



South St. Paul Volleyball

Team Handbook, Or What You Will

Apparel Order
Store Closes June 30



Philosophy

We all want to be the best people possible, so let's use volleyball as another tool to help us on our journeys.

Globally speaking, there are few opportunities for young people that are as unique as North American youth sports, in terms of supplementing a traditional education with teamwork, discipline, exercise, and commitment to a long-term process. Keeping this in mind, please rise every morning thankful that you get to devote as much energy as you please to what this ultimately is: a game, and how fortunate you are to be able to take it as seriously as we will.

You should enjoy being a part of this program. It may be challenging at times, however, and this is okay.

Playing Time

Virtually nowhere else in your life will you be guaranteed anything without having to work for it. This volleyball program will be no different.

Understanding and accepting team roles is almost always the most delicate component of youth sports. Here is what you as a player can do when you find yourself uncertain of or questioning your role in the volleyball program:

Coaches will not directly speak with parents about playing time. Athletes are welcome to initiate conversations at any appropriate time with their coaches.

Practice and Attendance

Practice is where you get better; matches are only where you **prove** that you got better. With that being said:

Excused absences include--but are not limited to--family emergencies, medical emergencies, special academic events (e.g. college visit), and certain once-in-a-lifetime opportunities. Communicate with your coaches well in advance.

Illness and injury do not count as an excused absence from school and practice unless a signed physician's note is shown. Likewise, work is not an excuse to miss volleyball. While working is very important to some athletes, we all make choices in life and must live with their consequences.

Weekend tournaments are just as important as any midweek matchdates.

Schoolwork and Grades

Academics are *always* more important than volleyball. You must be passing your classes before you may delight in the game. Any high school player with an F or middle school player with a 2 or lower will do schoolwork in lieu of practicing, and will accept all playing-time-related repercussions.

Summer Schedule

June 13-16, 20	Armcare and Stat Testing	Baseline testing for athlete armstrength and velocity. Pick 1 one-hour slot.
June 21-27	Likely Nothing (LaRose coaching at AAU Nationals)	
June 28-30	Tuesday/Thursday Open Gyms (11am-12:30pm)	All 7-12 Volleyball players
	Weekday Small-Group Lessons	High-school athletes only. QR code to sign up is below
July 11 - Aug 4	Tues/Th Open Gyms + Lessons	
Monday Nights 6:30 - 8:30pm	Varsity Summer Series @ Mahtomedi HS	June 13, 20, 27 July 11, 18, 25

Families, do these 3 things:

Fill out this
Emergency Contact Form

Join our Family GroupMe
chat if not in it already



Add our season calendar to your phone
(hit the blue + button in the corner)



High School Players, do these 3 things:

Complete our player survey,
even if you did last year



Join the team GroupMe
chat if not in it already



Sign up for Stat Testing & Summer Lessons

