



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) Communication of NHVB Info

- Check school email regularly
- Group Me
- Schoolwires

3) Team Schedules

- Season Program Calendar on schoolwires
- Schedule Star - get all schedule changes email/text

4) Attendance/Lateness/Leaving Early

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

5) Practice Information

- **Practice Time:**
 - Start time at 3:15 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

6) Game Day Procedures

WORK SCHEDULE WILL BE POSTED - PLEASE DO NOT SWITCH DAYS/JOBS UNLESS A COACH IS NOTIFIED IN ADVANCE.

- **Home Games**
 - In most cases, the Varsity and Freshman will be playing first with a 4:15 start. By 3:15, the nets need to be set up, water, ice and med kit must be in each gym.
 - Workers for the game (scoreboard, scorebook/libero tracker and lines) must be in the gym to work by 3:30. (Please be in uniform and prepared to play following your working duties).
 - JV/Varsity will help each other during warm ups, so all other JV/Varsity players not working/playing must be in the gym to help shag by 3:45.
 - Everyone will be asked to stay for the 2nd match, whether it is JV or V, to support one another. When the JV and Varsity teams watch each other they are expected to sit together as a group, watch your teammates with respect and enthusiasm.

- **Away Games**

- Busses are scheduled to leave at 3 pm by Guidance. Please do not be late, for respect of other teams that we may be sharing a bus with.
- If you need to see the trainer, please do your best to see him IMMEDIATELY after school before changing.
- Please be sure the med kit is brought to every away game
- Before arrival to an away contest, all players in the first match must remove all jewelry and have their socks and knee pads on. This will save time when we arrive at our destination.

- **Bus Policy**

- All players are expected to take the bus to and from away games. Traveling together builds team comradery!!
- In the event of a circumstance in which it's necessary that you will not be taking the bus home, a note from your parent needs to be provided to your coach.

- **Weekends**

- No busses - parents need to drive.

- **Tournaments**

- Please check the program calendar for JV and Varsity tournament schedule.
- NH JV Tournament on October 11th is MANDATORY attendance by all. This tournament is not only our program fundraiser, but also is a charity event for Cystic Fibrosis. Every year we receive numerous compliments for all the hard work and involvement that everyone in the program contributes. The success of the tournament would not be possible without everyone's help.
- County and State Tournaments (Varsity matches only): All JV players will be asked to attend the county and state games to support the varsity and workers will be needed. It is recommended that freshmen try to attend these games as well to support the varsity team.

7) Time Management

- Try to get extra help in the morning. Make arrangements with your teachers ahead of time.
- Remind parents to schedule tutors, Doc Appts., etc. around volleyball.
- Academics always come first. Never tell a teacher you have volleyball over any school work 😊
- College visits - please take care of this during time off
- Keep us informed of all potential **school** conflicts

8) 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

9) Health

- 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) 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

11) 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.

12) Parents

- Practices are closed
- 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.

13) Commitment

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

14) 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.

15) Team Store - clothing order.

VOLLEYBALL IS

GOOD

HIGHLANDS!

