COACHING EXPECTATIONS
Coaching is a huge responsibility. It is a profession in which one can make a lifelong impression on a young person’s mind and heart. Here are some behaviors the MHS Girls’ Volleyball coaches will exhibit to help make the athlete’s volleyball experience one she will want to remember for years to come.

COACHES WILL:
1. Want to win! They are competitors with high standards who consistently have an ascending level of expectation. Coaches will encourage everyone to always work to improve their game.
2. Teach the skills needed to excel at the game of volleyball along with commitment, discipline, determination, courage, loyalty, teamwork and sportsmanship to be successful in life.
3. Be as fair, consistent and honest as possible in every situation. Please note, fair does not mean equal playing time.
4. Be approachable to both players and parents.
5. Always put the “team interest” ahead of “individual interest.”
6. Attempt to create an environment where all players know their role on the team, and everyone is reminded that they are important to the team.
7. Strive to be positive role models both on and off the court.

TEAM EXPECTATIONS
1. The classroom - As MHS volleyball players, you will be visible around school. You will be expected to, as will the coaching staff, give priority to your schoolwork. Your school work can be enhanced by athletic participation. However, your schoolwork should never be used as an excuse. If you are a true student/athlete, you will take care of business in the classroom when it needs to be taken care of so that your athletic participation does not suffer.
2. Travel - We want to reflect our commitment to a class program by how we present ourselves on the road.
   a. Casual clothing may be worn.
   b. Proper etiquette on the bus, at other schools and in other people’s homes must be observed.
   c. Phones may only be used on the return bus ride to confirm a players ride home. All phones will otherwise be turned off. Including watching JV or Varsity matches.
3. Time - Don’t be late! If there will be a conflict, you will be responsible for letting the coaching staff know.
   a. Away games - a bus schedule will be given to each player. Bus departure times will be repeated the night before an away match. If you are not on time or dressed improperly, you will be left behind. *No classes will be missed the day following a match because of a late return the previous night.
   b. Other situations - if we as a team have set up a time to be somewhere, you are expected to be there on or before that time. We want to be respectful of those we meet and by being prompt our actions will reflect our character.
4. Illness or Injury - if you are sick and unable to practice, you must notify your coaches before practice begins. It would be preferable, if at all possible, to contact your coach the night before the next practice. If leaving during school you can text Coach Garner: 386-299-8176. If you are injured, you must notify your coach and the trainer (Ms. Grounds or Mr. Pinyan). We want the rehab process can begin as soon as possible.
5. Responsibilities - our lives are a reflection of every decision we make. With every decision there are positives and negatives that force us to be responsible. As a coaching staff, we want you to think about decisions you make that could affect your standing on this team.
TEAM POLICIES

1. **Chemical/Substance use:** Mainland High School policies will be followed. In addition, you will be dismissed from the team.

2. **Practice:** It is imperative players be on time, and attend all practices. Practices are used to prepare for the upcoming matches, and where coaches make decisions about playing time. **All phones** must be turned off and never checked during practice. **All jewelry** must be removed during practice.

3. **Home Games:** It is an important part of our philosophy that we think of ourselves as one team. Therefore, all Varsity players are required to come and support the JV team prior to the Varsity match. Likewise, all JV players are required to stay and support the Varsity team following their own match. Players are also responsible for work duties (lines, scorekeeping, stats, etc).

4. **Away Games:** The bus will leave promptly from the side of the school gym at the designated time. All players are required to ride the bus to and from all away matches in which a bus is provided.
   a. A Player may ride home with a parent only if the parent **personally informs the coach** that they will be taking their daughter.
   b. Teammates may ride home with another parent. In this case a transportation release form must be completed and filed with the head coach prior to that particular match. Phone calls will not suffice.

5. **Lettering criteria:**
   a. Prompt, regular attendance and a contributing member at practice. If you are consistently late, or miss practices on a regular basis, you could jeopardize your ability to earn a letter.
   b. Play in a minimum of 25 sets.
   c. Coaches discretion.
   d. Player not dismissed from the team for disciplinary reasons

6. **JV & Varsity end of season awards:** This year the banquet will be held in the multi-purpose room at Mainland High School at the end of the volleyball season. The date will be announced near the end of the season.

7. **CLEAN UP YOUR FACEBOOK, MY SPACE, ETC…ACCOUNTS. IF YOU POST INAPPROPRIATE PHOTOS, AND THOSE PHOTOS ARE BROUGHT TO THE ATTENTION OF THE COACHING STAFF, YOU MAY FACE CONSEQUENCES. REMEMBER YOU ARE A REPRESENTATIVE OF MAINLAND HIGH SCHOOL!**
Parent Expectations

Parents play a critical role in the overall success of their child’s involvement in athletics. Here are some ways you can help your daughter have a fun and successful volleyball season:

1. Make sure your daughter knows that win or lose, scared or heroic, you love her, appreciate her effort, and are not disappointed in her. This will allow her to do her best without a fear of failure. Be the person in her life she can look to for constant positive reinforcement.

2. Try your best to be completely honest about your child’s athletic capability, their competitive attitude, sportsmanship and actual skill level.

3. Be helpful but don’t coach her on the way to the gym or on the way back or at breakfast, and so on. It’s tough not to, but it’s a lot tougher for her to be inundated with advice, pep talks, and often critical instruction.

4. Teach your daughter to enjoy the thrill of competition, to always be giving 100%, to be working to improve her skills and attitudes. Help her to develop the feel for competing, and giving a maximum effort.

5. Try not to relive your athletic life through your daughter in a way that creates pressure.

6. Don’t compare the skill, courage, or attitudes of your daughter with other members of the team.

7. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your daughter under his/her leadership.

8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.

9. Remember: “Success is a peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best that you are capable of becoming.” John R. Wooden

Assure your daughter, win or lose, if she played her best, she should feel good about her performance.

PARENT COMMUNICATION POLICIES

It is our belief that communication with parents is important to the success of our program. We also believe your daughters should be or become advocates for themselves. Because of this, the following communication policies will be adhered to:

1. Your daughter will deal with the coach about any concern they may have and together they will work it out.
2. The coaches will not talk with parents about playing time or another player.
3. Coaches will meet with a player and her parents together.
4. Players will educate parents about team policies, expectations, roles on the team, etc.
5. Talk to your daughter’s coach first, athletic director second, administration third.

If we all work together, we will make Mainland Volleyball into a program we can be proud of.

MAINLAND VOLLEYBALL SPORTSMANSHIP EXPECTATIONS
Spectator Expectations:

Expectation #1:
• Treat other teams with respect and equality (regardless of race, gender, religion, appearance, etc.).
• Accept the decisions of the officials.

Expectation #2:
• No offensive signs nor noises. Objects may not be thrown.

Consequence:
• Spectators, who violate these expectations may be asked to leave the gym.

Spectators are also asked to:

1. Know, understand, and appreciate the rules of the volleyball match.
2. Encourage and support participants without trying to be coaches.
3. Show respect for the officials, coaches, players, and fans regardless of school affiliation or ethnic, racial, or religious background.
4. Maintain self-control at all times towards officials, coaches, and players.
5. Sit in the appropriate spectator area.
6. Do not talk to players on the bench during the match.
7. Be positive, encouraging and supportive of the Bucs during play.
8. Recognize the abilities of the participants and don’t expect a professional level performance.
9. Come to events chemically-free.
10. Respect the tobacco-free policy of the Volusia County Schools.
11. Behave in an appropriate manner.
12. Show respect for the parents of other schools’ participants.
13. Be a role model.
14. Discourage the inappropriate behavior of others.

Spectators must conform to policies of home and host schools.

Mainland Volleyball
I ________________________________, as a player on the Mainland Volleyball team, have read, understand, and are in agreement with the expectations, policies and procedures outlined in this handbook. By signing this form, I am showing that I have completely read the entire handbook.

____________________________________  ______________________
Player signature                             Date

As the parent(s) of ________________________________, I/we have read, understand, and are in agreement with the expectations, policies and procedures outlined in this handbook. By signing this form I/we am/are showing that I/we have completely read the entire handbook and have discussed it with my/our daughter.

____________________________________  ______________________
Parent signature                             Date

____________________________________  ______________________
Parent signature                             Date

*You must print and return this page to your coach before the first game.