

# Portage Northern Volleyball 2009



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## Portage Northern Volleyball Handbook

### Table of Contents:

• Coaching Philosophy	3
• Staff Management & Mentoring Flow Chart	4
• Goals	5
• Mission Statement	6-7
• Team Requirements	8
• Team Policies	9-12
• General Rules	13
• Varsity Letter/Certificates	14
• Game/Practice Schedule	15-18
• Emergency Contact Information (Pocket)	19
• Volleyball Parent Information Form (Pocket)	20
• Travel Consent Form (Pocket)	21



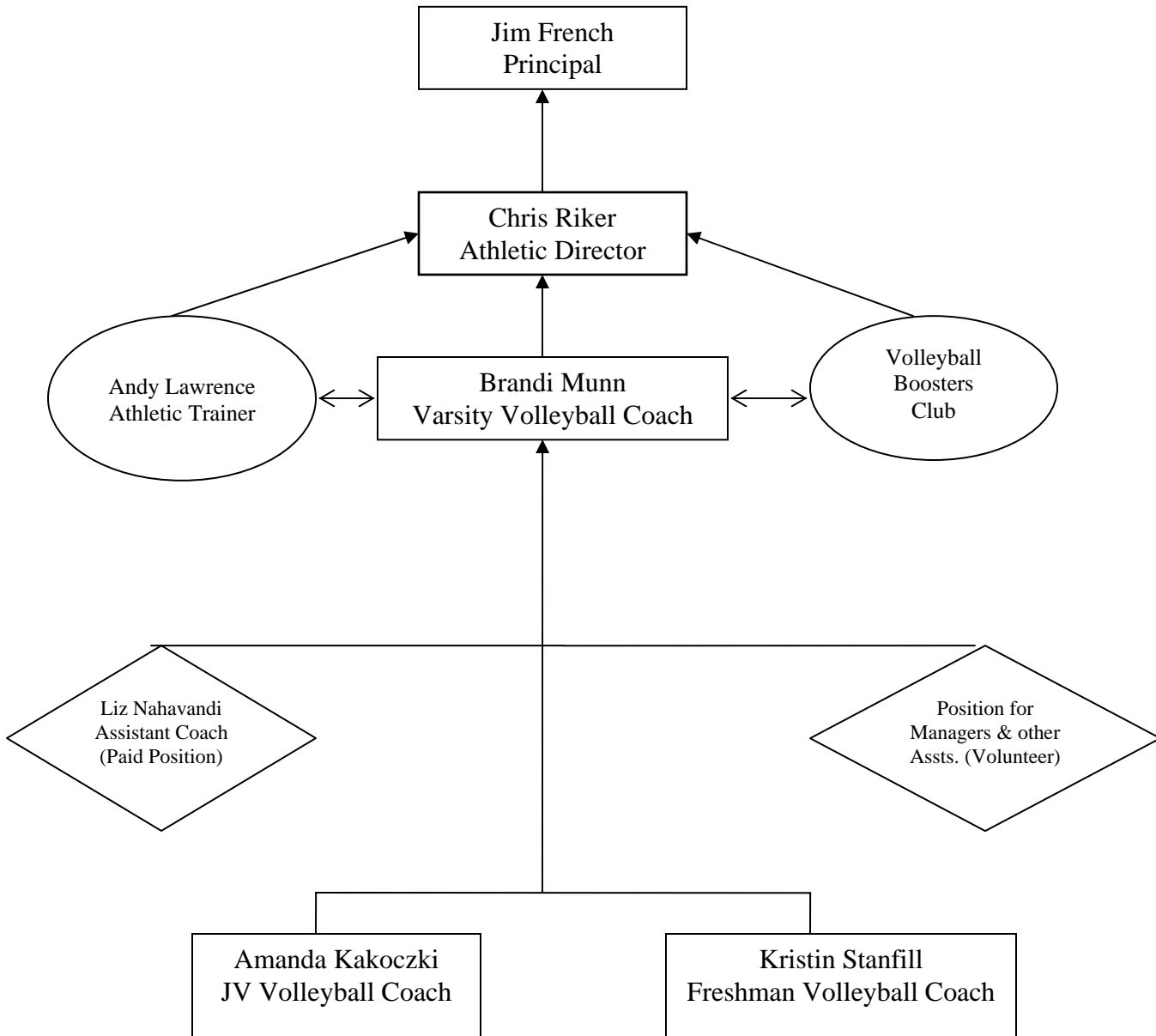
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## **Coaching Philosophy (Coach Munn)**

My coaching philosophy is to be consistent in what is expected of my players and staff, to always be prepared for any situation that may arise both on and off the court, and to learn as much as possible so that I am able to instruct my players and staff appropriately.



# Portage Northern Staff Management & Mentoring Flow Chart





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## **Goals (Coach/Team/Program)**

### **Coach(s)**

- To improve each student's playing abilities.
- To always learn and improve on my own skills.
- Create a safe, interesting, and challenging environment for both the players and staff alike.

### **Team**

- Obtainable goals, which will be provided by each individual team.

### **Program**

- Create a stable learning environment.
- Evolve the program at all levels from Middle School, Freshman, JV, and Varsity.
- Cohesiveness between faculty, families, players, coaching staff, & booster club.



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## **The Portage Northern High School Volleyball Program Mission Statement**

The mission of the Portage Northern High School Volleyball program is to be among the elite volleyball programs in the MHSAA. This will be demonstrated by sustaining a high level of excellence on the court, while maintaining the highest standards of:

### **1. Attitude**

Your personal talent and ambitions mean very little unless you channel them for the good of our program. If individual glory is what you seek, seek it elsewhere. Let your teammates know that you are behind them, encourage them in practice, yell for them in matches and recognize their improvements. Reflect on how good it feels to be GENUINELY SUPPORTED by your team and do your part to help each girl on the team to experience that feeling. Jealousy and bitterness are useless emotions. Pride and enthusiasm for everyone's achievements will earn your respect as an athlete and help us to make a unified winning team.

### **2. Responsibility**

All of you are young adults and we expect you to accept certain responsibilities without being reminded to do so. Be prompt for practices and matches. Speak to us PERSONALLY AND IN ADVANCE if there is a problem. You are to set up the nets before the beginning of practice and everyone should participate. Also, be responsible for special requests from your captains or us. If you are assigned a "buddy" and are asked to spirit her, make it a priority to follow through so that person does not feel neglected. In essence, volunteer and do it with enthusiasm.

### **3. Self-Discipline**

You are making a voluntary choice to be a part of this team and program. Once you have made that decision, we expect that you will have the self-discipline to follow through with your commitment. Self-discipline means pushing yourself and others to do what you know is best, even when it is not what is easiest. Get proper rest and nutrition at all times in and out of season.

### **4. Self-Denial**

In many ways, this is a segment of self-discipline but it has broader effects. As a member of our team, you represent each of us whether you realize it or not. Therefore, we expect that you will deny yourself the opportunity to engage in the use of tobacco, alcohol or any other illegal substances. We do not respect such behavior nor does the handbook allow it and we will not have abusers of this policy on our teams. In addition, if you have friends that smoke or do any of the illegal substances, we suggest that you do not associate too closely with them, especially during our season. Remember you are a representative of Portage Northern High School.



**5. Parental Expectations**

Please remember that it is a privilege to be a participant in the volleyball program. We expect our athletes as well as our parents to demonstrate good sportsmanship at all times. We ask that parents refrain from making negative comments about anyone associated with the program. If a parent does not agree with our coaching decisions, please remain supportive. Your athlete has to play for us everyday. We ask that parents be supportive of the teams, coaches, and the entire volleyball program. If a problem does arise we ask that the player talk to the coach first. Playing time is not up for discussion.

**6. Patience**

It is our policy (and we expect it to be yours) that if a problem arises, to approach the subject with respect and handle it with patience while we work to resolve it. Difficulties can be resolved quickly and easily if taken to the coach or the source rather than complaining about it to teammates. Gossiping causes division and we are confident that none of us wants anything to get in the way of a fun and successful season.

**7. Dignity**

Volleyball can be a demanding sport. Therefore, each of you should accept a tough workout as a challenge and tackle it with pride. If you feel that we are pushing you to hard or asking to much, remember that we are doing so to make you as strong as you possibly can be, both physically and mentally. Do your best to meet the challenges. If you give it everything you have we will ALWAYS be proud of you and you will ALWAYS be proud of yourself.



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## Volleyball Team Requirements

### Varsity Coach

Brandi Munn

Email: [dino1134@charter.net](mailto:dino1134@charter.net)

Home: 324-2126 (not after 8:00 PM)

Cell: 365-3051

### Assistant Coach

Liz Nahavandi

### J.V. Coach

Amanda Gildea

Email: [amanda.gildea@csmgroupp.com](mailto:amanda.gildea@csmgroupp.com)

Cell: 217-1082

### Freshman Coach

Kristin Stanfill

Email: [kstanfill@portageps.org](mailto:kstanfill@portageps.org)

Cell: 760-2313

Office:

### The following Items MUST be turned in or on file:

1. **Physical**

You must have had a physical within the last year and the physical form must be signed before you are allowed to play. Please see the athletic office for these forms.

2. **Emergency Contact Information**

Please make sure that you have filled out the "Emergency Contact Form" (within packet) completely and return it to your appropriate coach.

3. **Athletic Handbook Information**

Please refer to your "Student Planners" given to you by the administration for these specific rules.

4. **Parent Information Form**

Parents please read this entire packet of information. Once you have done so, tear out the "Parents Information Form", (within packet). Please sign and return it to your appropriate coach.

5. **Transportation Parent Consent Form**

If you are unable to make a competition and your daughter is riding home with another adult please remove this form from the packet and fill out completely. Make sure that student submits to their coach before that days competition.

6. **Student-Athlete Packet**

The Student Athlete packet contains important information not only for our program but also in regards to their team. They must have this in their practice/game bags at all times along with a red pen for any updates that may need to be done.



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## **Team/Player Policies and Expectations**

### **Practice Attendance**

If an athlete is not attending practice, she is not training and is therefore not prepared for competition. Poor attendance will not be tolerated and all team members are expected to be at every practice.

### **Scheduling**

If for any reason you will be late or will not be at practice you need to:

- Contact your coach by phone call.
- If this is a scheduled event ALWAYS make prior arrangements with your coach.

### **Unexcused Absence**

Should any athlete's absence not meet the criteria listed above, it will be regarded as UNEXCUSED and the following will occur:

- Unexcused #1            Suspension from one match.
- Unexcused #2            Suspension from a second match and parent notification.
- Unexcused #3            Athlete is dismissed from team.
- **Note: Three lates = unexcused**

### **Excused Absence (Non-School Related)**

This would include anything not related to a school activity, (i.e. concerts, games, vacations). Even though family vacations are fun for you and your child, volleyball is a commitment and the commitment is expected to be honored in its entirety. College, Doctor, and Dentist visits (Please try your best to not schedule during Practice) are not included.

- Absence #1            Suspension from one game.
- Absence #2            Suspension from one match.
- Absence #3            Suspension from second match.
- Each consecutive absence after that will be a match suspension.

### **Outside Athletic Activities/Practices**

Participating in other outside athletic activities and/or practices will not be allowed unless on Sundays. The athletes team role and playing time will be affected. These girls are student-athletes and students come first. Our season is long and rigorous we want each girl to excel in school as well as on the court.



### **In Addition**

If an athlete receives an unexcused absence from school for any reason she will sit out one game for every hour that she is unexcused. The second time she is unexcused she will sit out one week. The third time she will be removed from the team.

### **Tobacco/Drugs/Alcohol**

If we find out that you are engaging in the use of any of the above, the following will occur:

- First Offense                      Suspension from 7 competition dates & Parent Notification
- Second Offense                    Automatic suspension from team
- Third Offense                      School Administration makes a decision
- **See handbook copy for policy**

### **Removal From Team**

The purpose of our team is to provide PNHS students the opportunity of healthy competition and positive interaction with their peers and coaches. Removal from this team will result only when an athlete decides not to uphold these standards of respect or does not comply with attendance and handbook guidelines.

### **Academic Eligibility**

You must be passing ALL of your classes in order to continue to play in competitions. **Good Behavior, Attitude, and Grades are Important!** Remember, you are a student first and an athlete second.

### **Days of Competition**

For our matches, please remember the following:

- You are expected to dress up for all matches (unless otherwise specified).
- All teams set up the gym for home matches, and all teams tear down (NO Exceptions).
- All team members must sit together.
- You are to remain attentive and enthusiastic during the other matches.
- Freshman, JV, and Varsity members must stay the duration of the other teams matches.
- **Cheer, this is expected and it is our goal not to have to remind anyone in this program of its importance.**

### **Team Attire**

Your team issued attire may NOT be worn unless your coach gives special permission. You may not wear it in public without permission from your coach. We are providing this program with nice uniforms, warm ups, and bags. It is expected of you to treat all your belongings provided to you by PNHS with the utmost respect. If anything is defaced, lost, or stolen it is the responsibility of the athlete to replace.



## Equipment Care

This section includes nets, balls, and net holders. The 7 new nets along with the holders that the nets will be placed on are to be used for home matches and tournaments ONLY. They are not to be removed otherwise. We currently have several working practice nets that will also need to be treated with the same respect and placed on the wall after every practice. We no longer share with PE so there should be no excuse why they are not returned to their respective homes.

Balls are to be counted at the beginning and end of every practice. You are to have the same number of balls that you started with at the beginning and end of practice. You will refer to the white board on the wall that will tell you how many were counted that day and how many were ended with the day before. When you take balls with you to a competition one person on that team needs to be made responsible for them, what you take with you is what you need to return with. If the whole group of balls is left at the competition site you are expected to inform coach Munn so that she has the ability to contact the AD the following week to try and get our balls returned to us. If for any reason a ball is lost, stolen, or misplaced the team responsible for it will split the cost of a ball and return that amount to their coach. I know this seems extreme but we are losing volleyballs and our booster club now pays for these. It is a privilege to be a Portage Northern volleyball player and with that privilege comes responsibilities.

If for any reason things are misplaced or not where they should be there will be consequences for that perspective team and is left up to the coach.

## Injuries & Doctor Notes

If you are injured and have to see a doctor for any reason, you **MUST** have a doctor's note stating when you may return (even if it is the next day). This is a school policy and you will not be able to practice without the written note **from your doctor**. If anything is sore or just does not feel right please visit the trainer prior to practice. If injured please see the trainer it is their job to help keep you active and healthy.

## Scoring & Libero Tracking

Every player on every team will know and understand Scoring & Libero tracking. No questions asked. All of you understand how to play the sport so all of you should understand how to score it. Also when you are line judging you are to pay close attention to all aspects of the games. Do not cross arms in front of body, wear head phones, or have your hoods placed over your heads. You are to pay close attention and be ready to make a call if called upon. Remember you are representing PNHS and how well you Score, line judge, or libero track is a reflection on us.



## **Miscellaneous**

### **All players must:**

- Have their hair pulled back.
- Shirts tucked in.
- Kneepads worn at every practice.
- No jewelry.
- No gum chewing allowed at practice or games.
- Nails need to be short and neat.

## **Cell Phone Rule**

Cell phones are to be turned off and placed in bag from the moment you walk in the gym. There is no need to be on the phone once in the gym. You are here to play/practice and there is no need for any other conversations to take place. Coaches will have their cell phones on them and if there is an emergency they can either make or take a call. If this rule is not followed there will be a box for the girls to leave their cell phones in until practice is over. Once practice is done they will receive their cell phone on the way out the door. Over the years cell phones have become disruptive, please respect these rules.

## **Stealing**

Stealing will not be tolerated. If anyone is caught stealing or taking anything that does not belong to them they will automatically be removed from the program. This is non negotiable.



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## **General Rules**

### **Chain of Command**

1. Player ONLY will contact coach (not parent) directly with any questions or concerns to set up a meeting. Contact in regards to issues will not happen until the day after a match or tournament. NO EXCEPTIONS. If this is not handled as stated, the individual coach may take other actions.
2. If the problem is not resolved, parent may then set up a meeting with the coach. Coach, Parent, Player, and Varsity Coach (if JV and Freshman) will attend.
3. If problem is still not resolved, LAST and FINAL step will be taken and the Athletic Director will be included in the meeting.

### **Practice**

1. Practice will be at scheduled time and no later unless specified otherwise.
2. If a player is going to be late or unable to show up they should contact their coach immediately. Please call!!!!
3. Proper shirts must be worn at every practice. (There are extra shirts to be purchased). Approved shirts are Huskie volleyball. The incoming freshmen do not have the luxury of this and may wear other Northern sports related attire.

### **Set-Up/Tear Down (Players)**

1. Each player must be dressed and to practice 15 minutes prior to practice.
2. All equipment needs to be set up before practice begins.
3. All balls need to be counted before and after practices.
4. Equipment needs to be put away in an orderly fashion. The better we do at putting things away properly the longer we have our equipment.



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## **Earning a Varsity Letter or a Junior Varsity/Freshman Certificate**

Players must complete the entire season in good standing with the team. A player suspended or kicked off the team may not receive a letter or certificate.

Players that are moved up to a higher-level team will receive the award for the team upon completion of the season.

The “entire season” is not completed until all of the player’s uniforms have been turned in. A player with outstanding uniforms will not receive her letter or certificate until they are turned in.

