



# 2021 NHVB PLAYER EXPECTATIONS



**DIG deeper, HIT with a purpose, SET high standards, BLOCK out distractions, PLAY to win!**

- 1) **Eligibility:** Physical Exam/X-Form/Family ID
- 2) **Daily COVID check in:** Each player must complete the daily covid form with temperature and symptoms. All players are set up on the app, so please complete this before you come to practice and games.
- 3) **Communication of NHVB Info**
  - Check school email regularly
  - Group Me
  - Schoolwires
- 4) **Team Schedules**
  - Season Program Calendar on schoolwires
  - Schedule Star - get all schedule changes email/text
- 5) **Attendance/Lateness/Leaving Early**

**If you go out of state for any reason, you must quarantine for 10-14 days.**

**\*\*\*We have 4 games during spring break and they are the last games of the season. If you are going away, you must let coaches know now and unfortunately may not be able to participate this season.**

Excused absences are: observing a religious holiday, bereavement of a close family member, taking part in a religious sacrament, doctor appt for volleyball related injury, school related activity. Please be pro-active and let your coach know well in advance.

We are also aware that there may be an absence with extenuating circumstances that will be reviewed by the Head Coach.

In order to provide some flexibility, we are implementing the following policy:

- 1) If needed, you may be absent from a practice or game once without consequence.
- 2) On game days, you have TWO opportunities to leave after your match or arrive late, but before the start of your match - provided you are not working.

If you exceed the allowances outlined above, the following consequences will occur:

- 1) One additional unexcused = Sit One Set
- 2) Two additional unexcused = Sit a match
- 3) Three additional unexcused = Removal from program

## 6) Practice Information

- **Practice Time:**
  - Start time at 3:30 with the nets set up and ready to go
  - If attending extra help, please bring a pass signed by your teacher. However, try to make arrangements to see your teacher before school, if possible
- **Dress appropriately**
  - **NO JEWELRY!!!** (keep all valuable locked up in a locker)
  - **NO CELL PHONES** - Focus for 2 hours
  - Knee Pads
  - Active Ankle or Ankle Wraps are highly suggested

## 7) Game Day Procedures

*All players and spectators will need to wear a mask at all times!!!*

- **Home Games**
  - Depending on the schedule, if game is scheduled for 4:15, please arrive by 3:15 to set up the nets and get ice and med kit must be in each gym.
  - Since only the team playing can be in the gym at a time, if you are scheduled for the 5:30 game, please arrive at 4:45 to be ready for warm up.
  - As per governor's order, only 2 parents/guardians are permitted per player for home games only. Please be sure to check in before entering the gym.

- **Away Games**

- We are asking players to provide their own transportation to away games.
- If you are playing at 4:15, we would like you to arrive at the game by 3:30. Please have uniform on, you will not have access to a locker room.
- Unfortunately, most away facilities are not allowing spectators, so parents will have to either return or wait for their daughter to finish. Girls will not be able to stay to watch the 2<sup>nd</sup> match, you will have to leave after your game is over.
- If you are playing at 5:30, please arrive at the away facility between 4:30-4:45.

**\*\* Coaches will let players know where to meet in order to enter the gym together**

- **Tournaments**

- There is only a state tournament this year for Varsity. The tournament starts on April 12<sup>th</sup> and ends April 24<sup>th</sup>.

## **8) Overlapping Sport Seasons**

Coaches are aware that there will be some overlap with the spring sport season, as all three coaches are also coaching a spring sport. WE will work players and coaches to make everything work.

## **9) Health**

- **Please wear a mask and stay socially distant. Our season is extremely short, so please refrain from social gatherings that could possibly cause you to contract covid-19.**
- Get proper nutrition, healthy snacks for after school & bus rides
- Always stay hydrated
- Get proper rest, sleep is critical to staying healthy
- If you don't feel well or sustain an injury, notify a coach IMMEDIATELY!

**School Trainer:** Pete Koeniges is the Head Athletic Trainer

- Always see the trainer if you are injured.
- If you need treatment, taping, or have to see them for any concerns, please get to the training room ASAP after school to beat all of the other athletes.

**10) We are here to **SUPPORT** you!**

- See any of your coaches for any problem - we will help.
- Keep us informed
  - Family concerns
  - Injuries/sickness
  - Any other concerns

**11) Behavior**

- High standard and expectations for a HS athlete.
- Treat each other with kindness and respect
- NO hazing will be tolerated (be mindful with Halloween costumes)
- There is a NO TOLERANCE policy - this includes social media

**12) Attitude**

- Team Chemistry - just as important as ability - be a team player
- Everyone contributes to the success of our team.
- Amazing things happen when we shift our thinking from what we can get to what we can give!
- Always display good sportsmanship. React to challenges with discipline, poise, and mental toughness in order to have a positive impact on our team's performance.
- Keep your head up and make the next play!!! Encourage your teammates.
- If you have any questions or concerns, it is important for you, the athlete, to communicate with the coaches.

**13) Parents**

- Practices are closed
- As of right now, only 2 parents/guardian are allowed at HOME games only.
- Please make visits with parents/friends brief before and/or after games. You are expected to sit with your teammates and support your fellow program members in their match.

#### 14) Commitment

- It is important that all players are at scheduled events.
- Individual commitment to a group effort - that is what makes a team work!!

#### 15) Social Media

- A good rule to follow - Don't post anything....ever!
- Once it's out there - it's out there and we can't do anything about it.
- Do not type anything you wouldn't want to see on the front page of the newspaper.

16) **Team Store - clothing order.**(Nothing is mandatory) However, if possible, we would like everyone to purchase the ECHO Hoodie. We cut the price in half, where the player pays a portion and the program will pick up the other portion.

**VOLLEYBALL IS**

**GOOD**

**HIGHLANDS!**



**DON'T**

**QUIT**