

RRHS Girls Volleyball 2024 - 2025

Philosophy: Work hard throughout the season. Learn and enjoy the sport we play. Compete at our highest level. Always remain positive and support teammates and the entire program. Develop our skills and knowledge and build a volleyball community. Be determined to compete.

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)



com·pet·i·tive

/kəmˈpɛdətɪv/

adjective

1. relating to or characterized by competition.
"a competitive sport"

Similar: [ruthless](#) [merciless](#) [aggressive](#) [fierce](#) [dog-eat-dog](#) [cutthroat](#) ▼

2. as good as or better than others of a comparable nature.
"a car industry competitive with any in the world"

Competitive: "As good as or better than others of a comparable nature"

Maximum Effort!

Coaches:

Head Coach Janay Creamer, **Assistant Head Coach** Dexter Ibarra,

JV Coach Ashley Lamar, **C-Team Coach** Jessica Armstrong

Tryout Dates: August 26th 2024 - August 30th 2024 @ RRHS AUX Gym

Time: Freshmen & Sophomore 4:30 - 6:30

Juniors - Seniors 6:30 - 8:30 pm

Monday - Wednesday: Seniors - Sophomores can be cut from tryouts at anytime

Monday - Friday: Freshmen are able to try out for 5 full days before being cut.

Tryouts: Attending and participating in all designated tryout days is strongly encouraged.

Missing a tryout day for any reason other than illness, family or medical emergency, will result in being evaluated on the days the athlete was present for tryouts. No additional tryouts are available at this time.

Academics and Attendance:

1. **Attending and succeeding in ALL classes (including advisory) is your first priority during the volleyball season (and throughout the entire school year).** If at any time you are having trouble with a class, notify Coach Creamer and the other coaches immediately. It is your responsibility to attend and participate in class, stay focused and on task, and communicate with your teachers.
2. Staying after school to get help from a teacher or to complete an assignment or test will ALWAYS be an excused tardy/absence to practice. Please notify Coach Creamer and your team coach at least 1 day before missing practice and get a note from that teacher stating the date and time you worked in their classroom. **Text or Email communication is recommended.**
3. Student athletes must maintain a GPA of 2.0 or higher and be passing 5 out of their 6 classes to be eligible to play games. **(2 or more F's during the season makes you ineligible).**
4. ***All Varsity players must remain at a 2.5 minimum GPA.**
5. Attendance to *ALL class periods* is mandatory including advisory and especially on game days. If athletes miss half or more of a school day unexcused athletes are unable to practice or play that day.
6. All absences must be communicated ahead of time, as soon as possible, no later than 1 day prior to the scheduled absence, not including an emergency.
7. **Inconsistent attendance to classes, practice, or games, including arriving late and leaving early is not acceptable. Repeated tardiness will compromise playing time in games. Two or more unexcused absences from a class or combination of classes, practice and/or game(s) will result in compromised playing time and ability to continue to participate in the volleyball program.**
 - **Attendance, grade checks and behavior checks will be conducted regularly** by Head Coach Janay Creamer & Jami Gore the Athletic Director.
 - Athletes are expected to attend the practice directly before a game in order to play in the next upcoming game. It is fair for coaches and players to expect players playing who are prepared and who participated in practice(s) before a game. See more below in part 2 of the practice section.

Practice:

1. **SHOW UP.** If you have to miss a practice or game, tell Coach Creamer and your team coach ahead of time. If you have an unexcused absence then you will jeopardize your ability to play in the next game. **If you are sick and unable to attend practice, call or email a Coach as soon as possible before the start of practice.**

Coaches should not be wondering where you are or why you are not at practice.

Communication should be early (at least 1 day notice) and honest.

Excused absences for practice and games are as follows:

-Pre-scheduled medical appointment

- Family Emergency

- School Sponsored Event

- Illness (*please stay home until you are feeling well enough to attend practice as a spectator or participant, wearing a mask upon return for the first few days and whenever feeling ill is highly encouraged to prevent other teammates from becoming sick as well.)

2. It is extremely important to attend all practices, especially before a game. **If you miss practice the day before a game you may not play. Excused or unexcused. Missing practice any time during the season may impact your playing time.**

Emergencies & Sickness are excused absences. It does not count against an athlete in regard to attendance expectations. Players with inconsistent or irregular unexcused attendance can face consequences including loss of playing time or removal from the team. Players with excused absences can still have impacted playing time. **Playing time is determined by who is present and best prepared to compete.*

The reason an athlete would not play in a game immediately following a missed practice is as a health precaution not a consequence. Coaches are expected to play athletes in good health. There is no way for coaches to assess that before a game if a player does not participate in the practice(s) leading up to a game.

Additionally, it is a responsibility to the team. The team should be able to expect all those playing in the game to have been present, participating and prepared the day before/practice before a game. I encourage you to make attending practice with full participation a priority.

3. **BE ON TIME.** Practice starts promptly at the scheduled practice times. At the start of practice players must be completely changed and ready to participate.
4. The WIAA requires a minimum of 8 practices before a player may participate in any game. Missing practice during the first two weeks will jeopardize participation in the first game.
5. The WIAA rules “prohibit coaches from giving athletes special treatment on a regular basis through late arrival, early dismissal, or missing practice altogether, in order for that athlete to meet the commitment with non-school sports programs.” As a result, although participation is not prohibited, no practice or game will be excused due to involvement with other teams and/or private lessons.

Games:

1. For all home games every player must be properly dressed and on the court.
2. For away games, all players must ride the bus to the game unless otherwise specified.
Buses will not be provided to Timberline or North Thurston HS. These games will be self transport and the responsibility of the student athletes to find/coordinate transportation.

During home and away games student athletes must sit with their teams. Varsity players should be assisting and cheering for C/JV while they play and then preparing for their game.

During Varsity games C/JV players must use the buddy system (2+ players together at all times) including when going to the restroom or concessions. Players can access concessions only before the 1st set of the Varsity game begins. After the beginning of the Varsity 1st set all players should be sitting behind the River Ridge Varsity bench unless going to the restroom. Besides going to the restroom (with a buddy), student athletes are not allowed to travel around the school grounds inside or outside. This is a primary matter of safety.

After the game, players may ride home with THEIR parents if a travel release form has been completed. They may ride with the parent of another player upon expressed written approval at the beginning of the season. Parents will need to physically check your player out with the coach before leaving. **The coach needs to visibly see the parent before the player will be released.**

3. **During every game players need to be focused on the game, their teammates, and their coaches. Outside distractions, such as conversations in the stands, cell phones, airpods and other electronics will not be tolerated.**

General Program Expectations:

These expectations apply to all athletes and are non-negotiable.

- 1. Positive and kind attitude (have a positive mindset on the court and towards others)**
- 2. Full and genuine effort (to compete at a high level requires hard work and sacrifice, when practicing and playing give a full genuine effort and be confident)**
- 3. Supportive and encouraging energy (be the person at practices and games that has a can do attitude. Encourage those around you to push themselves, play and demonstrate good character and high standards)**
- 4. Open and honest communication (communicate with teammates, coaches, and guardians, this is a 2 way communication expectation).**

Sportsmanship:

1. Players will display only support and respect for their teammates and coaches.

During practice players are expected to offer each other positive reinforcement and to show respect for the entire coaching staff. This includes *appropriate* language during all practices and games.

2. Players will show respect for any game official and the other team's players and staff at all times. At no time before/during/or after a game should a player make negative comments to an official. If a player has concerns about an official during the game they need to bring these to the coach immediately.

Playing Time

On all teams playing time is earned based on attitude, effort, energy, skill, attendance, behavioral and academic standing. Playing time is not guaranteed and will most likely not be evenly distributed among players on their respective teams.

If players or parents/guardians have questions around this topic they should respectfully communicate their questions and concerns and *schedule* a time to discuss this with the head coach or coach of the team of which the athletes is on.

- It is a request of the coaching staff that questions and concerns about playing time are expressed before extreme feelings or frustrations are acquired. Coaches will also do their best to be proactive about communication around this topic as well.
- **Please understand that lack of playing time is not a punishment, but in some cases will serve as a consequence.**
- **Lack of playing time may also be no personal fault of the athlete but rather a complicated coaching decision based on the needs of the team and situation of the game.**
- Opportunity for reflection: Is what I want/deserve the same as what the team deserves? What you think you deserve and what your team deserves may be two different things.
- Great questions to ask your coach regarding playing time:
 - How did you determine the playing time for the previous game?
 - What can I do to increase my playing time?
 - What do I need to work on?
- Flexibility: Acknowledge that improvement and change leads to change.
- Be supportive of others anyways.

Injuries: Athletes with an injury will be sent to the Athletic Trainer for evaluation during practice. We will be sharing an Athletic Trainer with NTHS, they won't always be available. In this case they may have to sit the remainder of practice or until seen. If an athlete is fully cleared through the Athletic Trainer or personal doctor, the athlete will be expected to complete the practice as usual. Modified participation will be made if suggested by a medical professional and at the discretion of the coach. If a player is experiencing injury and requires modified participation during practice, that player must participate in at least one non-modified practice before returning to game competition.

Team Captains – Like last year we will have 2 Captains on each team. Both will be selected by the Coach of that team.

Court Captain: The Court Captain is responsible for the effort, energy and play of the team on the court during practice and in games. They will hold the team to high competitive and performance standards. They will do the coin toss and be the direct line of communication from the Coach to the ref when on the court.

Team Captain: The Team Captain is responsible for off the court things like encouraging positive behaviors (attending classes, good grades, being kind and supportive inside and outside of class etc.), communication, and team spirit and bonding opportunities.

Both Captains need to be strong student-athletes, vocal leaders, and reflective.

Varsity Letter: To earn a varsity letter athletes must be a part of, play on and contribute to the varsity team in a meaningful way. Athletes must stay in good behavioral and academic standing on the team and in school throughout the entire season. Coach Creamer has the ultimate responsibility of determining varsity letter awards.

Senior Night: Senior night is to be organized by the parents of senior athletes, team parent volunteers (usually a small group), and the head coaches. More specific detailed information will be shared as the time approaches, but loved ones of senior athletes are encouraged to start planning early and continue throughout the season.

Fundraising: When there are fundraising opportunities athletes are expected to make a genuine effort to help fundraise for the collective good of the program. Our program will make an effort to raise funds and get sponsors throughout the year. If you or someone you know would like to be a sponsor please contact Coach Creamer. Fundraising is an important part of providing team bonding opportunities and our end of season celebration.

Parent/Guardian and Coach Communication: Communication between coaches and parents/guardians is important. If you have any questions or concerns at any time during the season please contact me and we will find a time to discuss it. Please DO NOT approach coaches with questions on game day as that is when they need to focus on the players and the game. If it is a health concern or update please update the coaches at least 1 day prior or as soon as possible.

Removal from Program: Student athletes are expected to follow team rules and expectations at all times during the season. If a problem or issue arises and a coach has a valid concern they will first make a reasonable attempt to communicate with the student athlete for redirection and correction of concern towards expressed expectation, depending on the severity of the concern. If there is cause for immediate removal (including but not limited to a safety concern, ineligibility, substance use, violence/threats of violence, dishonesty, etc.) then

immediate action can be taken. Removal from the team will be at the Coaches and Athletic Director's discretion based on each student athlete's choices and behavior, effort and eligibility.

Closing:

Please understand that all of the coaching staff want to see our student athletes grow and develop as athletes and people. We all want to see them be successful and there is no perfect timing for success. Most of the time success requires sacrifice, patience and hard work. With that being said, sometimes during the season difficult coaches decisions are made. Coaches are also imperfect people and will make mistakes. Coaches are open to learning and hearing constructive feedback. Coaches want to work with athletes and loved ones to build positive relationships and our hope is to always remain supportive of one another student athletes and adults alike, even in challenging times. **We are here to get better as people and players. We are here to compete. And, we are a community.**

Sorry this was so long. I am so glad you made it to the end :)

Coach Creamer's Contact Information: Cell: (360) 561-0773

(This is a personal number and should not be given out. This number is for emergency communication only, email is the preferred method of communication.)

Email: jcreamer@nthurston.k12.wa.us or jcreamer@stu.nthurston.k12.wa.us

Jami Gore Athletic Director Email:

jgore@nthurston.k12.wa.us

***This document is not an exhaustive document. It is subject to change based on circumstance and situation, needs of the team, and decisions of the coaches. Coach Creamer can and will determine final decisions made at the program level. Mrs. Gore/Admin can and will determine final decisions made at her/their discretion.**