



**PLAYER/PARENT HANDBOOK  
EXPECTATIONS AND POLICIES/PROCEDURES OF THE VOLLEYBALL PROGRAM**



## **COMBS COYOTES WOMEN'S VOLLEYBALL COMMITMENT TO EXCELLENCE**

The COMBS COYOTES Volleyball program strives to be a model program - promoting dedication, commitment, pride, loyalty confidence, competitive spirit, and tradition. We believe that the volleyball court is an extension of the classroom as stated in our coaching philosophy... a place where we strive to promote the development of the whole person.

### **COACHING PHILOSOPHY**

Our main philosophy is that of training our athletes to be 'HIP' in every aspect of their lives. We encourage and try to train them to play with **H**-onor, live with **I**-ntegrity, and lead with **P**-assion. Our main philosophical belief is that we want players to be better people when they walk out of here, in addition to being great volleyball players. High school athletics provide student-athletes with excellent real-life situations and guidance without real-life consequences. We believe this is a fundamental element of participation in the volleyball program. We subscribe to the theory that the competitive athletic experience can enhance social development, contribute to mental and physical health, as well as teach the values of teamwork, goal setting, responsibility, self-discipline, and self-motivation.

In the Combs Volleyball program, each player must understand and appreciate their role on the team and in the program. In addition, all players are expected to hold themselves at the highest of standards, as well as understand and appreciate the values of discipline, accountability, sacrifice, selflessness, determination, competitive spirit, commitment, teamwork, and pride.

### **COMBS TEAM PHILOSOPHY THE COMBS COYOTES VARSITY VOLLEYBALL TEAM**

The philosophy and emphasis of the varsity team at COMBS COYOTES High School will be producing the total student-athlete while fielding a competitive team that vies for the sectional and State championship every year. In this respect, the varsity team will be modeled after a collegiate program. Players will be required to be very competitive in practice and competition and will be asked to make a commitment to the program throughout the off-season and pre-season. Playing time is not guaranteed at this level. The coaching staff will design a system and line-up that can compete at the highest level. Training will include a reinforcement of technical skills, while focusing on team systems and tactical concepts.

### **EARNING A VARSITY LETTER**

To become a volleyball letterwinner, a player must be in good standing the entire season. The coaching staff and Athletic Director may also award or deny a varsity letter based on circumstances.

### **VARSITY PARTICIPATION EXPECTATIONS**

The varsity team has a full schedule, including up to three invitationals each season. There is always the possibility that a practice, game, or invitational fall within a school break or other event such as Homecoming. All varsity level players are expected and required to attend and participate in all practices, games, invitationals, or other team events, regardless of other activities, whether school-related or not. Family events, appointments, vacations, etc. need to be planned accordingly. Missing practices, games, or invitationals will incur consequences and directly affect your playing time in the next scheduled event(s) within the volleyball program.

### **JUNIOR VARSITY TEAM**

The emphasis of the Junior Varsity will be a continuation of technical skills and team systems with an introduction to tactical concepts. At this level, players must be able to apply the technical concepts they inherited at the Freshman level to competition. Players will be required to be very competitive in practice and competition, which will help them to prepare for the varsity level. Players must continue to manage their time demands and be disciplined in everything they do. The coaching staff will help players understand their individual role on the team, how to prepare as a starter and as a reserve, and most importantly how to compete and earn playing time.

### **SOPHOMORE/FRESHMAN TEAM**

The first goal of the Sophomore/Freshman (a.k.a. 'FROSH') team will be to teach the players about being student-athletes. Players must learn our gym culture and how to deal with the demands placed on them in respect to being a high school athlete. On the court, an emphasis will be placed on technical training with an introduction to team systems. At this level, individual skills are the main focus rather than the team's win-loss record – which is not to say that an emphasis will not be placed on striving to win. Players should develop a good work ethic and be very competitive.



## PLAYER CODE OF CONDUCT ACADEMIC STANDARDS

First and foremost, volleyball players must be good students. In fact, instead of student-athletes we like to refer to our players as athletic-students. The success of the volleyball program depends on the performance of each athlete in the classroom. Players must maintain an acceptable grade point average and attendance record, as well as demonstrating positive classroom conduct at all times. The coaching staff is serious about the success of every student-athlete in the program. Being placed on Academic Probation will result in a reduction of playing time. Athletes will be subject to Grade Checks (and/or submitting a Character Check if needed) every Friday by showing the coaches your Student Vue Account and grades.

The following progression will be used for any student-athlete placed on academic probation within the volleyball program.

- **WARNING.** Athletes with a GPA lower than a 3.00 will still be eligible for all matches and practices. However, the coaching staff will contact the teachers for suggestions to increase the performance while encouraging the athlete to strive for a higher standard.
- **PROBATION.** Athletes with any grade lower than a C on the Grade Check may not be eligible for matches but will be allowed to practice with no restrictions provided the player is attending Conference Periods and/or tutoring outside of practice.
- **SUSPENSION.** Athletes with more than one D and/or an F on the Grade Check may not be eligible for matches and will be restricted in practices. Athletes will be required to attend after school tutoring during practice.

Volleyball players must abide by the Academic standard. Unexcused absences, referrals, and poor academic performance will have a direct effect on a player's playing time and status in the program.

Players must be organized. Turn in assignments on time and have your gym bag packed in advance. Players should be on time to class, practice, meetings, etc. As student-athletes, volleyball players will be required to balance their athletic life, academic life, and private life. Homework should never be used as an excuse to miss practices, strength and conditioning, or other volleyball related activities. Make sure you plan ahead to avoid any potential conflicts.

## CONDUCT & BEHAVIOR STANDARDS

Behavior standards for Combs players are extremely high. You are always a representative of the program and the school – whether you are on or off the court. Remember that you have made a commitment to yourself and your teammates. Volleyball players must communicate with the Coaching Staff. The coaches want to hear questions and concerns from the players first. We feel that this develops healthy relationships for the student-athletes, and we can work through most any issue if we're in the loop in a timely manner. If parents need to attend any meetings as well, please contact the coach.

All volleyball players are to be role models on and off the court. This means that not only are the players exhibiting the highest level of sportsmanship and respect on the court, but in the classroom and on campus as well. Players must abide by the school's Code of Conduct, including campus/classroom rules, and the school dress code. Foul language, name calling, or other forms of verbal assault during practices and games will not be tolerated and will be dealt with swiftly.

If music is allowed during practices or games, it must be 'school appropriate.' Any violation of such will result in music privileges being revoked.

Players must be in shape for practices and competitions. All student-athletes are expected to maintain a high level of fitness during the season as well as maintaining their strength and conditioning during the off-season. Players need to consume an adequate amount of water necessary for hydration throughout the day (sodas/sugary drinks are to be avoided during the season). Players should have a healthy lunch packed and snacks that should be eaten during the day.

**Social Networking Sites.** As a student-athlete at Combs, you are not only representing yourself and your team, but the entire volleyball program and school. Because of your higher profile on campus, it is important that you be concerned with what is being published on social networking sites, such as Facebook, Twitter, Instagram, TikTok, etc. Any online behavior that fails to reflect the high standards of honor and dignity that characterize the privilege to participate in the Combs Coyotes Volleyball program may result in suspension from the program.

Athletes shall never take part in any activity that is against school policy or the law (drinking alcoholic beverages, smoking including vaping, illegal drug use, stealing, etc.) or be present at any activity where this may take place. These violations may result in suspension from competition and could result in the immediate removal from the volleyball program.



## **PRACTICE EXPECTATIONS PRACTICE ATTENDANCE IS MANDATORY**

All athletes will be expected to attend every practice session, team meetings, and matches. Missing training sessions or competitions for reasons other than school-sponsored activities or excused illnesses will be considered unexcused and could result in a loss of playing time. Three unexcused absences may result in dismissal from the volleyball program.

If any player is going to miss practice for any reason, the coaching staff must be informed at least two hours in advance. Players must take responsibility for themselves – it is not acceptable to relay the message to the coaching staff by someone other than the player or parent in certain circumstances.

### **SCHOOL ATTENDANCE ON PRACTICE DAYS**

Students **MUST** attend all classes on the day of practice. Exceptions must be cleared through the Athletic Office prior to the absence. Violation of this rule will result in a period of ineligibility of no less than one competition.

NOTE: Please try to schedule all doctor or dentist appointments around the practice schedule. If an appointment must be made after-school, it will be better to schedule a Friday appointment, rather than miss practice before a match. Notify the coach in advance.

### **VOLLEYBALL PRACTICE POLICIES AND PROCEDURES**

#### **WHAT TO BRING TO PRACTICE:**

All players are to report in full practice attire – This includes a Combs Practice t-shirt, black spandex or running shorts (items with patterns, prints, or colors other than solid black are not allowed), socks, and volleyball shoes. Wearing a non-Combs t-shirt (any design, any print, even if it's a Club shirt) is not allowed. Any player in violation of the dress code will result in being benched or sent home to change. All players should have a volleyball bag and include extra clothing, a team notebook, jump-rope, and water-bottle.

#### **PLAYERS MUST BE ON TIME FOR ALL PRACTICES**

On time means arriving to the gym 15 minutes earlier than the scheduled start time; make sure any therapy/taping by the Athletic Trainer is completed before the scheduled practice time—this means getting their earlier to take care of this. ALL players should always help set up all equipment before warming up or touching a ball.

#### **STAY UNTIL ALL EQUIPMENT IS ACCOUNTED FOR AND PUT AWAY**

Remember that we're all in this together; all players will help break down the gym before taking off their shoes and will stay until everything is put away. Wait for the coaches to release the team.

#### **PLAYERS WILL BE EXPECTED TO WORK HARD**

Practice sessions are valuable - always come to the gym ready to learn and train. To maximize training time, players will be required to move quickly from drill to drill and breaks. Players will be dedicating practice time to volleyball and should not be on their phones etc. unless directed by the coaching staff; and are required to participate in every drill.

#### **INJURIES AND ILLNESS | ATHLETIC TRAINER**

Players will be expected to perform drills at full speed...period. If a player is unable to complete any drill due to sickness or injury, they will be sent to the Athletic Trainer for evaluation and treatment as needed. Once the Athletic Trainer clears an athlete for practice, the player will be once again expected to perform drills at full speed unless restrictions have been made by the Athletic Trainer. If needed, the Athletic Trainer will direct players to an appropriate physician for further evaluation/treatment. If a player seeks outside medical treatment without consulting with the Athletic Trainer, a return-to-practice clearance will be needed before the athlete is cleared to practice. Please use your best judgment when deciding to practice when ill.

#### **PRACTICE ATTITUDE AND PROHIBITED ITEMS**

Players must bring a great training-attitude to the gym every day. Be competitive (but not combative) in every drill or scrimmage. Perform drills at full speed and be willing to make mistakes – to be successful here, you must allow yourself to make mistakes. Always support your teammates and your coaches. Abusive language, including swearing, or behavior will not be tolerated. If you have questions about skills, techniques, or drills, bring them to the coaches in a respectful and non-confrontational manner, but still be willing to give 100% of your time and effort regardless of your feelings.

Cell phones are to be kept out of sight while in the gym and during practice (turned OFF and stored in players' bag/locker). Cell phones will NOT be allowed during practice without direction from the coach. All jewelry (excluding single post items) must be removed. Gum is not allowed in the gym. Skin lotion can create slick/slippery spots that are potentially dangerous; please don't use it.



## **COMPETITION EXPECTATIONS GAME DAYS!**

On competition days, the players are expected to prepare to compete as a team. Players represent the volleyball teams on campus by wearing similar clothing and/or shirts and are required to stay together as a team for all pre-game activities, including while the other Combs teams are playing. This means that when players arrive to the gym, they will not be using cell phones or talking to friends separate from their teammates before they play. Once the team is ready for pre-game activities and routines, all players must be focused.

During the match, players should be focused on their team and the match – not who's in the stands. This means being completely engaged on the task at hand: starters should be performing based on what was prepared in practice and/or according to the scouting report or game plan; reserve players should pay attention to what is developing in the match and adjustments that might be made to contribute when called upon. Regardless, all players should be supporting each other and our goal to win the match. There should be energy on the bench at all times, even if you're not playing.

**SUPPORT AT THE VOLLEYBALL MATCHES:** One of the goals of the Combs Coyotes Volleyball Program is to promote unity and support among all student-athletes. Players and parents of all levels are strongly encouraged to be present at matches of all levels of the program.

**SCHOOL ATTENDANCE ON COMPETITION DAYS:** Students **MUST** attend all classes on the day of competition. Exceptions must be cleared through the Athletic Office prior game day. Violation of this rule will result in a period of ineligibility of no less than one competition.

### **MATCH EXPECTATIONS | HOME MATCHES**

All players are required to help get the gym set up and ready to go for the day's competition. FROSH players should be dressed, in the gym, and ready to play no later than 30 minutes (3:30pm) prior to the start of the match. JV and VARSITY players should be in the gym and sitting in the bleachers no later than 15 minutes prior to the start of the FROSH match. Team meals for Home Games will be consumed by all athletes at the same time between 3:00 – 3:30.

**HOME GAME REFFING ASSIGNMENTS:** ALL players are required to participate, **NO EXCEPTIONS!** Parents may also volunteer if they want to. Duties will include Line Judging, Score Keeping, Ball Shagging and Libero Tracking. A schedule for each Home Game competition will be made by either the Coach or the Team Captains so there is no question as to who is in charge of what duty at what game. Varsity will officiate the FROSH match, FROSH will officiate the JV match, and JV will officiate the Varsity match.

### **MATCH EXPECTATIONS | AWAY MATCHES**

**EARLY DISMISSAL FROM CLASS:** When leaving campus before the end of the school day, players should notify their teachers in advance when they will be missing any class. On Game Days, check in with the teacher at the beginning of class and remind them that you will be leaving early. At this time, get any homework or other class work that you may miss. Players that are ineligible will not be dismissed from school early to attend away matches.

**TRANSPORTATION TO AWAY SITE:** All athletes will travel to the opponent's site together on the team bus. All members of the traveling party will follow District rules and regulations of the bus. At the conclusion of the match, all players must remain with the team until the program returns home to the school, unless a parent is picking up a player. At all away matches, players/managers must stay in groups of three.

**TRANSPORTATION HOME FROM AWAY MATCHES:** The policy of the Athletic Department and the volleyball program is that players travel to and from away matches together on the bus. Parents are expected to pick up their athletes at Combs High School. If a parent wants to pick up their child at the site of an away match, the correct paperwork must be filled out and turned into the head coach before leaving the campus. No exceptions.

### **MATCH EXPECTATIONS | ALL MATCHES**

**ALL PLAYERS** are present for **ALL GAMES... PERIOD... NO EXCEPTIONS.** ALL players not participating in the current match (either playing or working) are required to sit together in support of their peers that are playing. Players are not permitted to sit with their parents or go hang out with friends or 'significant other' during the match. They are to stay with their teammates behind the team bench. The **ONLY** exception would be if you are working the current game being played.

**COMBS DRESS CODE**  
**COMBS COYOTES VOLLEYBALL UNIFORM**  
 “Looking good isn’t self-importance; it’s self-respect.”  
 - Charles Hix

In respect to our uniform and apparel, the Combs philosophy is that the uniform reflects the culture of the program. Players and coaches contribute to this culture and reputation of Combs Coyotes Volleyball in the way they present themselves. Adherence to the Dress Code will ensure Combs’ reputation as an organization of disciplined, well-coached student-athletes. This tradition is established and long-standing. Players and coaches are expected to dress for practice and competition in a way that reflects our standards of professionalism, unity, and discipline.

**THE PRACTICE UNIFORM** must be worn at all practices and team meetings (unless otherwise directed by the head coach). The practice uniform will consist of the Combs Practice T-shirt, black (no prints, designs, or other colors), spandex, leggings or running shorts, and any ankle braces and appropriate shoes. Kneepads and socks may also be worn at your own discretion.

The uniform must be neat and clean. Failure to wear the official practice uniform will result in disciplinary action in the form of extra conditioning and restriction of practice, including being sent home from practice for multiple violations.

**THE COMPETITION UNIFORM** will be worn for all matches. Failure to have your uniform will result in sitting the match. The competition uniform consists of the Combs Coyotes Volleyball jersey and black competition spandex or leggings, kneepads, white crew socks, (knee-high, ankle and no-show socks are not acceptable) and any ankle braces and shoes needed for play. The uniform must be neat and clean. Players should also match the color of their sports-bra (white) when wearing the white jerseys.

All players will retain both jerseys throughout the season and are responsible for regular washing and maintaining of their jerseys. All jerseys are to be returned on the last day of competition.

#### **REQUIRED GAME-DAY ATTIRE DURING SCHOOL**

Players will be dressing together on game days to show our unison and pride for the evening’s competition. Generally, we will dress up on home matches; and wear game-day shirts for away matches. “Theme” days are also encouraged. (i.e. Disney, ‘Adam Sandler,’ ‘At the Beach,’ etc.) Seniors will choose to direct the entire program to match on a particular day and the expectation will be that all players abide, no exceptions. Any violation, without prior approval, will result in consequences at the next practice.

#### **REQUIRED GAME-DAY ATTIRE PRIOR TO GAMES**

Regardless of whether the games are Home or Away, ALL players are required to change into ‘Game Day Attire’ immediately after school, including dri-fit warm-up shirts, and cover-up shorts. FROSH players are to wear their jerseys under their warm-up shirts since they play first. Likewise, after your match, players must wear their jerseys or warm-up shirts until the conclusion of the Varsity match. Cover-up shorts or COMBS VOLLEYBALL sweatpants ARE REQUIRED when wearing spandex unless you are playing. Players are to remain in COMBS GEAR throughout the entire competition of all three teams, including travel to and from for Away Games, as well as if the teams choose to go out to eat afterwards. No other attire is allowed and if someone forgets to bring their game-day swag, that player will incur consequences at the next practice as well as a conversation between their parents and coach.

#### **PLAYER UNIFORM PACKAGE**

All players will be required to purchase a player package for the season. Included will be 2 Practice T-Shirts, 1 Long Sleeve Ori-Fit Warm-up Shirt, and 1 Pair of Cover-up Shorts. New incoming athletes will also need to purchase additional items such as a team backpack. Additional swag and gear will be available for purchase should you so choose. Players will also be required to have white crew socks and white kneepads for game days, as well as black spandex or leggings to be used for both practices and games. All purchased items are kept by the athlete at the end of the season.

#### **CHANGING CLOTHES/UNIFORMS**

Players are not to change their uniform or practice tops in any public setting—even if you have a sports-bra or other undergarment on underneath the shirt. This is a high school rule. Players must use locker rooms or restrooms when changing. Players should not wear any other apparel representing other programs, other schools, club teams, or brands while attending any Combs function; this would include club volleyball t-shirts/apparel, other sports, and/or other brands. Combs functions include team practices and meetings, matches, team travel, and off-season strength and conditioning sessions.





## **PLAYING TIME PHILOSOPHY**

### **PLAYING TIME | THE TEAM COMES FIRST**

The prevailing rule when dealing with playing time is that the team comes first. This rule is based upon the fact that no team reaches its potential without every player contributing. At Combs High School we strive to be competitive at every level, therefore we ask our players to accept a role before accepting a starting position. Each player must also be aware of her importance to the team. Playing time standards will vary depending on the philosophy for each team.

**TEAM FIRST:** This means that everyone is working towards the same goals, and they must put their private agendas aside when they interfere with the team's goals. A team is not a democracy; it is the ultimate meritocracy. Every coach is looking to get the most out of the team, and to do that they will try to get the most out of every player. Competitive players all want to play as much as possible and we appreciate that, but the attitude we are looking for out of our players is "what can I do to help the team?"

**THE IMPORTANCE OF EVERY TEAM MEMBER:** For a successful team, the coach must consider each player as part of the whole. In an ideal situation, every player will be proud of his contribution to the team's success. Listed below are the components of this idea.

#### **EVERY PLAYER HAS A ROLE**

Those players who play less than others are still vital parts of a team's success. First and foremost, they always have the opportunity to earn more playing time. No starting line-up is ever permanent. In addition, they can raise the level of practice, maintain, or raise the level of play when called upon, or out-play and replace "starters."

#### **EVERY PLAYER GETS AN OPPORTUNITY**

There are at least two essential kinds of opportunities. First, as mentioned above, the opportunity to earn a starting spot is always there in practice. Whether in game situations or practice, the coach is responsible for identifying the strongest line-up, which means constant reevaluation. Second, every player will get opportunities to compete in game situations, because this is an essential part of the competitive experience. Note, however, that these opportunities may be quite disproportionate, although this is always subject to change.

#### **EVERY PLAYER WILL BE COACHED**

Our goal is to make sure that every player in the program will receive an equal amount of coaching at every practice and match. At the varsity level, this will be difficult when getting the team prepared for competition. However, the coaches will ensure that players are given the correct instruction to make themselves a better volleyball player and to compete for time. It is up to you to be coachable. Take feedback as an opportunity to learn and grow, not as a personal attack.

**PLAYING TIME** on any team may be rewarded (and can be reduced) based on a player's work ethic in practice and competitions, attitude, academics, attendance, position, and performance.



## **PARENT EXPECTATIONS**

### **PLEASE SUPPORT THE PROGRAM AND THE COACHES**

Ultimately, we all have the same goal, to see our players become successful within a team culture. Therefore, it will be very important that parents are not critical of coaches and/or players in front of the players. There will be times during the season that an athlete will come home very upset after a practice or match – your role as a parent is to offer support without making any judgment that may affect your daughter's attitude towards the coaching staff. Remember that sometimes children tend to exaggerate both when praised and when criticized. Please don't overreact and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem may not be as it appears.

If any conflict(s) arise during the season, please seek out the coach in a non-confrontational environment and at an appropriate time. Before and after matches will never be an appropriate time for an appointment. In most cases, the coaching staff will have the player and another coach attend the meeting.

**THE 24-HOUR RULE:** When a parent is concerned about playing time or other issues during a match, the coaching staff asks that parents and coaches wait a minimum of 24 hours after the triggering event before discussing the issue. Hopefully "cooler heads" will prevail, and the meeting will be much more productive.

### **PLEASE SUPPORT THE ATHLETES**

Make sure that your daughter knows that - win or lose, scared or heroic - you love her, appreciate her efforts and are not disappointed in her. This will allow her to do her best, to avoid developing a fear of failure based on the spectra of disapproval and family disappointment if she does fail. Be the person in her life that she can look to for constant positive enforcement. Learn to hide your feelings if she disappoints you.

Be completely honest about your daughter's athletic capability, competitive attitude, and actual skill level. Be helpful, but please don't "coach" her on the way to the gym...on the way back home...at breakfast or dinner...etc. Teach your daughter to enjoy the thrill of competition, to be a part of a high school team, to be working to improve her skills and attitudes...to take the physical bumps and come back for more. Please refrain from saying "winning doesn't count," because it does. Instead, help her develop the feel for competing, trying hard, and for having fun.

### **PLEASE SUPPORT THE TRAINING OF YOUR ATHLETE**

The high school volleyball season is a busy time, where the players will be physically and mentally exhausted from demanding training sessions and a competitive competition schedule. The coaching staff and athletic trainer can only monitor the players during training sessions and matches. Parents can help keep players in top physical and mental condition during the season by monitoring their daughters' nutrition and rest. Players should consume an adequate amount of water necessary for hydration throughout the day. During the season, sodas, sugary drinks, and energy (high caffeine/sugar) drinks should be avoided. Players should have a healthy lunch packed and snacks that should be eaten during the day. Players need at least 7 hours of sleep each night – talk to your daughter and establish curfews during the week and for the weekend.

### **SPORTSMANSHIP**

All parents are expected to lead by example and will be expected to demonstrate the highest level of sportsmanship while representing Combs Coyotes Volleyball. Please cheer for our team's efforts and success. Parents and fans should never cheer for the other team's mistakes and confuse it to be our success. Keep all comments in the stands positive – remember, you are sitting among other parents. Please don't compare the skill or attitude of your child with that of other teammates.

### **WORKING PLAYERS, COACHES, AND OFFICIALS ARE OFF-LIMITS FOR PARENTS**

Please refrain from yelling at the referee from the stands - no matter how bad the call might be! And NEVER EVER yell at another kid working the game (Line Judges, Score Table, etc.). Lastly, do not yell at the Coaches from the stands during a match. Regardless of your feelings towards the coaches, officials, or players working a match. This will not be tolerated. We want a positive reputation in the volleyball community. Any violation will result in having a face-to-face discussion. Further offenses will result in being banned from attending future competitions for the remainder of the season.





## **OTHER EXPECTATIONS**

### **VOLLEYBALL PRACTICES / WEIGHTS & CONDITIONING**

All volleyball practice and training sessions are closed to spectators. We close practices to keep the players focused on training and learning to deal with teammates in competitive situations. All practices will be filmed, and parents are more than welcome to view the videos once they are posted. The link will be provided at the beginning of the season. While not required in the 'off season, all athletes are encouraged to participate in the Weights & Conditioning sessions. Volleyball is a game of strength, stamina, and endurance. Participating in Weights & Conditioning will help build upon those principals. All sessions will be structured and adhered to by all athletes. No one will be allowed to do their 'own thing.' While the sessions are not mandatory in the off-season, if you are a Varsity candidate, you are expected to participate. Any deviation or absences need to be discussed with Coach Ed prior. In-Season Weights & Conditioning sessions, if scheduled, WILL be mandatory once teams are formed.

### **PICKING UP YOUR ATHLETES AFTER PRACTICES AND MATCHES**

#### **STUDENT-ATHLETE DROP-OFF/PICK-UP**

For supervision purposes, all players are to be picked up by their parents in the Student Parking Lot on campus, near the student entrance gate. The coaching staff cannot be held responsible for student-athletes' safety that are picked up elsewhere on campus. Parents need to be on time to pick up their athletes – please remember that the coaching staff puts in long hours with school, work, and practices/matches. Following all practices and matches, a coach will remain on campus until all athletes have been picked up. Coaches may not drive athletes home and every minute that we spend waiting at the school with your athlete will take away time from our own family.

First occurrence. Unexpected things come up (flat tire, family emergency, work conflict, etc.) occasionally. Therefore, the coaching staff will wait the first time without any problem.

Warning. The second time a coach must wait later than 20 minutes; the player will be verbally warned.

Written Warning. The third time that a coach must wait later than 20 minutes or the first time later than 45 minutes; a written warning will be forwarded to the parents and Athletic Director. A written warning may result in the player being asked not to participate in future away matches.

All players are to ride the bus back to the Combs campus unless signed out by their parent at the away venue. NO player may be taken home by anyone other than THEIR parent without a prior arrangement with the Athletic Office PRIOR to the day of an away competition.

### **ARIZONA STATE TAX CREDIT**

This is an excellent way for the volleyball program to generate revenue for capital expense items – items that will help increase the level of training and the athletic experience that we can provide your daughter. Maximum donations are \$ 200.00 for single filers and \$ 400.00 for those filing jointly. The contribution is a tax credit (not a deduction) – meaning you can take the dollar-for-dollar amount right off your tax liability. Contributions can be made in a lump sum, or in installment payments throughout the tax year. Be sure to notate the contribution is for Combs Coyotes Volleyball.

### **VOLLEYBALL PARENT SUPPORT**

The Combs Coyotes Volleyball program needs parent help at all home matches. As a club fundraiser, the volleyball club hosts the concessions stand. ALL parents are asked to sign-up for at least one shift before or after their daughter's match. For example, a varsity parent could work the snack bar during the junior varsity game. All proceeds benefit the women's volleyball boosters.

New this year, parents can also help by approaching local businesses and organizations for Volleyball Sponsorships and selling banners that will be hung in the gym. There will be multiple levels of sponsorship. For more information or if you are interested in helping, please contact Coach Ed.

### **GAME DAY MEALS**

Game Day Meals will be consumed by ALL THREE teams prior to the FROSH match. Parents need to sign up at the beginning of the season. On their assigned day, arrangements need to be made for food to be delivered to the school cafeteria by 3:00pm on Home Game Days. All the girls will sit and eat together prior to the start of warm-ups for the FROSH match. Eating together helps promote bonding and developing stronger relationships between the girls and as a program whole. It is the assigned parent's responsibility to make arrangements for the delivery with someone else should there be a work or other conflict.



## **OTHER EXPECTATIONS OF PLAYERS FUNDRAISING**

One of the most important off-the-court elements of a high school athletic team is fundraising. The school district can only help us so much to achieve our goals. Fundraising is sorely needed to help pay for assistant coaches, practice uniforms and team apparel, team equipment, quality volleyballs and training equipment, summer camps, website hosting, and the program's Awards' Banquet. Extra expenses are also accrued for the varsity team when traveling for Invitationals and other tournaments.

All players are expected to help raise money throughout the season and during the off-season. Each level will have a fundraising goal to assist in raising the necessary amount to sustain the volleyball program. Volleyball players at Combs High School are provided many benefits because of excellent fundraising – items that might otherwise be paid for out-of-pocket.

Our fundraising philosophy is that the players must earn the money themselves, instead of having a parent write a check. We do not offer 'buy-outs' from our fundraising activities. We are hoping there will be several opportunities for players to fundraise, including the serve-a-thons, car washes, Summer Camps, sponsorships, and banner advertisements, as well as snack bar/t-shirt sales, and potentially cookie-dough sales.

## **STUDENT CLUB ACCOUNT**

All funds are deposited to the volleyball club's bookstore account and managed by the student-athletes under the direction of the coach. Any off-season fundraising will not necessarily guarantee any student-athlete a position on any roster.

## **OTHER SPORTS DURING THE VOLLEYBALL SEASON**

**OUTSIDE VOLLEYBALL:** High school volleyball players are not allowed to compete on any other volleyball team during the season. This is an Arizona Interscholastic Association (AIA) rule that states players shall not practice or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition.

**PRIVATE LESSONS:** There are AIA rules that allow players to receive private lessons during the high school season with restrictions. However, there is an AIA determination that states that club volleyball coaches may not give lessons in certain situations. The coaching staff prefers that players refrain from additional training during the season. Therefore, players are expected to discuss and inform the head coach before scheduling any private lesson to ensure the player's high school eligibility while at Combs High School.

**OTHER SPORTS/ACTIVITIES:** Combs Coyotes Volleyball players are allowed to participate and/or compete in other sports' teams (club sports such as soccer, basketball, Open Gyms, etc.) during the high school season while keeping the following philosophy in mind: High school volleyball is the priority and Combs players are expected to not miss any high school practice/competition to attend any club event. Players missing practices or competitions to participate in any outside sport/activities (other than school-sponsored events) could see a reduction in their playing time. Players are expected to discuss any club conflicts with the coaching staff.

Varsity athletes are asked to limit their involvement with another sport during the week leading up to and during the play-offs. This is a period where the practices are designed to allow the players and team to peak, as well as minimizing the possibility of injury or fatigue. If you have any questions concerning participation in other sports or private lessons during the season, please contact the coaching staff.

## **VOLLEYBALL OFF-SEASON PROGRAM**

Preparation is the key to maintaining a top-notch volleyball program. In the short time that we have been here, Combs High School is working to build a strong tradition of developing excellent volleyball players and teams. Those that wish to become a member of our teams, at some point, will need to put the work in during the summer.

The volleyball program provides all current and prospective athletes opportunities to improve as a player during the off- season. Staying in shape in the off-season is vital to the success of our program. In addition, the volleyball program provides off-season training opportunities, including strength and conditioning sessions, open gyms, scrimmages and leagues, volleyball camps, etc.

## **COMMITMENT TO EXCELLENCE AWARD**

The continued success of the volleyball program will depend on your personal level of commitment. Since we believe that you must dedicate yourself to physical, academic and skill development, an incentive system will be used to reward players who demonstrate a commitment in these areas. The COMMITMENT TO EXCELLENCE AWARD, recognizes off-season participation and maintaining a solid GPA.



## CONSEQUENCES

As a member of the Combs High School Volleyball Program, you will be expected to always meet the expectations. Violations of any of the expectations will be dealt with by applying the appropriate consequence to the violation depending on the severity. The following consequences could be applied:

### ABSENCE VIOLATIONS

The coaches will handle special circumstances on a case-by-case basis but ONLY if there is communication and approval between the player, coach, and parent. There are ZERO exceptions for unexcused absences. Excused absence examples are sickness, family emergency, etc. Doctor, dentist, car appointments, etc., are not considered an excused absence without prior knowledge at least a week in advance, AND APPROVAL from the team's coach. Club or other non-school engagements will never be considered an excused absence.

### CONDUCT VIOLATIONS

Your positive conduct as a player for Combs High School Volleyball, and as a student at Combs High School is extremely important and carries extra weight along with it. There is a ZERO TOLERANCE policy for violations of the Conduct expectations stated by Combs High School. Conduct that is out of line or unbecoming of a young lady in participation with the Volleyball Program at Combs High School will not be allowed. All violations reported by an athlete's teacher(s) will be dealt with swiftly. Circumstances surrounding the violation will be considered on a case-by-case basis. Depending on the severity of the offense, the consequences applied will be discussed and may vary differently in each situation. At no time is anything ever 'black and white' and we, as coaches, realize that. If a violation is deemed severe enough, at the Coach's discretion, a player may be suspended or dismissed immediately without warning.

### GRADE VIOLATIONS

You are a student first, and an athlete second. Any player that becomes ineligible will be put on probation and required to go to tutoring. Any player that becomes ineligible twice in the same season will be dismissed from the team.

### SUMMARY

This contract is being put into place so every player on the Combs High School Volleyball Roster is aware of what is expected of them this season. All players are expected and required to abide by the rules set forth in this contract. Any questions may be directed to Coach Ed. Any exceptions to what is stated above shall be discussed and agreed upon by the coaches prior to the exception being made. The coaches reserve the right to make changes or alterations to this agreement at any time during the season should changes be necessary, and any amendments or changes will be signed for by both the parents and the players at the time the changes occur.

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### Parent Code of Conduct

The Combs High School Volleyball Program is committed to creating and upholding traditions of excellence through volleyball, focusing on responsibility and accountability. Everyone involved in the sport of Volleyball is responsible for his or her own behavior whether on the court, the bench or in the stands. While the players have guidelines and standards to follow, parents and spectators are expected to abide by certain guidelines as well.

- As such, your role as a parent and/or spectator will include:
- Remaining in the spectator areas during all games
- Will not coach the coach how to coach, who to put in the game and/or who to take out of the game
- Will respect the integrity of the officials and not yell or advise them how to call the match
- Will model sportsmanship for my child by treating all coaches, officials, and players of either team with courtesy and respect
- Will encourage hard work and honest effort that will lead to improved performance and participation
- Will emphasize the cooperative nature of the sport
- Will not try to coach my child during the game
- Will attend all volleyball events alcohol and drug free
- Will cheer for my child's team
- Will encourage my child to participate for enjoyment as well as competition
- Will applaud good and fair play during the matches
- Will be in control of my emotions
- Will learn the rules of the game to help me better understand what is happening on the court
- Understand that physical or verbal intimidation of any individual is unacceptable behavior
- Will be supportive of all attempts to remove verbal or physical abuse from organized volleyball activities, including foul language
- Understand that conduct that is inappropriate as determined by comparison to normally accepted behavior is unacceptable



**COMBS HIGH SCHOOL VOLLEYBALL CONTRACT  
ACKNOWLEDGEMENT PAGE**

**PARENTAL AGREEMENT:**

We, the parents, or guardians of \_\_\_\_\_, have read the Combs High School Volleyball Coach's Expectations and agree to help our daughter abide by the rules and regulations as stated. In addition, we have read and understand our roles as parents and what is expected of us this season and will abide by the expectations set for by the coaches and the program.

\_\_\_\_\_  
PRINT NAME (guardian)

\_\_\_\_\_  
Parental signature (guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINT NAME (guardian)

\_\_\_\_\_  
Parental signature (guardian)

\_\_\_\_\_  
Date

**STUDENT AGREEMENT:**

I have read the Combs High School Volleyball Coach's Expectations, and I hereby agree to abide by the rules and regulations, and fully understand the consequences as stated.

\_\_\_\_\_  
PRINT NAME (athlete)

\_\_\_\_\_  
Parental signature (guardian)

\_\_\_\_\_  
Date