



Jenks Trojan Women's Volleyball

Player Handbook

TODAY I WILL DO WHAT OTHERS WON'T,
SO TOMORROW I CAN DO WHAT OTHERS CANT.

Coaching Philosophy

Discipline and Accountability

Getting athletes to change their perception of discipline from having a negative connotation to being positive and beneficial to the team is essential. Positive discipline can be defined as attention to details and effort. Whether it is on the court, in the class room, or maintaining proper nutrition an athlete must be disciplined and hold themselves accountable for their actions. Failure to do so not only hurts the individual but the success and goals of the team. Champions on and off the court must take responsibility for their behavior by doing what is right consistently; demonstrating personal integrity, and actively participating in personal accountability that supports the success of the program. Emphasis will be made on the discipline of attentiveness, the discipline of work ethic, the discipline of sportsmanship, the discipline of respecting authority, and the discipline of personal responsibility.

Success of the Team

Team success is not entirely based on wins and losses. Naturally everyone is striving to win games but there is more to team success than winning percentage. True success is achieved when the focus is placed on winning as well as the growth of the team as athletes, students, and members of the community. Decisions made regarding the team such as line ups, playing time, community service activities or disciplinary actions will be made in accordance with the team's and district's goals as the focus. No individual game or player will come before the growth and success of the team.

Player Development

Enhancing an athlete's technical ability and tactical decision making are vital components of player development. Speed, strength, and athleticism amount to nothing if a player does not have the proper technical ability to control the ball. The team cannot play as a unit or execute a strategic plan without a solid technical base. Training sessions will constantly return to repetitive exposure of all the core skills to ensure precise, on the ball, technique. Developing strong tactical decision making is important because the game of volleyball is essentially made up of individual decisions. Volleyball does not run a set play on every possession and time outs are brief during the course of the game. It is imperative that the team has a clear presentation of the team strategy, an understanding of their individual roles on the court, and an understanding of the strengths and weaknesses of opponents to be successful during competitions.

Balance

With the ever increasing demands placed on student athletes, it is important for the team and individual players to find balance on and off the court. High school Volleyball is unique in that players can participate in club volleyball during the high school season. Finding the balance between the physical demands of playing both high school and club volleyball can become overwhelming. Therefore a strong focus on injury prevention through flexibility, recovery, and monitored workouts is instrumental to the safety of these athletes. Academics will be the most important part of an athlete's life. They may have a passion for the game and plan on playing professionally, but must prepare for other aspects of life. Teaching how to time-manage, study, problem-solve, and prioritize to will help them balance the demands of athletics and academics.

Communication

The benefits of effective communication are immeasurable. When used properly communication is an effective tool in articulating information, motivation, evaluation, and can also help with problem solving. Good communication between coaches, administrators, parents, faculty, and athletes is imperative to creating a successful athletic program and establishing trust. When keeping the lines of communication open at all times it assists team members in working together with minimal conflict, creates clear, obtainable goals, and makes them feel important. Athletes who feel that their opinions and concerns count will take greater pride in their efforts and will feel more committed to their positions and team.

Program Roles & Responsibilities

Coach's Role:

- Set a good example for players and fans to follow.
- Be positive, fair, and consistent with players.
- Determine the style of play, including offensive and defensive philosophy.
- Make playing time and strategy decisions with thought and care.
- Establish and organize practice for the team on a daily basis.
- Communicate well with players, parents, administration, and club coaches.
- Protect the safety of all athletes.
- Know and employ injury prevention procedures.
- Make sure all players know the expectations, procedures, and rules for the program.
- Be a professional practitioner in dealing with situations within the sport and in the community.
- Develop assistants.
- Keep track of academic progress of athletes.
- Be available to talk with players, parents, administration and club coaches.

Player's Role:

- The team's goals, welfare and success must come before any individual.
- Always work hard.
- Be positive and have a good attitude.
- Be receptive to coaching.
- Support your teammates.
- Communicate any questions or concerns with the coach.
- Consistently attend practice sessions, games, and film.
- Know and follow OSSAA, school and team rules.
- Challenge yourself as a student, person and athlete.
- Meet everyday classroom expectations.
- Be professional at all times. You not only represent yourself, but the entire team/program, the coaching staff, the school, the community, and your family as well.
- Notify the coach of any scheduling conflicts in advance.

Parent's Role:

- Be a fan of everyone on the team.
- Respect the decision of coaches.
- Respect the decision of officials.
- Respect other fans, coaches, and athletes.
- Don't put your child in the middle by talking negatively about the coach, program or teammates through conversation.
- Don't talk to coaches on game day about a complaint; make an appointment at a convenient time for both parties.
- Understand the coach's responsibility is to make sure the students are safe and become better people and athletes, not to win every game.
- Be supportive of the child and of the program.
- Be a positive behavior role model through your own actions.
- Remember that school athletics are an extension of the classroom, offering learning experiences for students.
- Pick your child up on time from practices, matches, and tournaments.
- Find opportunities to help out with the program and needs of the Jenks Volleyball Booster Club

Team Expectations

Punctuality:

You will be required to do a “trip” for every minute that you are late to a practice, game, or mandatory activity. You must be dressed and ready to warm up within 15 minutes of the end of 5th hour or in the middle school cases after school. A good rule of thumb is to always be 15 minutes early to practice. Likewise be on time in picking up athletes.

Attendance:

Missing the practice before a game will result in a half game suspension. You must attend classes for half of the school day to compete in a contest. If you leave school early and miss volleyball without signing out as per school policy, you will be truant. If you know you will be missing volleyball ahead of time, tell a coach when and why you will be gone and you must sign out just as you would for any other class.

Failing Grades:

Failing grades and ineligibility will result in disciplinary action. An academic success plan will then be implemented by a team including faculty and staff, tutors, and coaches.

Cell Phone:

Cell phones/computers/tablets/electronics are not permitted during games, practice or team meetings. They shall remain in your bag until the conclusion of the event.

Injuries:

Injuries must be reported to the coaches and athletic training staff immediately. If you are injured, you must see an athletic trainer before school to evaluate your injury and begin treatment. I will assume that you are fit to play/practice if I have not been told by the athletic training staff of your injury. You may not go to the training room during 6th hour to receive treatment for an injury if you did not also go in the morning.

Yellow or Red Card:

A yellow or red card will result in disciplinary action, apologizing to the team and possible team suspension.

Professionalism:

You represent Jenks and the community, so remain professional at all times. Unprofessional behavior will result in disciplinary action.

Disobeying a Coach, Teacher or Administrator:

Disobeying a coach, teacher, or administrator will result in disciplinary actions and an apology.

Problem Resolution:

Problems should be addressed between the player and the coach first. You may schedule a meeting with the head coach or assistants at the convenience of both parties. Meetings will not take place immediately after the conclusion of a game or tournament.

Closed Campus Policy:

Once you are on campus you may not leave campus without checking out properly through the appropriate attendance office.

Club Volleyball:

Although not mandatory and does not guarantee a spot on the team, maximum potential in skill sets and game play can't be reached if the athlete doesn't participate in club or seek out lessons outside of school volleyball. We really encourage the girls to play club. Oklahoma school volleyball is too short to be able to reach the amount of reps needed for success in the sport and in the state.

Limitations or scheduling conflicts due to club volleyball participation must be communicated to me in advance. Players not playing for a club volleyball team will be required to complete workouts designed by the strength and conditioning coordinator.

Cigarettes, Drugs and Alcohol:

There will be no smoking, drug usage or consumption of alcohol. Breaking this rule will result in disciplinary action, suspension and possible dismissal from the team in accordance with athletic department policy.

Captains:

Captains are responsible for helping enforce the above rules with the team and to be a leader at all times, on and off the court.

Discipline Policy:

There will be a three strike discipline policy. This means the third major disciplinary occurrence will result in a suspension and possible release from the team.

PARENT AND PLAYER HANDBOOK AGREEMENT

Please follow the link. Signatures are required to participate in the 2017 Volleyball Season.

Coach Contact Information

Tanna Smith

765-717-0865

jenksvolleyball@gmail.com

Brian Shans

918-607-0503

brian.shans@jenksps.org

Annice Ridgway

918-809-6020

annice.ridgway@jenksps.org

Robin Biggins

918-760-6755

bigginsrobin@yahoo.com

Shelly Bart

918-978-1688

shelly.bart@yahoo.com

Olivia Jones

918-378-9401

olivia.rayanne9401@yahoo.com

Danielle Parsons

918-798-5105

v287@hotmail.com