

OAK RIDGE VOLLEYBALL PROGRAM

PROGRAM MISSION STATEMENT

To provide a program that produces outstanding young ladies with a well-rounded education; that builds competitive volleyball teams annually; and that demonstrates a model representing the high standards of Oak Ridge High School.

PROGRAM PHILOSOPHY

Results in academics, competition or any other part of life are based on what is accumulated over time. The cumulative effect is ever present. If each of our endeavors is prepared and performed at the highest standard every time, then there will be a 'positive cumulative effect'. If our effort is random (excellent one day, weak the next), then there will be a 'negative cumulative effect'. We must be consistently good at all that we do to obtain the results we want: winning matches, championships and developing outstanding young ladies.

PROGRAM GOALS

Keep Kids our #1 Priority

Win With Integrity

P.R.I.D.E

Personal Responsibility in Daily Excellence

HOW TO PRACTICE: THE OAK RIDGE VOLLEYBALL WAY

PRACTICE CONCEPTS

Purpose of Practice

1. To prepare the team for every situation that will occur in competition
2. To mold a group of individuals into a team
3. To provide experiences where the individual and the team can discover their maximum potential

Communication: All specific communication, phrases, or words will be used in practice at all times.

Effort: You can maximize results by maximizing effort.

Athletes: If for any reason you are sitting out of practice, you are to shag balls while drills are going on. It is important that you are actively engaged in practice so that you can learn what we have covered on that day.

Player Practice Goal:

**To be a better player tomorrow than you are today.
Strive for 5% each day.**

Practice Rules

- Any overt display of displeasure or frustration will not be tolerated. The player will be sat down or dismissed from practice. We cannot afford losses of emotional control during practice or competition. We will practice control during practice. If dismissed from practice, practice will need to be made up with consequences.
- Report injuries or illness to coaches immediately upon detection. The next step is to see our trainers. All treatments should be done in the morning before practice or school. Any taping or treatments will be done prior to practice. Communicate with trainers and coaches. You may not be late to practice due to being in the training room.

- If you must miss practice, leave practice early, or arrive late, notify your coach ahead of time.

Being on time is a priority for this program.

Keep our gyms, locker room, and school neat and clean. No food or drinks in the gym. Tape and ice bags must be thrown in the trash. Clean up after yourself.

- No cell phones in gyms during practices.
- It is not acceptable to upgrade yourself by downgrading a teammate. Team discussions are best when statements are begun with “I think” or “I believe”, as each person has the right to her opinion. Respect teammates.
- In tough situations, turn toward your teammates to find a solution to the problem.

OAK RIDGE VOLLEYBALL TEAM RULES

- **Players are expected to be on time to all practices and games.** Players must be fully and properly attired before entering the gym. All summer practices will start on time, and players are expected to be there at least 15 minutes early. All athletic period practices will begin 5 minutes after the tardy bell. Late players will get extra work or loss of points. Players are told what time to arrive at the gym or locker room for games. Any player arriving late to a game should not expect to play.
- **Absences must be reported to coaches.** If a player is absent from school and must miss a practice or a game, an athlete should e-mail OR call their coach or (Coach Sledge 936.672.6596) that morning and leave a message with reason for absence. If they do not make contact, consequences will be at the discretion of the coach. By committing to a uniform and a team, players also commit to being at all practices and games. Athletes must have good attendance. If a player's absence is not reported to the coach ahead of practice/game time, she should not expect to play in the next game.
- **Players will dress out daily in volleyball practice clothes.** Please be responsible enough to have those clothes available at school. If any athlete is not dressed out in proper clothes, they will have a reminder before they start practice for the day. If this becomes a consistent issue, the athlete could be sat out of practice until they have the correct clothes. This will be at the coach's discretion.
- **Any absence from practice must be made up before the player is eligible to play a game.** See Absence Make-up.
- **Players will ride the bus to away games and can be signed out from away**

games by a parent only. Parents will be asked to see the coach for a sign out sheet, which will release your daughter from riding the bus home. Because all coaches are involved in stats, etc. during the varsity game, this sign out sheet will be available until **AFTER the varsity game. No one is to leave until all Oak Ridge volleyball games have been completed and they are released from their coach.** This is to help athletes get food and get home earlier. This is a privilege that can be revoked if the procedures are not respected.

- **Display attitudes and behaviors that will facilitate team success.** Commitment, dedication, desire for success, hard work, pride in yourself, respect for others, control of emotions, responsibility, sacrifice, teamwork are all positive attitudes and behaviors that will accumulate and carry over into adult life. Any overt display of displeasure or frustration will not be tolerated. Player will be sat down or dismissed. We cannot afford loss of emotional control in practice or in competition.

- **Handle volleyball problems through the proper chain of command.** To build self-advocacy skills, we would first like athletes to please discuss any problem/question with their coach. If the problem is not resolved, players will discuss it with the head volleyball coach. If the situation is still not resolved, parents are encouraged to set up a conference with the coach and/or a meeting can be held with all parties involved, including the Girls Campus Athletic Director Deidre Vasquez. Please do not let your athlete tell you that they do not want to talk to their coach due to repercussions. That is a personal feeling and not a fact. There have never been repercussions for following the chain of command.

All important information should be discussed with a Coach by phone. Please make that personal contact with a coach so that they are able to talk with you.

- **Cell phones should remain in lockers during all Oak Ridge volleyball practices and games.** Athletes will be given an opportunity to get their phone to call home by a coach. All cell phones will be taken up prior to getting on the bus for away games. This is a great time for teams to be bonding. Phones will be given back 20 min before returning to school.

Playing time nor practice time will ever be equal. This is due to always wanting to keep practices competitive.

- **Social Media** – Athletes will respect social media policies set forth by the volleyball program, Oak Ridge High School, and Conroe ISD. It is impermissible for student-athletes to post information, photos, or other representations of sexual content, inappropriate behavior (e.g., drug or alcohol use, racial or sexual in nature), or items that could be interpreted as demeaning or inflammatory. Ex. But not limited to tiktok videos that support any of the above. No social media or pictures should be taken in the locker room as this is a place where other people are changing.

- **Character** - Any verbal or physical actions that disrupt team unity will not be tolerated. Examples include but not limited to twitter, facebook and/or gossip.
 - ☒ Athletes will not show any public display of affection (PDA) at school, at any volleyball event, or school function.
 - ☒ Stealing, referrals, profanity, truancy, fighting, disrespect to teachers or coaches, and classroom behavior problems will not be tolerated, and could result in removal from the volleyball program.
 - ☒ Any form of bullying will not be tolerated. Should students feel as though they are victims of bullying or believe other students have experienced bullying it is imperative that a teacher, coach, counselor, or administrator be notified immediately. All complaints will be promptly investigated.

Such actions will not be tolerated. **All offenses and consequences will be at the coach's discretion.*

CONSEQUENCES

FIRST OFFENSE – Warning. An explanation of the infraction, alternatives to the problem, and future expectations will be discussed. REMINDER probable.

SECOND OFFENSE – Warning and 2 REMINDERS probable. The same discussion will follow but in greater detail. Playing time may be affected. Other conditioning could be required or loss of points from the athletes grade.

THIRD OFFENSE – We will continue to conference with athlete. Parent contact will be made. Punishment will be at the coach's discretion.

CONTINUED OFFENSES – Result in the loss of playing time and possible removal from the team. Please understand we care about you as a person and a player.

***Our rules are designed to make you a better person and player. Please remember, as your coaches enforce these rules, it is your behavior we might not care for. We will always like you and care about you. All consequences are subject to the coach's discretion depending on the infraction.

REMINDER: 17 lines (basketball sideline to basketball sideline) in one minute and seventeen seconds

ABSENCE MAKE-UP

Any absence from practice must be made up. This is not for punishment, as there are always legitimate reasons for absences. However, in the name of fairness to team members who were at practice and did put in the time and effort, an absence make-up is necessary. If absence make-up is not completed before the next game, player will not play. The player may also be asked to do some volleyball related drills such as serving or hitting. If the player does not make contact, they will not play in the next game no matter what.

ABSENCE MAKE-UP: Burpee Mile

(This consists of 4 laps around the track with 25 burpees in between each lap). This should be completed within 20min.

LETTERING AND AWARD POLICY

Varsity players letter by finishing the season in good standing and playing in at least 1/2 of the total number of games in a season or, at the recommendation of the head coach. The first time an athlete letters in any sport, she receives a letter jacket that has a chenille letter already sewed on it. The letter jacket is paid for through the sport's award budget - any extra patches must be paid for by the athlete. It is a UIL rule that only one letter jacket can be awarded per person. After an athlete receives a letter jacket, all further letterman awards will be a chenille letter with additional bars.

Sub-varsity players who finish the season in good standing will receive a certificate.

QUITTING/BEING REMOVED FROM SPORT IN SEASON

It is our athletic department opinion that we should teach kids to finish what they start. Our procedure for handling athletes who quit a sport while that sport is in season or are removed from a sport while that sport is in season is: that athlete will not be allowed to go into another sport during the athletic period until the season of the sport she quit is over. Please look at ORHS athletic handbook for more information.

Parent/Coach Communication

Both parenting and coaching are extremely difficult jobs. By establishing an understanding of a respect for each position, we are better able to accept the actions of the other and provide greater benefits to our girls. Our coaching staff will never be judgmental of your parenting and we will not allow our players to talk negatively about their parents. We would very much appreciate the same from the parents of our players. Since we try to teach life skills as well as volleyball in our program, we teach our players that being judgmental and negative are qualities which bring people down, and teams will also suffer. When your daughter becomes involved in our volleyball program, you have a right to be informed of the expectations we have for players and parents in our program. This begins with clear communication from the coaching staff.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR DAUGHTER'S COACH

1. Philosophy of our volleyball program
2. Expectations for team members
3. Team rules and consequences
4. Locations and times of all practices and games
5. Absence policy

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns about your daughter expressed directly to your daughter's coach
2. Notification of any schedule conflict well in advance

Hopefully, as your daughter becomes more involved in the volleyball program at Oak Ridge High School, she will experience some of the most rewarding moments of her life. It is important to understand that there also may be times and/or situations that parents and/or players do not understand or do not agree with the coaches. At these times, a conference with the coach and player is encouraged first. A conference with the coach, parent, and athlete can follow, if needed.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. Treatment of your daughter mentally and physically
2. Ways to help your daughter improve
3. Concerns about your daughter's behavior

It is very difficult to accept that your daughter is not playing as much as you hoped. Coaches are professionals. They make judgments and decisions based on observations at practices and based on what they believe to be the best for the team. As you see in the above list, certain concerns may and should be discussed with your daughter's coach. Other issues, such as

those listed below, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. PLAYING TIME
2. OTHER PLAYERS
3. TEAM STRATEGY

There are situations that may require a conference between parent and coach and athlete. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

1. Call your daughter's coach to set up an appointment for a conference.
2. Please do not attempt to talk with a coach before or after a contest or practice. Meetings at these times usually are emotional and do not promote resolution. Please wait 24 hours to make any contact with a coach requesting a meeting.

Research indicates a student involved in extracurricular activities has a great chance of success during adulthood. Many of the character traits that are required to be successful in extra-curricular activities are exactly those that will promote a successful life after high school. We hope the information above makes your experience in the Oak Ridge Volleyball Program more enjoyable!

I HAVE READ THE OAK RIDGE VOLLEYBALL PROGRAM MISSION STATEMENT, PRACTICE CONCEPTS, TEAM RULES AND CONSEQUENCES. I UNDERSTAND THAT, AS A TEAM MEMBER, I WILL BE EXPECTED TO UPHOLD THESE CONCEPTS AND ABIDE BY THESE RULES.

Signature of Player _____
Date _____

I HAVE READ THE OAK RIDGE VOLLEYBALL PROGRAM MISSION STATEMENT, PRACTICE CONCEPTS, TEAM RULES AND CONSEQUENCES AND PARENT/COACH COMMUNICATION INFORMATION. I UNDERSTAND THAT, AS A PARENT OF A TEAM MEMBER, I SHOULD SUPPORT THESE CONCEPTS AND TEAM RULES. IN THIS WAY, I ASSIST MY DAUGHTER IN BECOMING THE BEST TEAM MEMBER SHE CAN BE. AS A PARENT REPRESENTING OAK RIDGE VOLLEYBALL, I WILL DISPLAY THE SAME POSITIVE BEHAVIORS EXPECTED OF OAK RIDGE VOLLEYBALL TEAM MEMBERS.

Signature of Parent _____
Date _____