

Chanhassen Storm



Volleyball Handbook 2016

Head Coach: Teryn Glenn

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1. Coaching Philosophy

- I coach because I cherish the relationships, development and meaningful experiences I am able to foster with my players.
- I value hard work, respect and commitment. While I have high expectations, I care very much about my athletes and create a positive environment with high energy and passion for the game.
- As a coach, I believe it's my job to do everything I can to help my players grow, develop and have fun. Besides teaching volleyball skills, I also want to teach my athletes many life skills including: leadership, teamwork and effective communication. Finally, I value being a good role model to my players because I want to pass on knowledge and wisdom that will help them succeed in life.
- Everyone on the team matters and has an important role. It is important for everyone to embrace their role and to put their team before themselves.
- I believe that constant feedback and regular communication are the cornerstones of being an effective coach. I will work with my players to establish goals. It's also important that I am approachable in order to build great relationships and that my players have an opportunity to express their thoughts and opinions.
- My primary focus on the volleyball court is passing and serving. I will also put a priority on the details (e.g., transitioning, communication and situational awareness).

- Teryn Glenn

2. Program Goals

- For a successful program, we need a mentality of continuous improvement at all levels of the program, and every individual - coaches and players. It's not about the past. It's about the process of growth and learning among all. Everyone needs to be willing to grow and adapt.
- Also integral to a successful competitive program is a culture of hard work, commitment and dedication.
- Finally, we will create a positive environment where we value respect, integrity and selflessness.

3. Eligibility

- All players need to register on the Chanhassen High School website.
- All players need a current physical on file in the athletic office. Physicals are good for two years.

4. Tryouts

- Everyone is expected to attend and participate in tryouts in its entirety. Please make every effort to attend.
- If you have extenuating circumstances and need to miss a portion of tryouts, please communicate this to us ahead of time. You may still be placed on a team, but this is not guaranteed.
- Five teams will be created: Varsity, Junior Varsity, B-Squad, Freshman-A and Freshman-B.
- 7th/8th graders are eligible for 9A/9B team placements unless the coaching staff determines they are ready to compete for a Varsity position. In a rare occasion the coaching staff may place them on B-squad or JV team if there is a need they can fill.
- 9th graders are eligible for 9A/9B/B-Squad/JV/V team placements.
- 10th graders are eligible for B-Squad/JV/V team placements.
- 11th graders are eligible for JV/V team placements.
- 12th graders are eligible for V team placement.
- A maximum of 15 players are allowed on each team, however our plan is to place 10 players on each team.
- While we care about each individual, we are growing a competitive program and cuts will be made at all levels as necessary.

5. Player Policies

- **Attendance.** A team is successful when there is equal commitment between all of the players. It is expected that players attend all practices, scrimmages and

competitions. Players must arrive 5-10 minutes prior to the scheduled practice/SAQ session. Players should be dressed, nets set up and ready to start at the scheduled practice time. If you have conflicts with either practices or games, we expect that you will notify the coach as soon as reasonably possible. Coaches are much more understanding/sympathetic of your conflicts if you communicate with them well in advance. Players must give notification of their absence within 48 hours of their scheduled practice time in order for it to be excused. Players must give notification of their absence within 48 hours of their scheduled practice time unless there is a sudden illness or emergency. Social functions, improper time management, etc. are not excused absences. Unexcused absences/tardiness will have consequences.

- **Injury.** If a player has an injury that requires them to limit their physical activity at practices, a doctor's note is required. Injured players must still attend practices to support their team and learn by observation. It is the players responsibility to let their coach know if they are feeling like participation in an activity is causing harm or injury to their body.
- **Work ethic and attitude.** Players are expected to work hard and consistently towards higher individual technique, strength and conditioning development and team goals. Players must be 'coach able' and willing to change their technical skills. Players are expected to express a positive attitude towards team members, coaches and all individuals when representing Chanhassen Volleyball. Players are expected to be dedicated to the team. Players are expected to realize and understand their role on the team, and to embrace this to maximize team cohesiveness.
- **Dress code.** Players are expected to dress appropriately at all times when representing Chanhassen Volleyball. At practices, players are expected to wear Chanhassen Volleyball practice t-shirts, black or navy spandex, socks, kneepads, and volleyball shoes. At tournaments all players must wear their Chanhassen jersey, Nike navy spandex, white crew socks, kneepads and volleyball shoes. Varsity players must wear their Nike Chanhassen jersey, Nike navy spandex, Nike white crew socks, Nike white kneepads and Nike Hyperpike Volleyball shoes in white/silver.
- **Competition policies.** At all competition events, player cell phones may only be used with the permission of the coach unless there is an emergency. During downtime, players must sit together, bond and scout opponents. During home events, players and parents are required to 'work' and will be responsible for officiating, scorekeeping and line judging. These assignments will be communicated to you by your coach. All players are required to stay and participate in youth night and parent's night. No player is permitted to leave a competition site without the coaches permission at any time.
- **Conduct and zero tolerance.** Chanhassen Volleyball will not tolerate foul language or rude gestures towards other players, parents, coaches, officials or opponents. Players shall not be disruptive or disrespectful to the team in any manner while player, practicing, traveling or scouting other teams. Players must follow

Chanhassen High School and the MSHSL rules regarding conduct and drug and alcohol use.

6. Parent Policies

- **Practice policies.** Parents are not permitted to stay in the gym during practices. No parent is allowed to coach or attempt to coach his or her daughter during any practice. Parents may always enter the gym if they need to remove their daughter from practice.
- **Communication policies.** Our communication policy is: player to coach, player & parent to coach, and then player & parent to coach & athletic director. Parents if you have a concern, please make sure your daughter has discussed the issue with the coach first, and then you may request a time to meet with the coaches in person. Players must be a part of all discussions, unless it is an unusual circumstance. Freeze has a 48 hour parent communication policy. Parents may not talk to a coach about any issues or concerns until 48 hours after the last competition. Please understand that playing time and/or positional roles are not mistreatment. It is well received when players talk to their coach directly about these matters.
- **Tournament policies.** No parent is allowed to coach or attempt to coach his or her daughter during any games. Nor are parents allowed to be on the gym floor or come up to the bench during games unless requested by the coach. This includes but is not limited to the following: giving a player a water bottle, telling the coach about a score board error or expressing anger regarding a coaching decision. Parents are expected to inform the coach if they need to remove their daughter from the competition facility.
- **Conduct policies.** During tournaments, parents are asked to be respectful of players, coaches, other parents, officials, and the working team. Any negative comments will not be tolerated. Parents shall not be disruptive to the team in any manner while playing, practicing, traveling or scouting other teams. Parent comments and gestures on the sideline affect the team and the coach. Please remember this when observing team competition.
- **Support and encouragement.** Parents, we appreciate you being there to cheer your daughter and the team on in a positive manner. You mean a lot and this wouldn't be possible without you!

7. Playing Time

- While we understand that playing time is desired, equal playing time is not guaranteed. Playing time decisions are at the sole discretion of the coaching staff. Playing time is earned and is not subject to negotiation. It is expected that each player give their full commitment and effort to their team regardless of their

individual playing time. Playing time can be earned for many reasons, but is not limited to the following: individual skills, athleticism, attitude, attendance, work ethic, teamwork skills, competitiveness, and conduct. If there is a question about playing time, we encourage the player to talk directly with their coach. Please understand that playing time and/or positional roles are not mistreatment. It is well received when players talk to their coach directly about these matters.

8. Communication

- We expect a high level of maturity and personal accountability from each player in the program. This includes situations when athletes disagree over playing time or their perceived role on the team. We welcome their input or concerns and encourage them to contact the coach directly to discuss the situation. Our communication policy is: player to coach, player & parent to coach, and then player & parent to coach & athletic director. There will be NO discussions through phone or email pertaining to sensitive issues. These conversations must be done in person in order to minimize the chances for misunderstanding. We have a 48-hour policy, which means that we will not discuss an issue within 48-hours after a match with either the player or parent. The 48-hour policy is necessary so that enough time passes for you to collect your thoughts so you can discuss the situation without the raw emotions of game day issues. Once the 48-hour period passes, please contact the coach to set up a time to discuss your issues in person. Please understand that playing time and/or positional roles are not mistreatment. It is well received when players talk to their coach directly about these matters.

9. Bus Times/Early Release/Travel Information

- Bus release times will be announced no later than the day before a match.
- The bus will be instructed to leave at posted times even if a player is missing. It's your job to be on time.
- Coaches will notify the school secretaries the early release excuse list.
- All players must ride the bus to an away match.
- The middle school players will take the activity bus to the high school which will arrive by 2:45 p.m.
- If a player wants to ride home with a parent/guardian must sign out with the coach of their team. There may be mandatory bus rides home for all player depending on the situation.
- All varsity players must ride the bus home from an away match unless permission is given by the head coach prior to the match and sign out with the coach.

10. Fundraising

- Fundraising is very important for the entire program. Your support is greatly appreciated.

- We expect each family to work the Chanhassen High School Booster Club Concessions for a total of 8 hours per year. Volleyball earns \$10.00/hour that you work!

11. Lettering Requirements

- Lettering honors are reserved for varsity team members and are subject to the discretion of the Chanhassen volleyball coaching staff.