



# **Austin Packers Volleyball Handbook**

*We are a part of this team, no matter our differences.*

*We work toward a common goal. As one, we achieve excellence.*

*Unity is our strength.*

*Together we win.*

Dear Parents/Guardian,

Welcome to what should serve as a positive and exciting experience for your daughter. We, the coaching staff of the Austin Volleyball Program have put together a handbook for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good volleyball players second, as volleyball is an excellent tool for teaching fundamental and important life skills.

This handbook is a look into what the Austin Volleyball coaching staff deems to be the important facets of our volleyball program. High school volleyball should be a positive, memorable experience for all involved. We intend to teach the game of volleyball, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build UNITY through hard work and commitment to a common goal of a successful volleyball season. To be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the TEAM. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. On each team, players' have roles, and everyone involved should realize the concept of "Team Before Self". Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents, and administrators cannot put their interests before the teams' best interest.

As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing volleyball is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed. The Austin Volleyball Program demands a lot of time from our student athletes. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your daughter is available for the scheduled practices, games, and other events such as teambuilding and fundraising. Thank you for allowing your daughter to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

Coach Struck

Some material adapted from the Shepard High School Volleyball program in Shepard, Montana.

# **Coaching Staff // Communication**



## **Head Coach:**

**Jeremy Struck**

## **Contact Information:**

Cell Phone Number: 507-440-6271 (Text Preferred)

Email: [strucje@hayfield.k12.mn.us](mailto:strucje@hayfield.k12.mn.us)

## **Assistant Coaches:**

**Morgan Schmitz**  
**Chelsea Broksma**  
**Additional Coach -- TBD**

## **Social Media:**

**We will be using social media to share information and promote our program and players. These social media sites are currently a work in progress and will be shared with players / parents as soon as possible.**

**Remind 101**  
**Facebook**  
**Twitter**  
**Instagram**

## Program Goals & Philosophy

You are a winner as an individual by participating in Austin Volleyball. Our team success will be judged by a score, but it will never change your status. Your success will not be judged by statistics, playing time or team record, for the standard is your own potential.

### Coaches' Goals for the Program:

#### **#1 Goal is to have fun with friends playing volleyball!**

- **Each Season-** Be competitive in each match and develop a winning attitude, while leaving a positive past for the future teams to follow.
- **Each Game-** Be in a position to win at the end of the match.
- **Each Player-** Give a winning championship effort year-round. Players should be recognized for their contribution to winning, not for personal feats or great stats. Players will not be judged by “game playing time,” but on their preparation and contribution to the team.
- **Each Coach-** Be organized, demanding and compassionate. Study the game, evaluate the players, teach, re-evaluate, and listen. Stress living the lifestyle of a student athlete which will allow each player to reach his academic and athletic potential.
- *We want our players to practice and play volleyball; working hard to improve every day in every way.*
- *We want our players to compete, make mistakes, and learn how to manage pressure.*
- *We want our players to think, question, and communicate effectively.*
- *We want our players and coaches to work together to recognize excellence in others and support them in every way.*



## Varsity Philosophy

The Austin Volleyball program will give each athlete an equal chance to EARN playing time. We expect to put the most competitive team on the court each week at every varsity game. Players that continue to prove their abilities as the starter will get the most playing time regardless of age/grade. Playing time is a right and no single athlete is guaranteed time on the court. We believe that practice time is the best time to showcase a players' ability to help the team be successful on the court. The Varsity coaching staff will make the final decisions together.

## Junior Varsity Philosophy

The goal at this level is to provide a competitive team and individuals. Players need to be prepared to help the team however they can. They must show exceptional dedication, sportsmanship, attitude, and skill. Coaches determine playing time with the intent of providing the team with the best opportunity to be successful. **Playing time is not guaranteed and coaches will attempt to play players with the idea of preparing them for the varsity level.**

## B-Squad Philosophy

The sophomore season is an important year for both skill and physical development. By the end of the season, players should have an idea of the techniques for their position as well as the physical requirements necessary for playing at the varsity level. **Playing time is not guaranteed and coaches will attempt to play players with the idea of preparing them for the varsity level.**

## 9A/9B Philosophy

The freshman year is an adjustment year. Coaches at the 9th grade level realize this to be a transition stage from middle school to high school activities. Ninth grade players may practice different positions but will start to specialize at a position. **Playing time is not guaranteed but coaches will attempt to play players with the idea of providing a successful experience for all.**

## Team Selection Process

Varsity, JV, B-squad 9A and 9B teams will be selected by the coaching staff.

- Individuals will be chosen for each team based on a depth chart created through the tryout process.
- All tryout participants must complete registration and meet all requirements for participation set forth by the Minnesota State High School League before they can participate in tryouts.
- Individuals will be evaluated in the following areas:
  - Acceptance of coaching philosophy: coachability
  - Game skills: passing, setting, hitting, serving, digging, blocking & game knowledge.
  - Athletic and competitive ability: quickness, endurance, strength, jumping ability and ability to apply game skills in competitive situations.
  - Attitude: reliable, energetic, never gives up, and a team player.
  - Players will be expected to attend all practices and matches unless excused by their coach.

# Communication – Chain of Command

## Using proper lines of communication:

1<sup>st</sup> - Talk to your daughter.

2<sup>nd</sup> - Have your daughter talk to their team coach.

3<sup>rd</sup> - Set up a parent meeting with your daughter and her team coach.

4<sup>th</sup> - Set up a parent meeting with your daughter, her team coach, and the Head Coach.

5<sup>th</sup> - Set up a parent meeting with your daughter, the Head Coach, and the Athletic Director.

## Player / Coach:

- Injuries
- Schedule Conflicts
- Playing Time
  - **Any questions / conversations about playing time and opportunities to increase that time SHOULD REMAIN AT THIS LEVEL!**
- Coaches spend a great deal of their time putting together practice plans that provide ample opportunities for players to get better. We determine playing time based on our knowledge of the game and the observations we see at practice.

## Parent Involvement:

- **Support:**
  - Positive encouragement for your daughter and team.
  - Provide support to academic success.
  - Be a positive and respectful fan.
- **Motivate:**
  - Encourage your daughter to be as active as she can and work as hard as she can.
  - Encourage your daughter to take full advantage of any opportunity to make herself better-  
Off-season: Weight room/speed and agility, summer camps, JO Volleyball.
  - Work hard at practice, in the weight room, and in the classroom.
- **Promote Positive Growth Characteristics**
  - Team Oriented
  - Sportsmanship
  - Strong work ethic
  - Respect for the game and all those involved.
  - Dedication/Commitment
  - Responsibility
  - Self-Advocacy
  - Positive Self – Image

# Program Rules & Expectations

## Team Rules:

1. **BE ON TIME!** (To class, practice, bus departure, games, fundraising events, etc.)
2. **Accept your role**
3. **Give 100% every practice/competition**

## Program Expectations:

### **In the classroom and community –**

- Just as players are expected to give 100% during practice/games, they are expected to give 100% in the classroom. Work ethic in the classroom carries over to how hard you will work on the court!
- Players must abide by all AHS student handbook rules. Any violation of these rules will result in a meeting with the coaching staff and possible consequences to follow.
- Weekly grade checks will be requested and monitored. If a player is not passing, they will NOT be eligible to play!
- It is highly recommended that every player is signed up for weight training!!! To be the best that we can be, and reach our team's highest potential, weight training is strongly valued and carries over to our success on the court.

### **Attendance --**

- Players are required to attend EVERY practice/game unless they are excused. If you must miss a practice/game, you must communicate with the coaching staff.
- During home and away games it is recommended to stay for all games, but exceptions for homework/transportation can be allowed if communicated with the coaching staff BEFORE the competition. Players should sit together during all games, to show support, cheer for each other and celebrate the success of the program. We are ONE team and will support each other.
- If a player is absent from school, they are not allowed to practice or compete in a game that evening. The only exception is if the absence is excused or due to a school event for another organization/extracurricular.

### **Social Media --**

- **BE POSITIVE WHEN TALKING ABOUT YOUR TEAM AND SCHOOL!** This is an expectation requested among all athletic teams as we are all playing for Austin and should support each other in the process.
- Any inappropriate language toward another person/team will not be tolerated.

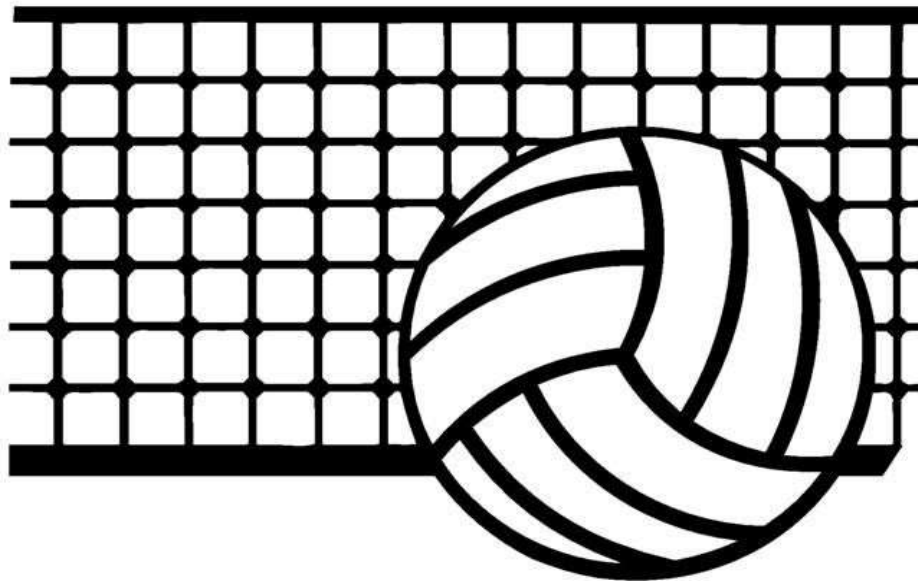


## **Practice/Games --**

- BE EARLY! Every player should be dressed and ready before the start of practice/games.
- Players are expected to wear appropriate clothes to practice/games. This includes tennis shoes, knee pads, and athletic clothes. The trunk of your body should be covered. If a player needs taped for an injury, they must have it done before practice/games.
- The net should be set up before the start of a practice/game. This is to be done by everyone, not just the freshman.
- Respect all equipment. After every practice/game, players must clean up equipment and put away in its proper place.
- Cell phones are not allowed at practice or games; they must be left in the locker room.
- After a practice/game, all players must clean up after themselves. There is to be no trash left in the bleacher/locker room or on the bus.

## **Attitude/Effort --**

- The two things every person has control over is their attitude and effort. There is NO excuse for a bad attitude or lack of effort during practice, games, or team events.
- Playing time is EARNED, not given. Ultimately the coaching staff will choose the players we believe will give the team the best chance to be competitive. Regardless of your position, accept your role!
- Remember that a positive attitude is just as contagious as a negative attitude. Be positive, enthusiastic, and dedicated when at practice and games, or with the team.
- Demonstrate sportsmanship at every competition with officials, fans, teams, and coaches.
- Be accountable, not just of yourself, but of your teammates, too. Our actions reflect on the entire team and represent all of Austin High School.





# Players' Code of Conduct



- I accept responsibility for my behavior on and off the court. I understand that what I do and say affects my teammates, my school, and other people either positively or negatively.
- I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.
- I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.
- I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, “How can I help you?”
- I give 100 percent effort to practices, games, and events. I understand that my effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- I will notify the coaching staff of any physical or personal problems that may affect my performance prior to the scheduled event.
- I understand that I am not allowed to use tobacco, alcohol, or illegal drugs in any form, and must abide by the MSHSL guidelines, from the time of signing this contract. If captains have a violation, their captain status will be revoked.
- **I will discuss any issues regarding practices, playing time, or other issues with my coach first.**
- I understand that I must have written notice from a parent (mom/dad/guardian) if they are to go home with another parent after the completion of a match. Phone calls and text messages will not be accepted.

Some material adapted from Ehrmann, J. (2011). InSideOut Coaching How sports can transform lives (pp. 196-197). New York, NY: Simon & Schuster.

# Parents' Code of Conduct



- Understand and endorse the purpose of our program: to help our athletes become hardworking, dedicated, focused individuals that can take their learned skill sets from the court to the greater world.
- Support the coaches by applauding behavior in your child and her teammates that demonstrates characteristics of integrity, empathy, sacrifice, and responsibility.
- Acknowledge and appreciate players' growth toward maturity and their effort toward establishing stronger relationships with teammates, coaches, and themselves.
- Affirm your daughter and her teammates when good character, healthy sportsmanship, and other-centered behavior are displayed. Do not affirm only her athletic performance or a victory.
- Serve as role models for our players, talking politely and acting courteously toward coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.
- Model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little your daughter plays or what the win-loss record is.
- Encourage your child and her teammates with positive statements, even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are developing character.
- Refrain from boasting about your child's accomplishments.
- When problems or questions arise, please have your daughter present the problem to her coach. We want players to develop self-advocacy. After meeting with her coach, if the issue requires more clarity, contact the coach directly.

Some material adapted from Ehrmann, J. (2011). InSideOut Coaching How sports can transform lives (pp. 196-197). New York, NY: Simon & Schuster.



## ~Austin Volleyball~ Player/Parent Contract

As a student athlete, I, \_\_\_\_\_ (printed full name), understand that volleyball is a team sport and that my obligations to my team include:

1. I will attend and be on time to all scheduled practices and matches. I will text or call the coach DIRECTLY, if I will be late to practice.
2. I understand that athletes are only excused from practices or matches when they are ill and absent from school. If I will be missing a match, I will inform my coach ASAP so that he/she can adjust the lineup. (Excuses are granted in VERY limited circumstances—usually in the event of illness, emergency, or previously approved conflict.)
3. I will complete my commitment to the volleyball team/season before beginning conditioning or practice for any other sport.
4. I will be courteous to my teammates and always treat all players and coaches with respect. If I don't, I will not play.
5. I will be coachable. I will accept feedback because I know it will help me become the best player I can be.
6. I understand that playing time will not be equal and that it is earned by hard work, performance, attitude, circumstance, ability and compatibility. During BENCH TIME I will maintain the same focus and enthusiasm as when in the game. I will keep my head in the game at every moment and be ready to come in at any opportunity.
7. I will only post positive comments that support my teammates, Austin Volleyball as well as my competitors on social media sites (such as Facebook, Twitter, etc.).
8. As an Austin Volleyball player, I will be always on my best behavior. I understand that inappropriate language will not be tolerated. I will report any team concerns and player issues to my coach.
9. I will respect the referees. I will never question a call or respond in a disrespectful fashion. Any questions will come from the coaching staff only.
10. I understand that as a student athlete I am required to conduct myself as a leader, and I will represent my team and my teammates by adhering to all school and team rules. I will always refrain from alcohol or drug use. I will always adhere to school dress code and tardy policies. Any discipline referrals will result in punishment or dismissal from the team.
11. As a team player, I will always focus on effort, team and attitude, not wins and losses. I will win with humility and lose with dignity. I will celebrate every great play and brush off lost points.
12. I will make sure that I have fun and enjoy the game!

STUDENT ATHLETE \_\_\_\_\_ DATE \_\_\_\_\_

Some parts of this contract were adapted from the Chamblee Volleyball program in Chamblee, GA.



## ~Austin Volleyball~ Player/Parent Contract

As a parent, I understand that my athlete may not play in every match. I understand that my role as a parent is to encourage and support my student athlete to be the best team player, she can be regardless of her role on the team.

1. I will always model good sportsmanship by the way I treat all athletes, coaches, officials, administrators and other fans.
2. I will be a supportive parent and be positive about my daughter's playing experience. I will also support her teammates, coaches, and parents inside and outside the gym. I understand that only positive comments about a player, coach, or a competitor should be posted on public websites including Facebook and Twitter.
3. I will insist that my student athlete always demonstrate good sportsmanship and treat other athletes, coaches, officials, administrators, and fans with respect.
4. I will always refrain from coaching my student athlete immediately before, during, and immediately after matches.
5. I acknowledge that not every player will receive equal playing time and that those decisions will be made by the coaches without input from parents. I agree to allow my player to discuss playing time with her coach if she seeks to do so on her own.
6. I will encourage my daughter to resolve any issues on her own before I get involved. I understand this is part of her growth process. When I need to communicate concerns to the coaches, I understand that I should not do this during practices, and immediately before or after games.
7. I understand there is a "no contact for 24 hours" rule following competitive play. This rule states there will be no contact with coaches following a game or tournament after the triggering event. Cooler heads are inevitably more productive. Any concerns the parent may have will be addressed AFTER the 24-hour period following the game or tournament. At NO time will I attempt to discuss any issue with the coach around the players, spectators, or other parents.
8. I will have a basic understanding of the rules of high school volleyball.
9. I will support my daughter in the team's fundraising efforts. I understand that this is her responsibility, and I will follow up with her to be sure she is doing her part.
10. I understand that during home games, the home team is responsible for providing a score keeper, score flipper, libero tracker and the line judges. I will become familiar with these responsibilities and volunteer to help in the needed capacity.
11. I will support Austin Volleyball by serving in various volunteer opportunities as much as possible and by making efforts to secure sponsorships that will support the needs of Austin Volleyball.

PARENT \_\_\_\_\_ DATE \_\_\_\_\_

Some parts of this contract were adapted from the Chamblee Volleyball program in Chamblee, GA.

<span style="float: left;">← July</span> <span style="display: inline-block; text-align: center; font-weight: bold; font-size: 1.2em;">August 2021</span> <span style="float: right;">September ►</span>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	<b>16</b> 2021 VB Season Begins  9-12 VB 3:30-6:30pm	<b>17</b>  9-12 VB 3:30-6:30pm	<b>18</b>  9-12 VB 3:30-6:30pm	<b>19</b>  9-12 VB 3:30-6:30pm	<b>20</b>  Scrimmage vs. Kenyon- Wanamingo (A)  9-12 VB	21
22	<b>23</b>  9-12 VB 3:30-5:30pm	<b>24</b> Varsity Scrimmage (H) 3:30-6:30  9/B/JV 3:30-5:30pm	<b>25</b>  No Practice – Due to Coaches’ Open Houses @ School	<b>26</b>  9-12 VB 3:30-5:30pm	<b>27</b>  Mankato East (H)	28
29	<b>30</b>  School Begins  9-12 VB 3:30-5:30pm	<b>31</b>  Worthington (A)				

September 2021						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9-12 Practice 3:30-5:30pm	<b>2</b> <b>Owatonna (H)</b>	<b>3</b> 9-12 Practice 3:30-5:00pm	<b>4</b> <b>Rochester Tournament (A)</b>
<b>5</b>	<b>6</b> <b>Labor Day No School or Practice</b>	<b>7</b> 9-12 Practice 3:30-5:30pm	<b>8</b> 9-12 Practice 3:30-5:30pm	<b>9</b> 9-12 Practice 3:30-5:30pm)	<b>10</b> 9-12 Practice 3:30-5:00pm	<b>11</b> <b>Westbrook Tournament (A)</b>  <b>Varsity Only</b>
<b>12</b>	<b>13</b> <b>Rochester Lourdes (A)- JV/Varsity Only</b>  9-10 Practice 3:30-5:30 pm	<b>14</b> <b>Rochester Century (A)</b>	<b>15</b> 9-12 Practice 3:30-5:30pm	<b>16</b> <b>Red Wing (A)</b>	<b>17</b> No Practice	<b>18</b>
<b>19</b>	<b>20</b> 9-12 Practice 3:30-5:30pm	<b>21</b> 9-12 Practice 3:30-5:30pm	<b>22</b> 9-12 Practice 3:30-5:30pm	<b>23</b> 9-12 Practice 3:30-5:30pm	<b>24</b> 9-12 Practice 3:30-5:30pm  <b>Pepfest (Homecoming Court Announcement)</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>Wabasha- Kellogg (A)</b>  <b>Homecoming Week</b>	<b>28</b> <b>Albert Lea (A)</b>  <b>Homecoming Week</b>	<b>29</b> 9-12 Practice 3:30-5:30pm  <b>(Coronation) Homecoming Week</b>	<b>30</b> <b>Northfield (H)</b>  <b>Homecoming Week</b>		

◀ September		<b>October 2021</b>					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 9-12 Practice 3:30-5:00pm  <b>(Parade) Homecoming Week</b>	2  <b>Rochester Tournament (A)</b>	
3	4 9-12 Practice 3:30-5:30pm	5 <b>Winona (A)</b>	6 9-12 Practice 3:30-5:30pm	7 <b>Rochester Mayo (H)</b>	8 9-12 Practice 3:30-5:00pm	9	
10	11 9-12 Practice 3:30-5:30pm	12 <b>Fairbault (A)</b>	13 9-12 Practice 3:30-5:30pm	14 <b>Rochester John Marshall (H)</b>	15 9-12 Practice 3:30-5:00pm	16	
17	18 9 <sup>th</sup> Grade Practice Only 3:30-5:30pm	19 <b>Mankato West (A)</b>	20 MEA No School  <b>Varsity Only Practice 3:30-5:00pm</b>	21 MEA No School	22 MEA No School	23	
24	25 Varsity Only Practice 3:30-5:30pm	26 Varsity Only Practice 3:30-5:30pm	27 <b>Section Tournament High Seed</b>	28	29	30	
	<b>November 2<sup>nd</sup> &amp; 6<sup>th</sup> – Section Tournament High Seed</b>						