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| Edgar Girls Volleyball | 2017 | |
| With this handbook, we hope to answer a lot of questions our players and parents may have, as well as establish the expectations of the players, parents, and program as a whole. A successful and functional program is built from our youngest participating grade all the way to the Varsity. Every struggle and win is one for the entire program-not just the individual or team. We are in it together! | | Player/Parent Handbook |

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**2017 Edgar Girls Volleyball Parent/Player Handbook**

**Program Information**

**2017 Wildcat Coaching Staff**

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**Mission**

Our mission is to use volleyball to teach life skills and create exceptional, well-rounded young ladies. Leadership, strong work ethic, humility, teamwork, creativity, communication, grace, resiliency, community service and respect are just some of the skills we hope your daughter will acquire during her time in the Wildcat Volleyball program.

**Fundraiser Tournaments/Credit/Teamwear Packages**

A HUGE THANK YOU to the Edgar Volleyball Booster Club and all of those that have helped with our hosted Tournaments. You have helped make it possible to eliminate the buyout and cover the cost for parents’ night, senior night, awards, equipment, etc. We will be hosting 1 HS tournament over the summer, as well as MS, JV and Varsity tournaments in the fall to continue the efforts.

This fundraising has been going quite well with the help of players and parents. We have been giving credits for those that help with the tournaments. **Those credits can be used to help pay for teamwear packages and spring/summer leagues.**  Parents or players may earn these credits.

Upcoming Tournament dates:

July 29th – HS Tournament

August 19th- 6th, 7th, and 8th grade Tournaments

October 7th – Varsity Tournament

October 14th – JV Tournament

Youth Tournaments will be held in April and May of 2018

The organization of the Edgar Volleyball Booster Club has already helped us decrease and cover some expenses and we are hoping to continue this progress. This year we are continuing with the teamwear packages. This gives you the opportunity to bundle and save among teamwear, leagues, and/or equip or pick and choose what exactly you would like. Teamwear packages are just available to players, coaches, and managers.

NEW this year: you there are no substitutions in packages but you may pick any of the personalized teamwear to add on. For example, if I am an 10th grader I can get the 10th grade Teamwear package ($65) but I may not try to substitute a Backpack for a duffle bag. I could instead purchase my teamwear package AND the backpack separately ($125) OR I could purchase my team shirt and backpack separately ($80). Teamwear order form handed out June1st at player meeting, due July 13th.

**Pictures**

If all goes accordingly, we will have someone come in and take individual and team pictures on Thursday, August 17th or Friday, August 18th. We will also be looking for individuals that would like to help us document the season with getting plenty of pictures, whether it be team pictures after tournaments, matches or action shots. Feel free to add them to the Edgar Volleyball Booster Club Facebook Page or Edgar Volleyball Program Facebook Group.

**Picnic/Banquet**

On Sunday, August 20th we will be having a preseason volleyball program picnic where 6th-12th grade players, coaches, managers, and their families are welcome to join us celebrate a new season! This picnic will take place at Minnow Pond Park at 5pm. Each team will be assigned to take care of the different dishes for the picnic.

Team Assignments:

Varsity- main dishes (hamburgers, hot dogs, brats, etc.)

JV- Salads/Fruits/Side dishes

C-Team- Desserts

8th Grade- Beverages/Coolers

7th Grade- Utensils/Paper Plates/Cups/Napkins

6th Grade- Buns/Condiments

Last year we had approximately 80 people so each team should plan for that amount.

Here the teams will be telling us about the team goals they have set out for the season! We will include some waterballoon games for the kids and parents. We will also have fanwear available for purchase.

The High School Volleyball Awards banquet will be held Sunday, November 5th in the Cafeteria from 5-7pm. More information regarding end-of-year MS team parties will be given to you by your coach!

**Team Managers**

We are always looking for good, reliable team managers. If you are a player that is not playing the role you had hoped but want to stay involved with the program and have a passion for the game, this may be something that interests you! Younger sisters or cousins are always encouraged as well. Ideally, we would like to find some of our 4th and 5th graders that are excited about the game and would love to help out with water bottles, shagging balls, scorekeeping, etc, as well as some older students that would be able to help us with videotaping, managing stats, etc. If you know of anybody who loves the game of volleyball and might be interested, please let any of the coaches know!

**Videotaping**

We would love to have as many people videotape our events as possible. I would love to compile a season highlight video featuring each team’s performances. If you are willing to help videotape, please contact one of the coaches.

We are also looking for those who can videotape the varsity matches for analytical purposes. We would provide a camera to use and the individual would simply be asked to man the camera and pause during timeouts. If you are or know someone that is at all interested in learning more about this position, please contact a coach.

**Playing Past High School**

Volleyball is a lifelong sport. The sport also offers many opportunities for scholarships in college that vary, depending on the level. There are many levels and the financial benefits can really come in handy, as well as continuing your love for the game, staying active, and having an immediate support system of players, coaches, administration, and fellow athletes once you arrive to your college/university. We have some amazing resources that can help you find a school, level, and degree program that fits you. Please contact Coach Nelson if you want more information.

**Websites**

We are in the process of setting up and updating all websites that contain information for Edgar Volleyball.

The first site is located on our district website:

[www.edgar.k12.wi.us](http://www.edgar.k12.wi.us)

Select the “Athletics” tab on the left. Select “Volleyball” in the list of sports.

The second site we have is located on Maxpreps.com

<http://www.maxpreps.com/high-schools/edgar-wildcats-(edgar,wi)/volleyball/home.htm>

**Team Policies**

**Line of Communication**

This is one of the most important areas to emphasize. This line of communication will be strictly followed within our program, as well as by the athletic department. The staff truly believes that if all of us are conscientious in following this, we should not run into any problem that cannot be resolved in a smooth and comfortable way.

If you or your daughter is having frustrations or problems of any kind, it is very important that your daughter speak to her coach as soon as possible within our guidelines. If after speaking to the coach, your daughter does not feel like the problem has been resolved, then you as parents may contact your daughter’s coach. You may contact us either by email or by phone. It will be determined at that time if a meeting to discuss the matter is in order or if it can be discussed by email or over the phone. If after discussing matters with your daughter’s coach you do not think things are better, then you should contact the head coach.

As a final note, parents or players may not approach the coaches before or after practices or matches about an issue unless a meeting has been scheduled. If the matter is related to a specific incident, match, or event, then the parents and athletes must wait until 24 hours after the specific incident, match, or event before contacting the coach to schedule a meeting. (This includes contact in person, social media, text, or other forms of communication). Also, please do not approach the coach during a match if you notice a change in format of the game. Most likely the coach already is aware of it and it has been discussed and agreed by the coaches and referees.

**Schedule/Rosters/Playing Time**

Preseason practices begin on the first day the WIAA allows us to begin. Because the volleyball season is so pressed for time, our first week schedule and practice times are set well ahead of time and are pretty demanding. This information was given to all players in the meeting we had in June.

HS players were informed then that the practices the first week (August 14th-18th) would be from 1pm-6pm. We ask that families respect the schedule and arrange as many appointments, trips, etc. around the volleyball schedule. This was also discussed in the meeting.

The first two days of practice are focused on physical and skills testing and giving coaches a chance to put teams together. To be honest, this is not enough time to fully evaluate the talents of individual players and to assess potential playing positions. Sometimes there are changes that need to be made after these initials tryouts.

Players will be selected for high school teams according to attitude, effort, volleyball skill levels, knowledge of the game and testing for speed, agility, strength, and endurance during tryouts. Players trying out for HS teams should be able to:

-Perform a ¾ back squats and bench press with proper form.

-Hold a proper plank.

-Approach jump at least 16”

-Perform a variety of timed agility and sprinting exercises

It is highly recommended that players wishing to play high school volleyball complete the summer strength and conditioning program, as well as play and practice their skills as much as possible over the summer. The program was made available at our spring meeting as well as on the program Facebook page. Skill work can be done thru camps, league, and contact days as well as picking up ball and peppering with a partner (with correct form). Players having versatility and athleticism are very valuable, so continuing to improve your skills whenever the opportunity arises is beneficial!

Our philosophy is that players should be on a team in which they will have an opportunity to participate as much as possible and find some kind success within a particular role. Because of this, the coaching staff will move players from team to team so that they have “match” experience during the season. Their opportunity to participate is determined through evaluation of attitude, effort, leadership and performances during practices, scrimmages, and matches.

Playing time at the C-Team level will be as equal as possible, but may be dependent upon position. Playing time at the JV level will not be equal, but instead is determined more on performance and how one contributes on the court. At the varsity level, the level of competition, each player’s individual skills, and their ability to consistently contribute to the team’s success will determine playing time. Generally speaking, the higher the competition level of the team, the more competitive it will be to have playing time.

**Team Philosophies**

6th, 7th, & 8th Grades:

Emphasis is placed on the development of individual skill, team game strategy, designation of role or position players, and team unity among all middle school players. Playing time is determined by position, effort, attitude, and leadership on the court whether it is during practice or a match. While equal playing time is difficult to achieve in the game of volleyball, all athletes will compete as equitably as possible if they are portraying good effort and attitude.

C-Team:

Specific player positions or roles are emphasized. The athletes begin to see the importance of a starting line-up and substitutions. Emphasis is placed on individual skill improvement, team offensive and defensive game strategies, communication on the court, and team unity. Playing time is determined by practice, position, skill, and leadership on the court. Competition time will be equitable, not equally based on the above factors. While every effort is made to get all athletes into a match on a given day, not all athletes will compete in every match, every day.

JV:

Specific player positions or roles are designated. Emphasis is placed on refining individual skills, advanced team offensive and defensive game strategies, communication on the court, and teamwork. The JV level allows players to gain experience throughout the season and preparation for the varsity level. Some athletes will compete sparingly during match play based on depth chart at their position and individual skill.

Varsity:

Specific player positions or roles are designated. A starting line-up with specific substitutions is established. Emphasis is placed on refining individual skills, advanced team offensive and defensive game strategies, communication on the court, and team unity. Playing time is determined by practice, position, skill, attitude, and leadership on the court. The best combination of position athletes receive the most court time in match and tournament play. Some athletes will see minimal game time throughout the season; their role in practice and as teammates, however is invaluable and equally important for the success of the team.

\*\*Parents, if your athlete has a question about playing time, please encourage your daughter to talk to her coach personally. It is an important life skill we are teaching our athletes about self-advocacy and giving them the opportunity to find out firsthand what skills they need to improve on in order to see more court time. If the first conversation is between coach and parent, we have lost this teachable moment. These conversations should occur after or before practice, not on days of tournaments and matches.

**Practice**

Practice is the time and opportunity for the athletes to work on their skills without worrying about outside influences. Because of this, practices are closed. Please understand that we are not trying to hide anything, just trying to limit distractions for everyone.

Each team has its own practice start times. Athletes are expected to be dressed, have training needs addressed, and have the nets set up. Some of the coaches work for the school district and some do not.

From time to time, their duties may cause them to be late for practice. If this should occur, athletes are expected to warm up and stretch on their own. If they do come in late, some coaches may have other activities for their athletes as well.

**Practice Protocol**

1. Be on time! Come early to be ready for the start of practice.

2. No Gum.

3. No Jewelry.

4. Proper attire. We do not want cut-off tank tops. If we can see the skin under your sports bra it is NOT appropriate for practice. Also, no other high school shirts. You will be asked to change. Show pride in your school.

5. Hair – out of face and pulled back.

6. Water bottles filled, bathroom and training room needs are performed before the start of practice.

7. Water breaks will be taken as a team. They are not a social time. When you have quenched your thirst, return to the court. Every moment we have to improve counts.

8. Locker room should be left as tidy as possible during practices. There is no need for it to look like a tornado went through. Locker room, gyms, and wellness center must be left tidy and taken care of. Take pride in the facilities that we are lucky to have! Daily locker room and gym checks will be conducted.

9. Sweep the gym floor before practice takes place. This helps us maintain the floor as well prevents us from slipping and sliding during practice. Also, please try to have designated gym shoes that you do not wear outside at all! This also helps in maintaining the floor and your traction while playing.

**Absence from Team Practices and Activities**

Players are expected to attend all practices and all matches. If you do not attend school, you are not allowed to practice or play in the match. If you are home sick, please call/text or email to notify the coach you will not be at practice or the match. It is the player’s responsibility to inform the coach when she will not be present, have an appointment, or are ill so the coach can alter the practice plans. Again this is one of those life skills we are aiming to build in terms of being good time managers, conscientious team members, and solid communicators.

NOTE: Once school is in session, you must be in attendance for at least half a day of school to participate in practice or compete in a contest that day.

Attendance at school and practice the day before a contest and/or tournament is required. Exceptions are made on a case by case basis; however, continued and repeated illness the day prior to competitions may result in an athlete being withheld from that competition at the discretion of their level coach or the varsity head coach.

1. **Excused Absences**

• An absence is excused if the player notifies their coach in advance and the coach approves the absence.

• Absences are strongly discouraged as it disrupts the team, team chemistry, drills, etc.

• Excused absences might include but are not limited to – family emergencies, medical emergencies, special academic opportunities, and once-in-a-lifetime opportunities.

• Illness or injury is not an excused absence *unless* a signed note from a doctor/trainer/parent is provided to their coach. (If a player comes into practice looking and/or sounding awful the coach may dismiss them to prevent the rest of the team from getting sick as well as the player getting any further run down. This makes it an excused absence as the player did make the effort to come to practice.) Injured players are expected to attend practice unless they have appointments for rehabilitation and physical therapy.

• Work is not an excused absence when the schedule has been set out in advance. This is a matter of planning ahead and making the appropriate arrangements with your employers. If there is a change in practice time for some reason and it is too late for you to change your work schedule then that is a different matter than simply not planning ahead.

• Athletes who miss the practice prior to a match with an excused absence must sit out at least one game of that match.

2. **Unexcused Absences**

• An absence is unexcused if the player does not notify the head coach before the absence occurs or does not provide the proper written documentation indicating the reason for absence signed by the parent/guardian of the player. These types of absences may result in loss of competition time as determined by the coach.

• If an unexcused absence occurs for a practice prior to a match, the player will not be allowed to play in that match. If missing practices become habitual, then the coach and athlete will meet to evaluate the player’s commitment to the program. During this meeting, they will discuss possible solutions, including dismissal from the team.

**Practice Schedules**

Generally, daily practices for 6th thru 8th are conducted from 3:30 to 5:30 P.M. HS teams will generally practice from 4-6:30pm including strength training, film, and team build.

Once Wednesday religion classes begin, all practices will conclude by 6pm on Wednesdays. Every effort should be made to make it to practice since this is where the preparation and work toward success is put it. Coaches will inform their athletes if a practice schedule is changed. Coaches will be getting comprehensive calendars to their players.

Please arrange to pick your child up from the East Gym Lobby. They should not be wandering the school after practice. It is impossible for coaches to know if all of her players have been picked up if they are all in half a dozen different areas of the school. Players should bring homework materials with them to practice and then go to the East Gym Lobby to get picked up directly after practice. This way we can be sure they are picked up before we leave.

**Practice Locations**

\*consult your athletes schedule from their coach for specific times and locations of practice/match play on any given day.

**Locker rooms**

Both HS and MS teams’ locker rooms are located in the East Gym. *Locks will be available for check-out if needed*. Players will be responsible for taking care and returning that lock at the end of the season.

All players will clean up after themselves. There should not be an excessive mess while they are in practice and there should not be anything left out of lockers or on the floor when the last person leaves. If a coach goes through and sees that the locker rooms are not being properly taken care of there will be a consequence for the teams using those locker rooms. Also, please thank the custodians for cleaning and maintaining your locker rooms.

**Dress Policy**

All athletes will dress nicely for game days, unless otherwise arranged by coach. These dates will be designated by the athletes’ coaches. The spirit of the dressing policy is to promote the sport, respect the opponent, team unity, and promote a positive, professional image for the program.

If you question whether your attire supports these objectives, it probably should not be worn. All attire will strictly adhere to the school dress code as well. Your attire not only says something about you, but also about the Wildcat Volleyball program, Edgar schools, the community, and our families.

Items that should not be worn on game days:

Jeans, jean shorts, sweats, hoodies, sweatshirts, etc.

Athletes who do not follow the dress code during game days are subject to disciplinary action at the discretion of their level coach. Warm-ups may be worn home on the bus from road contests; we will not change back into dress attire. Saturday tournament attire is casual – warm-ups and jerseys may be worn to the contest.

**Match Day/Tournament Travel**

When traveling, all players will be at the East Gym lobby ready to board the bus 15 min. before its departure time. All MS teams will have their uniforms on and be ready before boarding the bus. The MS teams are asked to please watch as much of the other teams’ games that play before or after your match. Cheering on your wildcat sisters is a very big part of building a supportive program! The C-Team and JV teams will be already dressed; Varsity may change at the opponent’s school. C-Team and JV players may shower and change at the opponent’s school after their matches.

We encourage players to bring their homework along to complete, but once we are 15 points into the first Varsity match, all homework and cell phones must be put away. The same goes for the Varsity, all cell phones and homework must be put away 15 points into the C-Team and JV matches. While school is a higher priority than volleyball, we function as a team and that means supporting and helping one another.

In order to begin focusing on the match ahead, each bus ride will remain quiet and distraction-free 15 minutes after departing EHS. Quiet talk is permitted prior to this time. This would be a great time for completing homework, some personal reflection/goal setting, and for imaging and positive self-talk to focus on each player’s skills. Before exiting the bus, please make sure you have all of your belongings and garbage. If garbage and such are left behind there will be consequences issued by coaches for those teams that were using that bus. Please thank your drivers for safely transporting you!

**Transportation**

All athletes requiring a ride home after away matches should be picked up by the East Gym Lobby where the buses will drop off our teams. Please do not pick up your daughter at another entrance. Parents, please contact your daughter after away matches if you are running late so she can let the coach know when she will be picked up.

Typically players will phone when the bus is 15 minutes from returning to the school. Parents picking up players should be waiting for the bus when we arrive back at school the night of a match. This is just a way of showing consideration for the coach’s time and duties.

The coaching staff will never knowingly leave a player alone at school after a match – we will wait until somebody picks each player up. Because of this, we appreciate in advance your consideration for being prompt in picking up your daughters. If for some unusual reason, players are not getting picked up in a timely fashion, they will not be allowed to travel to events with the team.

Riding the bus together is an important team building experience. If we have won or lost, we are together to support, celebrate, and learn together. All athletes are expected to ride the bus home to the school after away matches and tournaments. MS teams will provide a sign-out sheet if parents choose to take their daughter home with them.

We are more strict at the high school levels because we will discuss important items on the bus after matches as well as the HS coaches have a great deal to take care of after the varsity match concludes. Exceptions will rarely be made - except in the case of illness, injury, or at the discretion of their coach. Advance notice will be required in those cases, excluding injury or illness. Please do not ask the day of a game to take your daughter home for a family event as you have put the coach in an awkward position where she will have to say no. Please make the request 24 hours before. In the case an athlete leaves the event with a parent, we must have a signed note from the parent that their child will be leaving with them.

**Home Matches**

For home matches/tournaments, the Varsity is expected to set up the courts immediately after school. The C-Team and JV are expected to be at the high school dressed and ready to warm-up by 4:45pm. After the C-Team match is over, they will take down and put away their court’s equipment. They will then head to the HS gym to help shag balls for the varsity warm up. After warm ups, they should relax and enjoy the match.

When done playing, the JV team will help shag balls for the varsity warm ups, relax and enjoy the match. JV will be expected to take down and put away the equipment after the Varsity match. Varsity players will arrive by 5:15pm to help line judge, score keep, and stats for the C-Team and JV matches. Please make sure you take all of your belongings and garbage with you after your match is over. Anything left on the bench will count towards team consequences.

**Home Competition Sites and General Start Times**

**Varsity** HS Gym 7:00pm

**JV** HS Gym 5:30pm

**C-Team** MS Gym 5:30pm

**8th Grade** HS Gym 4:30/5pm

**7th Grade** HS Gym 4/4:30pm

**6th Grade** HS Gym 4pm

**Tournaments**

As a member of the volleyball program, you are expected to attend and help at tournaments that other levels are hosting (ex. JV/Varsity help during C-Team Quadrangular). We will host 3 home tournaments this year, August 19th is the MS Tournament, October 7th is a Varsity tournament and October 14th is a JV Tournament. Your coach will inform you of the events you will be assigned to work. We will need players/adults to line-judge, keep score and book, libero track, as well as help the booster club with concessions and admissions. These home tournaments will be an opportunity to earn credit that can be used towards spring/summer leagues and teamwear for the following year.

You are highly encouraged to attend other level team’s tournaments when you aren’t playing in order to show support for your sister Wildcats! For our younger players attending the tournaments of their “big sisters” it is a great opportunity to see advanced volleyball skills at other levels. Most tournaments last from approximately 9AM until 3PM.

Varsity players will be attending one 2-day tournaments this at UW-Whitewater on August 25th-26th. Hotel information will be provided to parents. Itineraries for tournaments will be given the week before.

Varsity Regional and Sectional Playoffs: All players will support the Varsity team during the playoffs until the conclusion of the season. Transportation for the lower levels to any road playoff contests can be arranged. HS players: You may be assigned to keeping stats or videotaping or simply be there to support your fellow Wildcats.

**Sister Program**

In 2014 we started a new program within the Volleyball program. Our "Sister" program is a mentoring program used to help build support between levels. What will happen is you will be put into groups of 2-3. This includes our 6th-12th grade players. There will be a big sister, possible middle sister(s), and little sister.

These sisters are going to be your support and sources of positive energy for the season (outside of your team of course). It will be your job to go and support them at their games and competitions as much as possible, decorate their lockers, give them a pep talk, or a good luck note whenever they have a competition coming up. Congratulate and celebrate the success of your sisters! Sister assignments will be made during the first week of practices.

**Nutrition/Health**

• No pop the day of a match or tournament. Instead, consume an adequate amount of water necessary for hydration throughout the day.

• Do not drink out of another person’s water bottle or container. It’s hard enough to stay healthy without spreading bacteria and viruses this way too.

• Make healthy meal choices, especially on competition days.

• Pack a meal/snack for the trip to our opponent’s school. It is the player’s responsibility to be sure that they have eaten prior to playing, **NOT** a parent’s. If parents want to drop a meal/snack off at school for the player, it must be done prior to the departure of the bus.

For procrastinators, this is going to be difficult.

• Eating on the bus is fine, but players are expected to monitor themselves for trash left behind. All teams will be running an extra set of ladders for each piece of trash left behind anywhere on the bus or bench.

• Get at least eight hours of sleep each night!

**Awards**

Each individual coach and level teams will decide and vote on the awards presented for their teams.

**Athletic Training and Injuries/Illness**

Mr. Jeremy Sherman is the athletic trainer we will have coming from Sport & Spine. If you are injured during volleyball season, the athletic trainer will evaluate and treat the injury. In order to see the athletic trainers, you must inform your coach and an accident form needs to be completed if injured during practice.

Trainers will communicate with athletes, coaches, and parents regarding treatment and return of athletes when they are healthy. Your coach will strictly adhere to the advice of the athletic trainers. A player who sustains a suspected concussion during play will not be allowed to return to the game or practice until cleared by the athletic trainer and/or medical doctor.

In the case of a suspected jammed finger, sprained ankle or something that does not require IMMEDIATE medical attention please consult Jeremy first. This may result in a treatment program and save you from having to set up a doctor visit and pay a co-pay and possibly sit-out from practice/competition when it is unnecessary.

If your daughter has an injury that requires medical attention, she will need a doctor’s release to resume practice or play. A physician’s note must be turned into our athletic trainer and head coach in order for your daughter to resume practice or play of any degree or level.

**Curfew**

It is expected that players will make every reasonable effort to get eight (8) or more consecutive hours of sleep each night. While not all the teams have mandated curfews, parents should monitor their player’s night activities to ensure regular sleeping patterns are upheld. With proper planning, any school, church/synagogue, athletic, or social activities should not interfere with the need for sleep. When a team has a tournament the next morning, please do not decide to “hit up” the after-football-game gathering. Prioritize and show respect to your team, program, coaches, and yourself and get yourself the adequate rest you require.

**Academic Eligibility**

As an athlete, you will be visible on and around campus. You will be expected to give priority to your schoolwork. Your schoolwork can be enhanced by athletic participation.

However, your schoolwork should never be used as an excuse to miss a team event. If you are a true student-athlete, then you will take care of schoolwork in a timely manner to be sure neither your school nor your athletics suffers. Your success in the classroom is extremely important and the priority over volleyball.

If an athlete is in danger of being academically ineligible, it may affect her court time and practice time at the discretion of the coach in order to focus her efforts on academics. Your co-curricular code states that an athlete must be doing passing work in all of her classes or passing work in an approved faculty load. This includes both quarter and semester grades (when given). Coaches will check-up with teachers on your progress and effort in the classroom.

Any student not maintaining this level of academic performance will adhere to the following:

1. Upon receiving any failing grades, a communication in the form of a phone call, letter or meeting involving the student, parent(s)/guardian(s), A.D, guidance counselor, and/or principal must occur before participation in activity can continue.
2. Incompletes are treated as F’s unless unusual circumstances exist.
3. Ineligibility will carry from spring grades to fall programs, as well as during the school year.

**Off Season Conditioning**

At the conclusion of the volleyball season, many players will be playing club volleyball. Many of those players will practice one to two times per week from December through April, and even as late as July, depending on whether the team will be competing at the national tournament. We encourage all players to get involved in club volleyball at some level, 3rd grade through 12th grade. There are different club options in the area that offer different levels of commitment and will work with you and your schedule and finances. These opportunities are greatly beneficial.

Spring of 2015 we began participation in the WIVL for our 4th-8th graders. This is another great opportunity to improve and get more playing time and experience. The EHS Volleyball staff, along with RM Performance VB, NVA, and Adversity VBC, will be conducting camps for all players during the summer, with the hope that all players will try to attend either these camps or at least one other before the next season. We are working hard to bring quality camps and instruction into your gym, but it’s up to you to take advantage of it! In the spring, we will have a meeting regarding summer leagues, strength and conditioning programs, as well as the following season preparations. There are lots of opportunities out there!

**Uniform**

You are responsible for your uniform and all other equipment issued to you. School issued uniforms are to be worn only during game competition. Athletes are expected to return their uniforms on the day designated by your coach.

All uniforms will be collected by your coach at the end of the season. If you fail to turn in your uniform on time or the uniform is damaged, you will be required to cover the cost of replacement. ALL athletes must sign a uniform contract that includes the number, size, and description of equipment issued before the uniform or equipment is released to them. Uniforms will not be distributed to those that have an outstanding uniform unless the uniform is returned or the program has been reimbursed for that uniform.

If you are a senior wanting to use a uniform for senior pictures you may contact Jody Davis and get it the week before your pictures. DO NOT WAIT UNTIL THE LAST MINUTE. We may not be available to check one out. The uniform needs to be returned within the week after your pictures. The longer you have it the more opportunity there is for it to be misplaced, lost, or damaged. It is still your responsibility to return in good form. These are not inexpensive uniforms.

**Being an Athlete**

**Self-Motivation**

**What makes a successful athlete?**

Motivation is the key to success, and self-motivation is the basis of all motivation. Every successful volleyball player has to be a self-starter. The coaching staff will help you find your hot button and help you learn how to use it. If the coaches have to fight to get you motivated every day in practice, every game, then we are in serious trouble.

**What are the ingredients for becoming a self-motivated person and athlete?**

First, you must have a strong belief. You must believe not only in yourself, but also in the people around you, the program, and the people in the program, your teammates, and the coaches. Belief is the key to motivation. Belief in what you are doing and who you are doing it with is as important as believing in yourself. If you do not believe in yourself and the program, we cannot be successful.

**What it takes to be a great athlete**

*“No one can cheat you out of ultimate success but yourself.”*

Being an athlete does not merely mean being a member of the team. There are many phases to think about if you want to be a winner in volleyball and in life as well. The following are a few qualities that are absolutely necessary in becoming a great athlete.

**Are you coachable?**

The worst thing that can be said about a player is that she is uncoachable. A player must be able to take coaching and listen to instruction. Are you a “know it all”? Will you always do your best and strive to improve? Do you accept constructive criticism well? Do you try to compare yourself to other players? Do you make excuses for your performance?

**Are you possessed with the spirit of competition, which fires an intense desire to win?**

No one has ever achieved greatness without having the burning desire to win. Do you want to win with passion, and as a team? Does it bother you to lose?

*"A perfectionist fails every time. It's the learner and worker that never stops getting better."*

**Are you willing to practice?**

Not just reporting to practice and putting in the necessary time, but working everyday with the same enthusiasm and determination you use in a volleyball match. Great athletes have one speed, and it should be the same every day, full speed, every practice, and every match. Do not just work on the things that you are good at or come easy to you.

Spend the majority of your practice time on the things that are difficult for you. If you quit during a drill or during practice, you will quit when it counts most - it becomes habit. We don’t want players who quit. We want 100% out of every individual. We must establish a “never quit” attitude in everything that we do.

*“Winning isn’t everything, the effort to win is.”*

**Are you willing to make sacrifices?**

Conditioning to play is not fun. It is not easy. Training is demanding; the responsibility is heavy because in volleyball each one must do it individually on her own in the off-season. It is rough and includes personal rejections in order to remain in good condition, but it does have its rewards.

You will have the inner confidence and condition that will allow you to execute a good pass or dig, a good serve, a good set, a good attack or block, and winning a match. When you are fatigued, you rationalize. You make decisions poorly, and you make excuses in your mind.

You say to yourself, “I’m too tired, I can’t do this, I’ll quit, I’ll loaf, and hopefully no one will notice.” When this happens, you become a coward. When you don’t use your abilities to the fullest, you’re cheating yourself and your teammates. The only way to remain in good shape is to never get out of it. The importance of hydration, nutrition, and rest are important variables throughout the season and year.

*“Fatigue makes quitters of us all.”*

**Do you have the ability to think under fire?**

Can you concentrate on the work to be accomplished at the moment? Can you shut out of your mind a previous failure, success, or personal insult in order to give your undivided attention to the here and now? Can you check your personal baggage at the door? Matches are won by what is happening now at this moment. Good athletes play every phase of the game at 100%, in the moment. Good athletes play in the moment and play with poise. Learn from mistakes and move on.

*“Physical strength will make the opponent weaken, and mental toughness makes them crack.”*

**Rules of Conduct**

We don’t expect nor need a lot of rules, but coaches expect you to conduct yourself on knowing how to look and act. The coaches will help and develop you to look and act like ladies, to have good manners, to be punctual, and to be humble. We want you to play, behave, and act like athletes. The word “class” will become an important part of your life during the season.

**Player Expectations**

You are expected to help take equipment out, set up the net, take down the net, and put equipment away every day. This is a team responsibility. You are expected to follow all school rules.

It is up to your coach and school policy as to the disciplinary action that will be taken when a school rule is violated. You are expected to abide by the athletic code. Your signature means a commitment to the code.

Parents, coaches, and players share the responsibility of good decision making. Don’t let yourself, teammates, family, and coaches down! You are expected to display good sportsmanship at all times! Volleyball players are role models, and as a Wildcat, you are expected to hold yourself to a higher standard. Varsity players will be held to an even higher standard because they are put in an even more noticeable role.

Inappropriate behavior includes exhibiting gross misconduct or behavior/citizenship that is considered detrimental to his/her team or school. Some examples of inappropriate behavior may include, but are not limited to illegal acts, theft, fighting, vandalism, aiding and abetting, lying to school officials, falsifying information/signatures on permit or permission forms, hazing, bullying, or intimidating acts. Maintaining or being identified on a blog site which depicts illegal or inappropriate behavior is also unacceptable.

Your co-curricular code states that attending parties/gatherings where alcohol/drugs are present, served, or being consumed without their parent or guardian, and/or involvement of any illicit activities, such as theft, burglary, vandalism, assault, etc. is in violation of these expectations. Penalties for violations (referred to in Section IIIC of your co-curricular code) will be enforced whether parent(s)/guardian(s) are in attendance at such parties/gatherings or not. Attending gatherings such as weddings, funerals, reunions, anniversaries, graduations, etc. is acceptable, but the consumption of illegal alcohol/drugs at these events is unacceptable and enforceable by the school code.

Illegal chemical or substance use undermines the cohesion of a team and indicates that players may be putting themselves before the team. Each player is expected to put the team first when confronted with situations that may have illegal chemicals or substances involved. There is zero tolerance for the use of tobacco/tobacco products, alcoholic beverages or any form of a controlled substance (drugs, drug/look-alikes, drug paraphernalia) other than those prescribed by a physician for that student within this program. Most adults cannot handle themselves when using, so it is certainly not appropriate for children and teenagers. If you are a Varsity player and you receive an underage, you may no longer be a Varsity player for that season.

In the event of a violation, a meeting will be held to discuss the violation. The meeting will include the athlete, parents/guardians, coach and other pertinent people involved with the alleged violation. According to your co-curricular code the first violation of the code of conduct will result in immediate suspension from competition for no less than one day of competition. The player may practice but may not compete, perform, attend field trips, or attend any co-curricular activity in which she would normally participate.

If this player is a designated captain for her team, she will no longer be allowed to hold that leadership position for the rest of the season.

\*\*\*Upholding the code of conduct, as well as presenting a positive image for our school and program, is all of our responsibilities; please help our athletes make good decisions by encouraging and rewarding positive choices and discouraging risky ones.

**Strength and Conditioning**

We are going to stress strength and conditioning because outside of using proper equipment, these practices will help prevent injuries. We also believe a better-conditioned athlete can beat a superior-skilled athlete who is not in top shape. If a 75% player plays 15% over her ability, and a 100% player schleps around and plays 15% under her ability, then the 75% player will win every time.

All of us, regardless of skill or talent, will play all out on every rally, always giving 100%. We want to build a reputation of being the best-conditioned athletes in the state. We want to take pride in winning every third or fifth game of a match.

**School**

School should be one of the highest priorities in your life. If you fail in school, it is certain that you will fail in volleyball as well. Being successful in school does not only mean passing your classes, but should mean passing with above average grades or at least giving your maximum effort in the classroom.

In general, academically, volleyball teams consistently rank at or near the top of school lists as compared to other team sports. As a team, we should compete every year not only physically on the court but also intellectually in the classroom. Each year we also want to receive an award from the American Volleyball Coaches Association and Wisconsin Volleyball Coaches Association for individuals as well as team academic achievement. This requires individual GPA scores of 3.5 or higher during our season or an average team GPA for the school year of a 3.3 or higher.

There should be absolutely no behavior problems in or out of school. Always treat others with respect. Be respectful to authority figures.

Rules are made for reasons and should be followed. If you can’t be disciplined in school and in your community, you will not be disciplined on the court. Hard work, dedication, and discipline are the most important aspects of life, school, and Edgar Volleyball.

**Maturity**

Some players who are not quite capable of sustained playing time on varsity should not get discouraged as they may develop into a regular someday. We as coaches have an obligation to develop all players with the expectations that they will fit into key roles on a team. All players have the obligation to work diligently toward their development.

You must continue to work toward your maturity as a person and player, while maintaining a positive attitude towards the team. If you cannot commit to this going into the season, then you should reconsider going out for the team. The coaches will try to communicate with you in identifying what role you will play and the skills you need to work on. If you have questions about your role, ask your coach.

**Being part of a team**

Being a member of the Edgar Wildcats Girls Volleyball Program is a privilege, not a right. As a member of the team, there is inherent responsibility. You have chosen to make a commitment to the community, the program, your team, your teammates, and your coaches.

You have chosen to put the welfare of the team before your own welfare. You have chosen to put the goals of the team before your individual goals. You are representing your team, coaches, and alumni. This is a great deal of responsibility that you are taking on; please remember that.

**Team Mindset**

So you want to be a setter, maybe it’s an outside hitter? In any case your passion for a position needs to be really looked at from all angles. Why is it exactly you want to play this position? Maybe you’re a natural for it, maybe because your sister played it, perhaps a parent, coach, or teammate suggested it?

Volleyball is in my opinion the purest team sport. Everyone must play, no one can hide, no one can take all the shots. Our sport is so quick-paced that everyone must work together or … well you know what happens. Wanting to play a position is a natural thing, but coaches, whether it’s for a school team or for a club team, must look at all the talent they have and decide how to make the team successful. Sometimes that means we need you to play middle when you have played outside your whole career.

Competition is a funny thing; success is generally always measured by winning. The tragic side of this is that having fun gets mixed up in the winning and losing deal. We have been trained to think we had no fun if we lost.

Given this is the nature of sports today, coaches, players, and fans have to compromise sometimes. This could mean I know you want to be a setter, but we need you to play Libero for us. Ask yourself if you would have more fun playing Libero and winning versus setter and losing?

While you’re at it, ask yourself if the most important thing is being out on the court. When I played in high school and college, depending on the game, the coaches had me play various positions depending on the team we were playing. This meant that sometimes I would carry a different role on different days. Each time I embraced that role and did it to the best of my ability because I knew it was for the better of the team.

I’m going to give you the key secret about being on a sports team. No matter how good you are or important you are to the team, the team has to be more important and you have to be ready to do whatever the team needs you to do.

Winners do whatever it takes to make the team they have committed themselves to become better, even if it means personal sacrifice. It’s not fair sometimes, but it’s the nature of team sports. Most players and their parents don’t quite understand the word commitment.

When you join a team, you become a part of something greater than yourself and sometimes that means sacrifice. I’ve played the role of a player, coach, and fan, and I have experienced the poison that comes when a player (part of the team) begins to put their interests above that of the team they have committed to be a part of. This will ensure your team will not find success.

Letting the coach know your desires are both good and healthy things. My suggestion is be realistic, and if you have a choice of where to play during your club season, please go where your heart tells you to. Remember, and please remind your parents and teammates, when you choose to join a team for the rest of the season, it’s your responsibility to do the very best you can at whatever the coach asks you to do… even if it’s not what you wanted.

You will grow from the experience if you handle it correctly. Parents, remember to stay out of it, no matter what. When the season is over, explore the options of other teams. Please don’t teach or encourage your children the wrong approach to being a teammate.

*"What lies behind us and what lies before us are tiny matters compared to what lies within us."*

**Parents**

**Helpful Tips for Volleyball Parents Regarding the Game**

As parents, how many times have you wondered what was going through the volleyball coach’s mind when he or she made those seemingly bizarre decisions on the court? The following article will explain the different parts of the game of volleyball so parents can get a better understanding of why coaches make the decisions they do.

**The Serve**

Let’s start the process at the beginning: the serve. All volleyball players know or are taught that there are six zones on the court, starting with zone #1 in the right back and going counter clockwise around the court. As parents, you may have seen your child’s coach give hand signals to the server.

The coach uses the fingers to instruct the server to serve to zones #1 through #5, and shows a closed fist for the player to serve to zone #6. You might also see coaches hold out the index finger first, then a closed fist. This means the player should be serving between zones #1 and #6.

The same holds true if the coach puts out all the fingers and a thumb and then closes to a fist repeatedly. The coach is telling the player to serve in between zones #5 and #6. If you can see and understand the signals the coach is calling, and if your child does not consistently serve to the location that was signaled, then you will understand why coaches do not let certain players serve at a higher level.

Coaches serve to a particular location because the opposing receiver may not be a consistent passer or the opposing coach just substituted a player in and the coach wants to serve to her right away before she becomes comfortable on the court. Or, one of the passers might be a front-row player who the opposing coach has pulled back to help pass. A coach might want to serve that player deep in the court to take her out of the offense.

Serving is the only skill in volleyball over which your child has total control. Consistency in serving to the desired zones the coach signals is a great offensive and defensive weapon for the team. The opportunity to take the opposing setter out of system is done by serving the weaker passers on the team.

**Passing**

Speaking of passing, parents need to understand why this skill is vitally important to a good volleyball team. Let me explain to you why your child may not be considered a primary passer when receiving the serve. You will hear coaches say to their teams, “The offense starts with a pass.”

To help you understand, this is analogous to putting the key into the ignition to start your car. If you don’t put the key into the right spot (the ignition switch), you cannot start the car.

Consistent passing to the setter is a tremendous skill.

Ask your child what the correct passing posture is supposed to look like. Then you will be able to see: Is the player standing straight up or are her knees bent slightly? Is the chest forward and down with the eyes facing up to the ball? Are the shoulders in front of the knees, hands out in front of the knees so she can quickly bring the hands together to create a passing platform to pass the ball to the setter?

Just because a passer gets to the ball and puts it up into the air for someone to get (hopefully the setter), it does not mean the player is a good passer. A poor pass may eliminate the opportunity to set an “attackable” ball to all front-row players on the team. Good passes, at an appropriate height and position along the net, allows the setter to get the ball to any front-row attacker.

Every team likes to be able to spread the opportunity of attacking the ball to all front-row attackers. A consistently accurate pass opens more of those opportunities to attack. Ask your child where on the court the coach likes to have the ball passed to the setter. Then watch. Is your child doing it? It is more helpful if parents understand there are reasons why coaches let certain players pass, while other players do not.

**The Attack**

Many times, parents will feel that their child should be the only one to be set; or maybe their child is the only one on the team who can attack the ball. Why do some parents think it is okay for their child to hit the ball into the net or out of bounds time after time, yet still tell her, “It’s all right; everyone else on your team does it.” Sometimes this may happen due to the parents’ lack of understanding that the game of volleyball requires discipline and commitment to the skill of attacking.

In order for parents to understand the attacking process better, they need to realize that an “approach” to attacking the ball is required. Ask your child what she thinks the coach wants the approach to look like. As you watch your child, look for the following things: Is she taking an aggressive three- or four-step approach? Do the approach steps flow along with the movement of the arms, or are the movements not fluid and seem choppy? Is the approach getting her to the ball so that the ball is slightly in front and above the ear of her attacking hand? Is the elbow high above the shoulder? Is the arm completely extended at the elbow as she attacks the ball? Is the hand open when she contacts the ball so more surface area is covered, versus having the fingers all side-by-side? Does your child have an aggressive arm speed with a continuous follow-through with the hand and the arm after contact? Does she always land on both feet at the same time, and in control and out of the net or under it?

All of these are helpful hints for parents to understand a good attack approach. For a coach, having a player who simply hits the ball, no matter where it goes, is not good enough at the higher levels.

**The Block**

How many parents watch their child block at the net? Following are a few clues to help decipher what is going on. When your child is blocking at the net, does she keep the arms high or do they drop down below the waist when she moves from side to side? The arms should be up so she can see the hands in any direction she moves.

When the ball is set tight at the net, does your child get her hands in position quicker and higher for the stuff block? Does the block get closed when she moves along the net to block with other players? Is she moving and in front of the attacker, or is she getting beat? Does she always land on both feet after jumping?

Many times, parents will wonder why their child does not get to play a front row position. The top of a women’s net reaches 7’4 ¼” in height. From a coach’s viewpoint, starting from a standing jump, if a player cannot jump and touch over 7’9”, that player would not be very effective as a blocker in the front row. Instead, perhaps these players would be better suited for one of the back row positions whether that is a back row setter or defensive specialist/libero.

**Defense**

Coaches tend to have a specific defense they want their teams to use to cover the opponent’s attack. There are specific areas of court coverage for each of the six players on defense and specific movements used to cover the areas. Each player is assigned a particular area and these defensive moves are worked on continuously during practice.

Whether moving on their feet or diving, each player is expected to give 100% focus and effort during practice to learn how to cover the opponent’s attack. The coach uses each player’s particular skills to determine which area that player covers. If a ball is hit into an area where a player should have been (but was not), then you can understand why coaches get upset at the player or will, perhaps, ask them to sit out for a play or two.

As a parent, it may be helpful for you to understand what defensive position your child plays and what area she is supposed to cover during defense. Have your child explain it to you; that way you will have an understanding and at the same time reinforce defensive assignments for your child.

**Summary**

This article is intended to give a few hints and tips to parents of volleyball players in an effort to help them understand why coaches make the decisions they do. As coaches, we hope these hints and tips will help you understand the game better as someone with no control over the outcome. Don’t worry about the score, take a deep breath and simply enjoy watching your child and her team play the game!

**Ten Commandments for Parents with Athletic Children**

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their lives they 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 them on the way to the gym, on the way back, at breakfast, and so on. It’s tough not to, but it’s a lot tougher for the child to be inundated with advice, pep talks, and often-critical instruction.

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

5. Try not to relive your athletic life through your children in a way that creates pressure; you dropped the ball too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don’t pressure them because of your lost pride.

6. Don’t compete with the coach. If you are trying to coach your child and give them conflicting information, then the coach becomes a conflicting figure. It will turn from delight to disappointment, etc., with your athlete. Your athlete’s coach should be seen as the expert and authority figure, and you should support them in that way.

7. Don’t compare the skill, courage, or attitudes of your children with other members of the team, at least within hearing distance.

8. 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 child under this leadership.

9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.

10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches.

Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one and takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, “My parents really helped me in athletics.”

**The Profile of the Ideal Parent**

1. Support your child and attend as many contests as possible.

2. Avoid putting pressure on your offspring to start, score, or be the star of the team.

3. Support the coach in public around other parents and fans.

4. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child’s hope for improvement in the sport.

5. Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school, and participation in athletics is a privilege and not a right.

6. Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.

7. Serve as good role models for the students, athletes, and other fans.

8. Attend the pre-season picnic and read our Parent-Player Handbook as well as the Co-curricular code.

9. Serve as beacons of good sportsmanship.

10. Show respect to everyone involved in high school athletics—the coach, athletes, fans, officials, and administrators.

11. Follow the chain of command at Edgar when you have a concern.

12. Express concerns and questions in a courteous and civil manner and do it at the right time and in the proper setting.

13. Abide by all policies, regulations, and procedures for our athletic and volleyball program.

14. Avoid constant and chronic complaining.

**Final Notes**

Please find that there is a parent/athlete agreement that must be signed by a parent and the athlete and returned to Coach Nelson BEFORE their first competition. They must have this handed in, in order for them to participate in their first competition. This is so that we know the parent and athlete have received the handbook and understand what is stated. If there are any further questions, please ask a coach.

Now is the time to get down to business and challenge ourselves to combine hard work, commitment, dedication, skill improvement, game strategies, team unity, and fun for a successful season. We wish all of our teams a great season, and if you have any questions, concerns, or simply want to let one of our coaches know they are doing a great job, please feel free to contact them anytime. We want to make this the best season of volleyball for your daughters, but we couldn’t do any of it without your support. Thank you so very much.

~Coach Nelson~

~and~

~The Wildcat Volleyball Coaching Staff~

*Success has always been easy to measure. It is the distance between the team’s origins and final achievement...” Michael Korda*

*“Each of us, if we would grow, must be committed to excellence and to victory, even though we know complete victory cannot be obtained, it must be pursued with all one’s might. The championships, the money, the color; all of these things linger only in the memory. It is the spirit, the will to excel, the will to win; these are the things that endure.” Vince Lombardi*

**2017 Athlete/Parent Agreement**

I have read and fully understand the rules, regulation, policies, and expectations stated in the Edgar Girls Volleyball Player-Parent Handbook. I hereby promise to uphold them.

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Athlete\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and fully understand the foregoing rules, regulations, policies, and expectations and shall help and encourage my child to uphold them. I have also read and fully understand the expectations that are set for me as a parent of an athlete in the Edgar Volleyball Program and promise to uphold them to the best of my ability.

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent(s)/Guardian(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(This agreement will remain in effect throughout the season as well as until the following Handbook and Agreement is issued in the summer of 2018. The player and parent will be expected to sign and turn agreement in before the player enters their first competition).