

IRONDALE GIRLS' VOLLEYBALL EXPECTATIONS



Coaching Staff: Varsity – Tom Rodefeld (651) 621-6920 or Email Thomas.rodefeld@moundsviewschools.org
Varsity Assistant – Nickie Vogel Email nickie.vogel@gmail.com
Junior Varsity – Megan Hambleton Email megan.hambleton@moundsviewschools.org
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C Squad Gold – Ellie Allen Email allen.ellie17@gmail.com
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I. GENERAL

- A. All players, managers, and coaches will always conduct themselves in a first class manner, be encouraging of each other, and have a healthy, positive attitude. We all represent Irondale High School and the Irondale community.
- B. All players, managers, and coaches are expected to use appropriate language in all practices, games and team activities.
- C. All equipment issued by the school must be returned by the end of the season Varsity letter winners must return equipment in order to receive their letter. It is expected that all players keep practice uniform clean during the season.

Breaking of any of these guidelines could result in:

The first offense: the athlete or manager will miss part or all of the next Match. The player will be on the bench in and help with statistics.

The second offense: the athlete or manager will miss the next Match. The player will be on the game bench in street clothes and help with the statistics. In addition, the player or manager will not return to varsity competition until after a conference with the coaching staff and parent or guardian.

II. PHILOSOPHY - My purpose as a coach is to foster a positive passion for the sport and to promote a sense of integrity as a reward of competition, and to show that kaizen is the center of who we are as a program, that constant improvement is what we strive for.

Varsity – the coaching staff will attempt to put the best possible team on the court regardless of a player's age or grade. We will look for athletic ability, attitude and the ability to be a team player when putting together a competitive team. If a younger player is ready to play at this level, she will play.

Other Levels – the coaching staff will attempt to put the player in the best possible spot to maximize her growth as a player. We will look for athletic ability, attitude and the ability to be a team player when putting together the teams.

III. PARTICIPATION

Being on the IRONDALE GIRLS' VOLLEYBALL TEAM :

- It's a privilege, not a right.
- Players must accept all responsibilities in order to be on the team.
- Nobody will be accorded equal or guaranteed playing time.

IV. SQUAD SELECTION

Choosing the members of this team is the sole responsibility of the coaches. We shall provide the following information to all candidates for the team:

- Extent of tryout period
- Criteria used to select the squad
- Number to be selected
- Practice commitment if they make the squad
- Other commitments

V. RESPONSIBILITIES OF THE ATHLETE

- Put the teams' goals, welfare, and success before your own.
- Attend all practice sessions.
- Be receptive to coaching.
- Be responsible for all uniforms and equipment.
- Represent Irondale High School well and follow the team rules.
- Report all injuries to the trainer or coach.

VI. RESPONSIBILITIES OF THE COACH

- Select the team.
- Determine the style and philosophy of play.
- Teach at practice sessions.
- Determine amount of playing time for each player.
- Establish team rules.
- Establish the requirements to earn a letter.
- Always make safety and the athletes' welfare first.

VII. RESPONSIBILITIES OF THE PARENTS

* Be positive and supportive of your daughter. Try not to add undue pressure and unrealistic expectations.

* We want only the best for your daughter. Please trust that this is our top priority. We will do everything that we can to help your daughter achieve her goals.

VIII. DEALING WITH QUESTIONS OR CONCERNS

There is a chain of command that must be followed when addressing concerns:

1st step – The player must talk to the coach.

2nd step – Meeting between the coach, parent and player.

3rd step – Meeting with the coaches, the athlete, parents and Activities Director.

*All questions and concerns will be dealt with only if these steps are followed and will never take place at the match or in the gym. Please schedule your appointment to meet at the high school.

IX. LETTERING STANDARDS

A letter is something that each athlete must earn.

There are three different ways to earn a letter:

1 – If an athlete plays in at least as many games as there are matches. For example, if there are 25 matches in a season, a player must play in at least 25 games to letter. In addition, the athlete or manager must successfully complete the entire season and be on the final section tournament roster.

2 – If an athlete has been out for high school Volleyball for 4 years.

3 – The coaching staff reserves the right to letter any athletes that do not meet the above two standards.

X. ACADEMIC STANDARDS

Students are eligible to participate in activities as long as they are meeting MSHSL, School District policies, and team expectations in regard to academics. The following information is Irondale's procedures relating to student-athletes academic and activities participation in relationship to coaches' responsibilities:

-On Wednesdays, the activities office will send out weekly grade reports to coaches

-Coaches should discuss grade reports each week with their student-athletes

-If a student is found to be failing one or more classes, they will be given one week to get these grades above a failing level

-If a student isn't passing after one week, they cannot participate in any competitions until they are passing all classes- coaches will communicate this to their players

XI. Athletic Training Policies and Procedures

Athletic Trainer: **Amy Reimer**
Contact Information: Work # 651-621-6950

Athletic Training Room hours:

3:00 - 4:30 Monday through Friday during fall and winter seasons

- Note: Hours will vary if school is not in session

XII. MINNESOTA STATE HIGH SCHOOL RULES

Mood Altering Chemicals (Includes E Cigarettes)

Sexual/Racial/Religious Harassment/Violence and Hazing (Social Media)

Students must complete the entire season in order to have served their high school penalty

Consequences:

First Violation: 3 weeks or 3 events, which ever is longer. Student will lose the right to be a captain in any activity for the school year. If the student was captain at the time of the violation, they will not continue in this capacity.

Second Violation: 9 weeks or 9 events, which ever is longer. Student will lose the right to be a captain for their high school career and will not be considered for all conference honors. If the student was a captain at the time of the violation, they will not continue in that capacity.

Third Violation: Student will lose eligibility for the next twelve months along with not being eligible for all conference honors while serving this penalty.

Note: Any infractions of any of these rules or regulations or those of the MSHSL by the captains of the varsity team will result in the loss of title and responsibilities.

XIII. CAPTAINS SELECTION AND TEAM AWARDS

- Team Captains will be selected by a vote from the varsity team of that year.
- All awards (MVP, MIP and Knight Award) will be voted on by the players.
- The coaches alone will select one award – the Coaches Award.

XIV. COMMUNITY SERVICE

It is our goal each year to give back to the community in the way of community service. It will be an expectation to work with our youth in the community. Team members will be notified as these opportunities present themselves.

