

MEDFORD VOLLEYBALL

Player-Parent Handbook
2023 Season



Medford Volleyball Coaching Philosophy

The philosophy for our teams expresses our beliefs on how a good program will function. We have high expectations of our student-athletes because we believe they are capable of more than they even realize. We will do our best to encourage, develop, support and challenge each athlete to participate at their level of readiness. The ultimate goal is to help them become a better athlete than they are at the moment. With that, we also promote becoming a better student, community member, and teammate.

The coaching staff will strive to put players in roles where they can be most successful and create opportunities for growth. Whatever their role, we hope we can help them achieve a sense of accomplishment because being a part of a team that believes in each other and supports one another is an amazing thing.

Success is about uniting a group of individuals to pursue a common goal. Success is about overcoming individual differences and challenges in order for the team to achieve its potential. Success is about the number of athletes who have enjoyed their overall experience. Success comes from knowing that you did your best to become the best that you are capable of becoming.

Medford Volleyball Coaching Staff

Expectations for our student-athletes: The effort that one puts into the sport of volleyball will determine the outcome. This goes for anything in life.

1. Give your best every time. Hard work is essential along with a determined attitude.
2. Set goals, celebrate progress and continue to challenge yourself.
3. Understand mistakes are part of the learning process and are an inevitable part of the improvement process. Learn from your mistakes. Don't let the fear of mistakes stop you. Be willing to take a risk.
4. Have a team-first attitude.
5. Continue to learn and be determined to improve. You can't control if someone is better than you but you can commit to learning and improving everyday.
6. Ask for feedback from your coaches. Actively listen. Be coachable.
7. Understand each player is given a role on the team, determine if you can accept your role.
8. Be a student that strives to lead our school academically. Take pride in all you do.
9. Be a good sport and take pride in representing your school and community.
10. Handle conflicts in a timely and positive manner.

The desire to do something because you find it deeply satisfying and personally challenging inspires the highest level of success.

Team Rules

1. Have a positive attitude and work hard.
2. No excuses; only solutions and more effort.
3. Support and respect your teammates, coaches, opponents, officials, support staff, and facilities.

Bullying and Social Media

We have a zero tolerance for bullying. Bullying is a serious matter. Bullying can be in many forms which include physical, verbal, relational, cyberbullying, sexual, and prejudicial bullying. Social media can be a great way to promote the sport you are currently participating in. Participation in activities, groups, and teams is a privilege at Medford Public School. The use of social media/bullying by a player considered to be "unbecoming of a Tiger" may result in discipline including suspension or removal from the activity, group, leadership position or team.

Team Selection Procedures

The coaching staff determines what squads players will be on. Tryouts will be conducted to determine the squads. Changes in playing time and squads are always a possibility. We will strive to put players in roles and on squads that they can be the most successful.

As of right now we are planning on have 5 teams; 3 High School and 2 Junior High

Varsity

JV

C squad

7th

8th

Just so we are all on the same page... C squad will not be just a 9th grade only team. All 9th -10th graders could possible play on the C squad depending on ability. B squad will be a Junior Varsity Team focusing on developing the girls for the Varsity Team, with the potential of being pulled up that same year. My goal is to keep the numbers on the JV team low to allow for more playing time. The JV squad could consist of 8th -11th graders depending on ability. Varsity is not just for 11th and 12 graders. Varsity could consist of all ages depending on ability. *Just because you are an 11th grader does not mean you are automatically on the Varsity team.* Lastly, just because you made the varsity team the prior year does not guarantee you a spot on the team this year. I want players to put in the commitment to continue to get better in their all-around volleyball skills. There is always someone who wants your spot...I want the girl that will always be working hard to keep her spot.

Playing Time

Playing time is a sensitive subject on any high-school level team. Each player will have an important role on the team regardless of playing time. Each player contributes to the success of the team, whether it is on the court or in practices. Your role is evaluated daily and can change, but you must accept your role for the team to function properly.

The coaching will base our decisions on the following:

1. You must consistently work hard and put in your maximum effort, be coachable, play with intensity and have a positive attitude. Never stop trying to become better.
2. It is your responsibility to make yourself stand out to the coach.
3. You must be loyal to your team, communicate with your team, and provide chemistry to the team.

4. You must develop a strong skill base
5. You must be on time for practices and games. Missing practices and games could affect your future playing time. Unexcused absences will affect playing time. If you have two unexcused absences you will not dress for the remainder of the season.
6. You must display a commitment to the team guidelines and maintain eligibility.
7. You will also be observed according to several “intangibles”, such as your intensity, your determination, your ability to keep your emotions under control, and your team spirit.

At the varsity level, there are typically about six to nine players that have a considerable amount of playing time during matches. Playing time is not equal. Understand that playing time decisions are motivated by our obligation to produce a team that will defeat our opponent.

Know also that playing time decisions are typically one of the most difficult things for all coaches. It can become difficult for players and families to handle. We will strive to put players in situations where they can be most successful. Again, our ultimate goal is that our athletes become better by the end of the season. Every person on the team is important. Each person has a role they will need to fulfill. If your coach told you your playing time will be limited, you need to decide if you can accept that possibility.

On the JV and C squads, our goal is to work toward a balance between team and player development and striving for victory. Playing time will not necessarily be equal but all players will get into the game. At the junior high level, coaches will look for ways to provide playing time opportunities for all players.

Parent/Guardian(s)

You are the team behind the team.....thank you! A parent that is willing to encourage their child, team, and coach through good times and bad will ultimately aide in creating a successful program that players are proud to belong too. Treat the coach as an Ally, not an adversary. If you treat the coach as an adversary, how do you think your athlete will treat them. You and the coach want the same thing: for your athlete to be successful. You won't always agree with every decision, and your child may struggle at time, be supportive when your child needs it the most. Respecting the coach and respecting boundaries actually gives your child the best chance of success. As parents, we expect you to want what is best for your child. As coaches, we consider it a great opportunity to work with all the young athletes in our program. Out of respect for our athletes and coaches decisions, discussion of playing time of your athlete or any other athlete is unacceptable. It is up to

the athlete to talk to the coach about their playing time. The Conflict Grievance Policy has been established in order to allow an expression of differences that sometimes occurs in athletics. Respect for the coaches, players, officials and decisions made are key to the success of the overall program.

In our spectator enthusiasm, we sometimes yell instructions to the players that may be contrary to those of the coach, much to the confusion of the players. Please let the athletes play to the best of their abilities and leave what coaching is needed to the coach. This is not intended to squelch your enthusiasm: please cheer and encourage the actions you like and ignore the mistakes that will certainly occur.

Don't yell at your child or anyone else's. It should go without saying that yelling criticism at your child during the game won't help either her performance or your relationship. These are kids. Yours, and those of the people around you. Yelling the kinds of things you might yell at the television screen during a pro game just isn't acceptable. The child who made the "TERRIBLE PLAY!" is the beloved daughter of the person in front of you; the one who missed the serve belongs to the person behind you, and that one who didn't "WATCH THE BALL" is yours, and your words just made her heart sink a little inside that uniform. Also, please respect the decisions of the referees. Every contact made by each team must be judged. An official's decision may not be agreeable to all participants and spectators, but the decision is final. Stating disagreement or shouting derogatory remarks serves **no** useful purpose, nor do such actions teach respect for authority.

Parent/Player/Coach Triad

As coaches, we take our responsibilities very seriously. Each coach does her best to ensure the success of the team. Coaches are responsible to the entire team, never to any one specific player. That means they have to consider the totality of circumstances with respect to every decision they make. A coach must consider many factors when making decisions concerning who plays, where they play, and when they play.

Coaches try to make every player a valuable contributing member of the team. Parents need to support their daughter in whatever role that may be. That "role" may change over the course of the season. Both players and parents need to look at the experiences in the context of a season, not at a game-by-game basis. During the season, there may be times when a player is unhappy with some of the decisions a coach makes. **Players are encouraged to discuss their concerns with their**

coach at an appropriate time. The appropriate time is not in the middle of a game or match. The appropriate time is to be mutually agreed upon by the coach and player.

At times, a parent may also be unhappy about a coach's decision. Parents need to know that a public display of displeasure or an inappropriate reaction can prove to be extremely disruptive to the entire team. There is a time and place for the expression of such concerns. **At a match- or immediately following a match- is not the time or place.** Instead, parents should wait 24 hours and then contact the coach and set up a meeting that is convenient for both parent and coach.

Communications

If you have a question regarding practice time, game schedule, special events, etc. You may contact the coach IN PERSON, Phone/Text, or Email.

Coach Missy Underdahl:	Phone/Text: 507-213-1168	EMAIL: munderdahl10@gmail.com
Coach Megan Mettler	Phone/Text: 507-382-9897	EMAIL: mmettler@medfordtigers.org
Coach Mariah Berg	Phone/Text: 507-456-7991	EMAIL: mberg@medfordtigers.org
Coach Ann Clare Tavernit	Phone/Text: 337-296-6505	EMAIL: annclaretavernit@gmail.com
Coach Cassie Glende	Phone/Text: 507-330-5093	EMAIL: cassieglende@gmail.com

Check MEDFORD SCHOOL WEB Volleyball Page for updates throughout the year

Conflict Grievance Procedure

In order to allow for expressions or differences that sometimes occur in athletics, the following grievance procedures has been established to address conflicts.

- 1.The athlete should request a meeting with the coach(s). This meeting will need to take place some time other than during practice. This meeting is strictly between the athlete, coach(s), and in certain situations, possibly the team captain(s).
- 2.If the conflict is not resolved in the first step, the athlete and parent(s) together should request a conference with the coach(s) at a time outside of practice.
- 3.If the conflict is not resolved in second step, the parent(s), athlete, and coach(s) should then meet with the Athletic Director.

Attendance

Unexcused absences are not tolerable and your playing time will be effected. After two unexcused absences you will no longer dress for the team. An unexcused absence is one in which the coach was not notified or an absence that was not approved with the coach.

Excused Absence

- If you are excused on the school absent list you do not need to notify the coach.
- If you know you will be absent, notify your coach in advance. Absence must be approved.
- Multiple excused absences and will lead to reduced playing time.
- Vacations are excused but will reduce playing time upon return

Pre-Game

- Eat well, rest, and drink lots of water.
- Sit with your team when at gyms.
- No cell phone calls or texting prior to games (bus or gym) or during practice time. Once games are done, athletes may use cell phones. Players may request permission to use cell phones prior to game.
- Mentally prepare for your game.
- Team captains lead locker room preparations

After-Game

- Athletes are expected to sit and cheer on the other Medford teams
- You may not leave the facility once your game is done unless you a signed formed that has been turned in your coach
- Athletes are expected to ride the bus home to and from games
- If your child has an appointment that they can't miss, their parent(s) has to drive them to the game, NO EXCEPTIONS
- If your child will be riding home with their parent(s) after the game, a form must be filled out and turned in to their coach.
- Athletes may not ride home with a friend, aunt, uncle, boyfriend or grandparent, etc. after a game unless it is pre-approved by the coach and the athletic director

Appearance

Athletes are expected to follow the school dress code policy. There are additional expectations for the volleyball program. The importance of dress code is to promote a sense of team unity as well as looking like a classy team.

GAME DAY Appearance:

1. On days when a game is scheduled, the captains of each team will decide how to dress.
2. Skirts and shorts must follow school guidelines.
3. Tank tops and low-scoop shirts will not be allowed.
4. The school will provide you with a uniform shirt for use during the season. You are responsible for maintaining your assigned uniform. Players will need to purchase black spandex shorts to wear for games. If the uniform is lost or returned to the school damaged, you will be required to pay for its replacement (roughly \$70). In order to make the uniforms last as long as possible, PLEASE DO NOT PUT THEM IN DRYER. INSTEAD, HANG TO DRIP DRY. Drying the uniform will damage the printing and breakdown the material.
5. If the athlete is dressed in an inappropriate matter (coach opinion) they will be asked to change their attire. For away games, they will not be allowed to get on team bus – they may go change but the team bus will be leaving on the scheduled time.

PRACTICE Appearance:

1. Athletes should wear spandex shorts, practice shirts or theme of the day – practice in what you play in.
2. Athletes may not come to practice in a t-shirt that has been cut and is showing their undergarments.

TEAM CAPTAINS

There will normally be at least three team captains at the varsity level. Each is expected to lead the team and is an extension of the coaching staff. Captains could be selected for the school season and for summer – not necessarily the same people. Captains need to generate team spirit, lead, be a positive role model, encourage teammates to train in the off-season, be a team spokesperson, and promote the beliefs of the program.

Selection of Team Captains

Athletes interested in becoming a team captain must submit a letter of interest to the coach.

Team Captains will be chosen by one of two methods:

1. Chosen by the coach
2. Team vote

Off-Season Work

Volleyball players should try to train in the off-season. The more you put into it, the more you will get out of it. Players are encouraged to attend camps, open gyms, participate in the Club season, and attend summer practices that are led by coaches and captains. It is also crucial that you find time to practice on your own by yourself. What happens off the court is what is going to make this team exceptional.

By applying yourself to the task of becoming a little better each and every day over a period of time, you will become a lot better. Quote from Coach John Wooden

COACHING STAFF

Head Varsity Coach: Missy Underdahl

Jr High Coach: Ann Clare

JV Coach: Megan Mettler

Jr High Coach: Cassie Glende

C-Squad Coach: Mariah Berg

Athletic Director: Tim Grayson

Good Things Sports Can Offer:

1. Team sports provide an athlete with the opportunity to focus on something bigger than oneself....the TEAM!
2. Sports can help a child develop a work ethic and mental toughness, both of which can be useful later in life.
3. Sports can offer repeated opportunities for a child to practice and improve the skills of self-discipline, self-control, and self-motivation.
4. Sports teach you how to work with others.
5. Sports can teach that effort and hard work is important and respected.
6. Sports teach us that you don't always get your way.
7. Sports can teach an athlete to face adversity, live with it, and sometimes even conquer it.
8. Sports can teach an athlete how to win with grace and lose with dignity.
9. Sports can help an athlete learn the value of setting goals, and develop the perseverance to attain the goals.
10. Sports can teach an athlete that entitlement doesn't exist; you have to earn what you get.

An effective **coach** demands much from athletes and stretches them beyond their comfort zone. At times, this may be stressful for both the athlete and parents, but a coach who cares enough to demand more can make this "coming of age process" a valuable growth experience for students.

An **athlete** that is willing to put their team first, work hard, be disciplined, and do what is necessary to help their team find success will undoubtedly become a valued team member.

A sport **parent** that is willing to encourage their child, team, and program through good times and bad will ultimately aide in creating a successful program that players are proud to belong too.

Enjoy the season....enjoy the journey

For Players:

I _____ have read and agree to the following rules and conditions of the Medford Volleyball Program. I also agree to give 100% of myself at all practices and games regardless of what my "role" might be.

*Players cell number: _____

*Players e-mail: _____

Signature of Player

Date

For Parents/Guardians:

I/We _____ & _____ have read and agree to the following rules and conditions of the Medford Volleyball Program. I/We agree to support my/our daughter to become the best possible volleyball player she can be. I/we also agree that if a question or concerns should come up I/we will follow the procedures outlines in the VB handbook to resolve the situation.

*Parents e-mail: _____

Signature of Parents/Guardians

Date

Parents best email: _____

This Form - Must be returned the first week of Preseason!