

**Harlingen High School South  
Lady Hawks Volleyball 2022**



**“Discipline is the bridge between goals and accomplishment”  
– Jim Rohn**

## Mission

- To enhance individual and team volleyball skills along with excelling at the collegiate level academically and athletically.
- To prepare, develop, and mature student-athletes for a bright future.
- To uphold to the Harlingen CISD policies, and represent Harlingen High School South and the community, in a positive manner.
- To work towards a common goal as a family.

## Respect, Respect, Respect

**Discipline:** For practices, games, and every other team function every student-athlete should be punctual and respectful. Every student-athlete is **expected** to address any professional by “ma’am”, “sir” or “coach”.

## Attitude

Every student-athlete should **always remain positive** especially during volleyball practices and games. Consequences will be discussed. Each student-athlete is expected to show good sportsmanship with teammates, coaches, officials, and opponents. As a program, we must represent our school and community with a high degree of class.

## Goals

Goals will be divided into short-term (e.g., enhancing team chemistry) and long-term (e.g., being district champions) goals by the team and coaching staff.

***(Exceptions to any rules or policies written in this handbook will be at the discretion of the head coach)***

## Academics

- Each student-athlete is expected to maintain grades that allow them to be eligible to play.
  - Each student-athlete is required to have the program progress report filled out and signed by each teacher at the end of the six weeks/nine weeks for eligibility purposes.
  - **If a student-athlete fails at any point during the school year (especially during volleyball season), the student-athlete could be dismissed from the program.**
  - Study hall will be implemented by the coaching staff for the team, and tutoring will be sought out for those with more serious cases.

## General Rules

- If a student-athlete misses two a days at the beginning of the season without prior notification to the head coach/coaching staff, the student-athlete could possibly not be allowed to play that season.
  - If a student-athlete wishes to rejoin the program, the student-athlete may be allowed to join the volleyball class after season is over to be a part of offseason.
- During season, only volleyball players who are on a team are allowed to be in the volleyball class.
  - Managers may be allowed in order to help organize.
  - In order to letter as a manager, they must complete a full varsity season
    - If a manager does not uphold the responsibilities and expectations set by the team coach, they could be dismissed from the program.
  - Each student-athlete is **required** to be in the volleyball class if they are on a volleyball team. Once volleyball season is over, each student-athlete needs to turn in all of their equipment and will be allowed to change/ move on to their next sport in season.
  - JV and Varsity teams will practice in the mornings, Freshman teams in the afternoon.
    - Practice times are fluid and changes could occur upon coaches' discretion.
- If a student-athlete is injured/ sick and visits a doctor, a clearance note from the doctor needs to be provided to our trainer in order to be cleared to participate. **Note: Clear specifications need to be written by the doctor. Example: Student-athlete can lift weights. Student cannot participate in volleyball practice but can-do partner drills. Can't do any overhead motions, etc.**
  - In minor cases where student-athlete does not visit a doctor, the student-athlete can be cleared by our athletic trainer.
    - On either occasion, a clearance slip needs to be provided to their coach/head coach before they can participate.
    - If you are injured, you are still expected to attend all team meetings/ functions AND dress out unless previously excused by the coaching staff.
    - If you miss appointments with athletic trainers without prior notification, it will be at the coaching staff's discretion what disciplinary actions may result.
    - If you are held out of practice for a medical reason, you are expected to participate I practice as a shagger, listen to drill instructions and carry out rehab assignments as directed by athletic trainer.
- Every student-athlete will be distributed equipment. It is the **student-athlete's responsibility** to return each item they receive at the end of the volleyball season.
  - An inventory document will be filled out for each student-athlete when they are given equipment and will be checked off/allowed to move on to another sport when **all of the items are returned**.
  - If any item/equipment issued is misplaced, lost, or stolen the student-athlete must pay for the item(s).
    - Prices will be shown on the inventory document.

- Student athletes are **not allowed** to miss volleyball practice/games due to another athletic event outside of school.
- Varsity players will not have the opportunity to participate in “Fag crew”.
- Light teams may have multiple “mini” teams if needed. Traveling is optional for the team that is not scheduled to play.
  - Top six players could possibly dress out for all games.
  - Absences/tardies will be taken into consideration by the coach on who is allowed to travel to the following game.
  - If behavior issues occur **especially while traveling**, the designated coach will not allow the student-athlete to play in the following game.
- **FUNDRAISING: Every student-athlete** is required to sell for each of the fundraisers the volleyball program chooses.
- In order to play Varsity senior year, each student-athlete may have to complete **three full** volleyball seasons.
- **If a student-athlete quits at any point throughout the volleyball season, there is a possibility the student-athlete will be dismissed from the volleyball program.**
- **Home Varsity Games:** All subvarsity players are expected to stay for varsity games.
- Tutorials need to be done in the morning or afternoon, not to interfere with practice/games.
  - **In the case of an emergency, the subvarsity coach will decide if the absence is excusable.**
- Two unexcused absences may result in **permanent** dismissal from the team and the program, as a whole.
  - **Two** unexcused tardies result in **one** unexcused absence.
- An unexcused absence may result in the student-athlete not playing in the following game.
  - The student-athlete must make up an excused/unexcused missed practice.
    - Their coach will decide on the consequences.
  - Each student-athlete must be marked present **the full school day** in order to play and practice.
- If/when a student-athlete is moved up or down from their initial team, each student-athlete is **expected** to oblige by the coach’s decisions.
  - If the student-athlete refuses to be moved, the student-athlete could be dismissed from the program.
    - **The Head Coach will make the final decision on what team each student-athlete will be a part of.**
- In the event of inappropriate attitudes or behaviors, a verbal warning will be given by the student-athlete’s coach.
  - If the behavior continues after the verbal warning is given, the coach and student-athlete will meet with the Head Coach.
  - If the behavior continues after this meeting, the Head Coach will involve the Girls Athletic Coordinator, Athletic Director and parents.
  - If the behavior continues, the student athlete could be **permanently** dismissed from the volleyball program.

- If a student-athlete receives ISS/OCS/SAC (Boot Camp) at any point during the school year, the student-athlete could be dismissed from the program at the Head Coach's discretion.
- If a student-athlete fails at any point during the school year, the student-athlete could be dismissed from the program.

## General Practice Policy

- Treatment for any injury must not interfere with practice/game time (must go to morning treatment or after practice).
- **Closed practices:** Besides coaches, volleyball players, and managers there will be no other individuals allowed in the gymnasium.
- If a student-athlete needs to finish an assignment or attend any other school-related activity, they are allowed to leave and return to practice with a note from the teacher/sponsor stating the date and time the student left.
  - If a consistent absence is needed for another school-related activity, or UIL event, the student-athlete must notify their coach and Head Coach, so arrangements can be made.
- Conditioning will be conducted every week the day after the first game of the week (conditioning could also occur other days if coach prefers).
  - Players are required to bring their own tennis shoes along with volleyball shoes (if the student-athlete has separate pairs) every day.
- Early is on time, late if you're on time. Each student-athlete should be ready to practice **15 minutes before** actual practice begins. For example, if practice begins at 4:15 p.m. each student-athlete is expected to be dressed (with practice gear on) and the net set up at 4:00 p.m.
  - Should an event arise, it is the student-athlete's responsibility to contact the coaching staff about their absences/tardiness; **not another student-athlete to tell the coaching staff.**

## General Player Oath Practices

**“Practice means progression not perfection.”**

- Each student-athlete is required to wear the assigned practice gear set by their coach.
- Practice how you will play.
- The focus level of the team should be high and “game-related.” Therefore, each student-athlete is expected to remain positive and push to **get better every day**.
- All student-athletes must be dressed in the same practice apparel.
- **Positive energy, encouragement, and hard work** are expected at each practice.

- There will be **no cellphones**, or any other distractions allowed during practice and game times.
  - Should any of these expectations be violated, the coaching staff will enforce consequences.

## Home Games

**“Talent wins games, but teamwork and intelligence wins championships.”-  
Michael Jordan**

- **Each team is required to count volleyballs in their basket at the beginning and at the end of every practice and home game to ensure each ball is collected. In an event that a ball is lost, those teams will be given a consequence by their coach.**
- Game day is when all the hard work pays off. Each player is expected to give **110% effort**.
  - Take pride in the way you play, and remember it is a **team effort. We win as a team; we lose as a team.**
    - “Leave your heart on the court”- leave each game knowing that you gave it your best, **no regrets.**
- To remain focused, each student-athlete is expected to be with the team after school until game time (subject to change if an event arises).
  - Should a conflict arise, the team should be at the gymnasium an **hour and a half** before the game.
- All teams will be ready and dressed an **hour before each match.**
- All teams are **required** to attend Varsity matches.
  - **The JV Dark team is scheduled to take down the net after the Varsity game.**
- The coach is the only one allowed to speak with the ref.
  - Should a questionable call arise, the appointed captain will be allowed to approach the ref; **captains will be chosen by the coaches.**
- At the end of every game, players will **meet with the coach** and will then be dismissed.
- It is very important that uniforms get turned in immediately after each home match.
  - One laundry cart will be left in the locker room after each match for laundry.

## Traveling/Away Games

- Spandex will not be worn outside of the gym. Cover shorts need to be worn over spandex at all times.
- All players will travel with the team unless athlete is given permission by the coach **two days prior to game day.**
- It is very important that uniforms get turned in immediately after each away match.
- For traveling and warm-up purposes, the team will be dressed in the **same** apparel (socks, spandex, warm-up gear, etc.)

- All players will clean up locker room, gymnasium, or any other establishments we visit (even if it is not your trash).
- **Every student-athlete must respect each individual including the opposing team's audience, coaching staff, officials, and players.**

## Reminders

If late or absent for a practice, game, or any team function there will be a consequence. If problems occur with a certain player, then that individual will be handled by the coaching staff based on the severity of the infraction. Consequences include, but are not limited to, the following and will be done 15 minutes before or after practice time before the following game:

- **Towel pushes (3), bear crawls (5), sprints (10), burpees (25), serves (30)**
- **These consequences will be implemented for missed practices before the following game (excused or unexcused).**

*As a coaching staff, we understand things come up unexpectedly; however, you must make the coaching staff aware of any tardiness/conflicts you anticipate.*

## Other Player Reminders

**“Success is not owned, it is rented- and rent is due everyday”**

**-Rory Vaden**

- During partner drills, **both partners** are required to shag the ball and return to their spot.
- **Never** roll balls during practice, or game time to avoid injuries.
- **Never** show negative emotions after a point loss.
- Hug or high five after every point and every timeout.
- **Keep composure.** No laughing or conversing during practice, pre-game, or game time.
- Play with **confidence**.
- Play point to point.
  - There is nothing you can do about the last point but make the **next point better**.
- Never make the same mistake twice.
  - For instance, if you are caught out of position on defense, then **fix it the next time**.
- Need leaders off and on the court; know your role.

## Parent Requirements

- If there are any questions or concerns regarding your daughter, please allow **24 hours after game day** to set up an appointment with your daughter's coach/ head coach.
  - The meeting will be held when both coaches are available to meet (before/after school, conference period, during lunch, etc.)
  - If you need to speak or meet with me, you must email me and set up an appointment during my conference period. I will not meet with a parent upon request without scheduling.

- Parents cannot approach the bench at any point during the game.
- Each student-athlete is allowed to leave with their parents/legal guardians after a game if given permission **two days prior to game day**.
  - In case of emergencies, coaches will have release forms that can be signed by **parents/legal guardians only**.
  - **If the student-athlete needs to leave with another individual, the parents must contact their coach at least the day before. Otherwise, the student-athlete will not be allowed to leave.**
- Please be prompt in picking up your daughter **at least 15 minutes after** practice/game is scheduled to be over.
  - If the issue happens a second time, the student-athlete will not be allowed to play in the game following the incident.
  - **If the issue happens a third time, the student-athlete could be dismissed from the program.**
- Maintain appropriate behavior at all practices and games.
- Be your daughter's biggest fan, not their critic.
  - The coaches will correct skills, line-ups, positions, and any other volleyball related components.
- Monitor your daughter.
  - If any distractions or possible emergency situations occur, let the coaching staff know.
- Support the program, not only your daughter.
  - Parents should be supportive in all aspects of enhancing the program.
  - Be mindful that there will be **no favoritism allowed** on any team.
- The coaching staff will make the best choices possible to win. Therefore, let the coach's coach.
- Enjoy the experience with your daughters, players, and fellow parents

**\*\*The below form needs to be signed before your daughter can participate. Please return to your Coach/Head Coach ASAP\*\***

In addition to the policies written in the HHSS Volleyball Handbook, I \_\_\_\_\_ will also implement the following: (Student-Athlete Print Name)

- Refrain from using alcohol, illegal drugs, tobacco, and other harmful substances.
- Not lie or steal;
- Follow all school rules, district rules, and UIL rules;
- Strive to excel academically;
- Always give my best effort; and,
- Be a good representation of my school and volleyball program.

I hereby state that I have read and understand **ALL** policies within the Harlingen High School South Volleyball program, and I agree to abide by these policies respectively.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date