

Austin Packer Volleyball Handbook

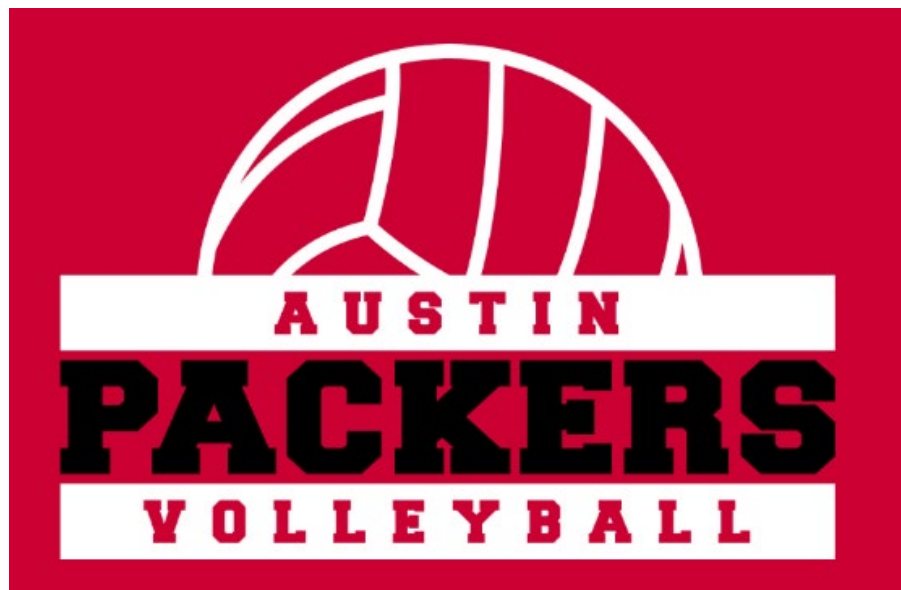


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Welcome to Austin High School Volleyball

Austin Packer Volleyball is committed to providing opportunities for athletes to grow not only as athletes but as young adults. Players will be coached in a way that gives them ample opportunity to improve through the season and gain feedback from coaches. Athletes will be expected to work hard, follow the coach's guidance and be respectful to all coaches, teammates, officials and fans.

PART I – CONTACT INFORMATION

Contact Information

Varsity: Coach Nichelle Guillaume:	460-1505	(nichelle.guillaume@austin.k12.mn.us)
Junior Varsity: Coach Chelsea Broisma		(chelsea.broisma@austin.k12.mn.us)
B-Squad: Coach Gabby Drews		
9A: Coach Brea Nelson		(brea.nelson@austin.k12.mn.us)
9B: Coach Kylie Dechaine		

Remind App

Parents may also contact coaches through the Remind text messaging app.

Varsity/JV/B-squad:

- Send a text to 81010 with @ahsvb2024
- Or search for @ahsvb2024 in the app

9th Grade teams:

- Send a text to 81010 with @9ahsvb2024
- Or search for @9ahsvb2024 in the app

Announcements

All announcements and weekly schedules will be sent through the Remind App. Both parents and players should join this app in case there are any changes or cancellations to practices or matches.

Facebook Page

There is a Facebook paged named Austin Packers Volleyball that parents and athletes may join to get updated information throughout the season and summer. Any important season information will always be sent out via Remind.

PART II – Playing Time

Varsity

Each athlete will have an opportunity to earn playing time. **Playing time is not determined by grade level and is not guaranteed for any player on the varsity team.** Each practice and each game, coaches will evaluate the skill, ability, and work ethic of each player. The players that continue to prove their abilities, improve each day, and work hard will get the most playing time. As the season goes on, there will be movement among teams, and players that may gain or lose playing time. The varsity team is never “set” as a starting position has to continually be earned.

Junior Varsity

The JV team is made up of players that are almost ready to compete at the varsity level. This team will continue to develop their skill set while competing at a high level. These players may be called up to play on varsity as needed. Each JV player should continue to improve each day with the mindset to become a varsity player. **Playing time is not determined by grade level and is not guaranteed for any player on the junior varsity team. The JV coach will play players with the idea of preparing them for the next level.**

B-squad

Players on this team will be pushed to develop their skills in order to be ready for JV the following season. The team will focus on positional work, defense, and overall volleyball techniques. Players will be open-minded to trying new positions if a coach sees a better fit and work hard to improve each day. **Players will all see some playing time, but it will not be equal, as hard workers, and players developing quickly will receive more playing time.**

9th/C--squad

This team is an adjustment year for players transitioning from the equal playing time at the middle school level to a more competitive atmosphere. It also serves as one “last chance” for those second-year players to continue skill development in hopes of contributing at the next level. Players may practice different positions but will start or continue to focus a primary position. **Players will all see some playing time, but it will not be equal, as hard workers, and players developing quickly will receive more playing time.**

PART III - Tryouts

Tryouts will always begin mid-August. Players will be evaluated each season for the current abilities. Team placement will not be based on last years teams, as every athlete will have to come in each fall and earn their spot on a team.

Tryout Process

All coaches will collaborate on the team selection process. Teams will be determined at the best interest of the athlete. Tryout week is short, the goal is to let athletes know if they make the team or get cut within the first week. They may be assigned a specific team, however, those teams may fluctuate in the first month of the season once more practices occur and after the first few games of the season. Tryouts are open to all girls in 7th-12th grade.

- All 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.

Teams

Teams will consist of 9-15 players. Roughly 7-9 of the players will get playing time every game, the other players will be there in case substitutions are needed during games, or in case of injuries. These players will have an opportunity at practices to earn playing time in games while continuing to improve their volleyball athletic abilities.

- Varsity: May be composed of athletes of any grade level.
- Junior Varsity: May be composed of athletes from 11th grade and below.
- B-squad: May be composed of athletes from 10th grade and below.
- 9th grade/C-squad: May be composed of athletes from 10th grade and below.

Tryout Evaluation

Players will be evaluated in the following areas:

- Volleyball skills: passing, setting, hitting, serving, digging, blocking, game knowledge and skills
- Other skills: attitude, leadership, coachability, work ethic, and team chemistry.

Cuts

Unfortunately, sometimes we cannot keep all athletes due to team sizes or inability to perform at specific team levels.

PART IV – COMMUNICATION**Chain of Command**

The chain of command is an important aspect of the volleyball program and all players and parents are asked to respect it.

1. All communication should start with talking to your athlete. Communicate about practices, their work ethic, and attitude on the court.

2. Have your athlete talk to their team coach – coaches are always willing to give athletes areas to improve on.
3. Set up a parent/athlete meeting with your daughter and team coach. Coaches will not meet with parents alone, the athlete must be present for all meetings.
4. Set up a parent/athlete meeting with your daughter, team coach, and the Head Coach. All coaches work as a team and make decisions as a team, so adding another perspective is valuable.
5. Set up a parent/athlete meeting with your daughter, team coach, and the Athletic Director.

24-Hour Rule

Parents are not allowed to approach a coach at the conclusion of a match to discuss playing time or athlete concerns. If parents would like to have a discussion, they must follow the chain of command and wait 24 hours before contacting the coach to set up a discussion.

Additional Notes

- Coaches will only hold discussions with parents regarding their own child. Conversations will not take place regarding any other athletes on the team.
- Parents should only set up meetings to discuss their athletes skill ability and how to improve, any other conversations should not take place.
- Conversations/topics with parents that are not allowed: Discussions about rotations or line-ups, discussions about starting players, roster suggestions/moves.
- All coaching decisions are made at practice. Match playing time is earned through practice performance, effort, and skill.

PART V – PROGRAM RULES AND EXPECTATIONS

Attendance

Athletes are expected to be at practices on time and ready to begin at the start of practice. Athletes that miss practices may not receive playing time in future games. Each situation will be evaluated on a case-by-case basis. However, during season, athletes are expected to make practice attendance a priority.

Grades

Student-Athletes: There is a reason the word student comes first. Coaches expect that athletes will perform well in school, be on time to class, and stay caught up on grades and work. If this is not taking place, athletes may lose playing time. Grade and attendance checks will take place each week. Any concerns will be communicated with athletes that the issues pertain to.

Parents

Always positively support your athlete. Athletes can be very tough on themselves and their performance. Your role as a parent is to always be encouraging, positive, and motivating.

Sportsmanship

ALL athletes AND parents are expected to have excellent sportsmanship at games and the absolute most respect for officials. If there are issues, the parent may be asked to leave the match, or an athlete may be taken out of the game or be sat for future games.

Social Media

ALL athletes AND parents are expected to be positive on social media and not post negative comments when talking about the team, athletes, and school in general. Consequences may occur for any violation of this during the season for any athlete.

Any Questions: Please contact Coach G. at Nichelle.guillaume@austin.k12.mn.us