IV. Parents

1. Coaches will not discuss **any** “coaching decision” (playing time, positions, teams, etc.) with anyone for any reason.
2. If there is a grievance that is not a coaching decision, the player must speak with the coach first. If the issue is not resolved, parents will adhere to the chain of command set by the policies and procedures of Northwest ISD Athletic Department.
3. A grievance will **never** be discussed at a match. Please contact the coach **AFTER THE 48-HOUR “COOL DOWN” PERIOD** to discuss. Again, the coaching staff will not discuss “coaching decisions” with parents.
 - A. If, after the meeting with the coach, there is still a grievance, we will set up a time for a meeting with the athletic coordinator.
4. Coaches will not discuss any player at any time, for any reason, with any other parent or player.
5. Always support your daughter, the team, and the program. This is the time your daughter needs you the most. **You have the biggest impact, good or bad.**
6. If at any point we do need a sit down conversation, the athlete **must** be present. Exceptions for emergencies.

X _____
(Student-athlete)

X _____
(Parent)

V. Nutrition

1. Most simply put, players need to abide by healthy eating habits. You are responsible for your own health. We will continue to discuss and learn about healthy choices.

VI. Injuries and Illness

1. Any player who has playing restrictions must attend rehab **every** morning (before school) with our trainers until completely released unless told differently by the training staff.
2. Players are not allowed to miss practice for “Pre-Hab”. (ice, stem, etc.)
3. A player must let a coach know as soon as possible if they will be missing practice. Appointments are not a good excuse to not be at practice. Please schedule around practice time. If a player misses practice for a non-emergency, there may be a required make-up practice. These will be at the coaches discretion.

X _____
(Student-athlete)

X _____
(Parent)

VII. Social Media

We live in a society of freedom of expression. Use it responsibly!

1. Players may not degrade or negatively discuss other teammates or clubs on social media sites (Facebook, Instagram, Twitter, etc.). Any player caught engaging in this activity will be subject to the appropriate consequences.
2. Players may not express vulgar or degrading content in language or pictures. You are not only representing your team and your family, but you are representing yourself. Someone is always watching, whether it is a collegiate coach or myself. Remember, social media may be the quickest way to lose a scholarship.

X _____
(Student-athlete)

X _____
(Parent)

VIII. OFF – SEASON

Athletes are expected to keep themselves in top physical condition even when not in season. Maintaining proper nutrition, exercise and daily habits allows us to start the season ahead of the game. **Any athletes planning to tryout the following year, and are not playing other sports, will be required to stay in the athletic period for the remainder of the year and complete off-season.** This is a tough but important time for the girls to train both their fitness and volleyball skills.

X _____
(Student-athlete)

X _____
(Parent)

PLAYER EXPECTATIONS

Player Responsibilities:

1. Always be on time. (at least 15-20 min early)
2. Give max effort on the court and in the classroom.
3. Choose to have a great attitude everyday.
4. Help keep our facilities clean.
5. Accept responsibility for your actions.
6. Accept your role on this team and fulfill that role to the best of your ability.
7. Be committed to your teammates, coaches, and the volleyball program.

Travel Procedures:

All athletes will depart and return on school approved transportation.

Exceptions:

1. There will be special circumstances that the coaching staff will allow girls to leave the game with their parents. The release form must be completed and turned in 24 hours in advance to be accepted. No exceptions for late turn in. We will give the girls prior warning for these times. At no other time will the girls be allowed to leave with parents.
2. Emergency situation- accident or injury.
3. Athletes are required to wear seatbelts on the bus. No exceptions.

Practice Attendance:

1. Excused absence; an excused absence is one where the player has given prior notification and has been given permission by Coach Groth. Please email within 24 hours advance, if you expect to miss practice.
2. Unexcused absence; an unexcused absence is one where a player misses practice and has NOT given notification concerning the missed workout. Unexcused absences will result in the player doing a make-up workout and could hurt the athletes chances of playing.

Grade Sheets:

Every player will be responsible for completing and turning in grade sheets. Grade sheets are completed as a means of monitoring progress and communicating between players, teachers, parents and coaches. Academics are our primary concern, and volleyball is secondary. You cannot be a contributor to the team or program if you are sidelined by poor academic performance. Grade sheets will be collected every Monday starting at the beginning of the season. Parents are also encouraged to keep up with their child's grades online. If a player falls below a 75 in any of her classes, she will be placed on a mandatory tutoring schedule set by the student athlete and the coaching staff.

**BYRON NELSON VOLLEYBALL PROGRAM
PLAYER/PARENT EXPECTATIONS AGREEMENT FORM**

I _____, have read and understand all of the policies, procedures, and expectations set forth by this document. I understand that if I choose not to follow these policies, procedures, rules and expectations that there may be consequences. By signing this document, I agree to any and all policies, procedures, rules and expectations set forth by this document.

X _____
(Student-athlete)

DATE

X _____
(Parent)

DATE