

Rocket Volleyball 2019



Why Not Us

Team Philosophy

Well-played volleyball is a thing of beauty. Few athletic endeavors require as much teamwork. Athletes who study the game and apply the lessons learned relish every opportunity to practice and play. Your Rockford coaches love the game of volleyball. They are committed to you as students, as athletes, and as young women. It is their goal to provide every opportunity for you to become as successful as you want to be. They strive to help you and your teammates become the best team you can be. More importantly, they desire to help you become the best person you can be. We believe that each of us has gifts and talents, and playing volleyball is one way we get to use our gifts.

Player Expectations:

1. The official's judgment will be accepted at all times- you play the game and they will do the officiating.
2. Treat every teammate, opponent, coach, and official with respect.
3. Keep poised and use your head. Don't get rattled in critical situations.
4. No profanity or unsportsmanlike actions will be tolerated.
5. During the contest do not let a mistake upset you. When dealing with disappointments on the court, show no emotion, make no demonstration, learn from it, and move on to the next play.
6. Encourage each other, help each other, and do not criticize.
7. Do your share to keep up the team spirit, whether on the bench or on the floor.
8. No one should be able to tell by your appearance after a game whether or not your team scored more points than the opponent. Walk off the court with your head held high. Be proud of yourself and your team.
9. After the game, be able to honestly say, "I did my best."
10. Always be on time. Practice time is valuable time and you need to be there. If for some reason you will be late, let your coach know. Individual situations will be dealt with by the coach.
11. Everyone needs to help out to get the gym ready for practice. The floor needs to be swept, the nets need to be set up, and the equipment needs to be out. Always be a helper.
12. Pick up after yourself-do not leave behind garbage and/or personal belongings after practices, games, or meetings.
13. Listen attentively!
14. Hustle at all times. Be smart, positive, and dedicated.
15. Take good care of yourself. Try to prevent blisters and injuries. Wear shoes that fit. Brace ankles that are weak.
16. If you have an issue with another teammate or coach, talk to that person. Do not talk about her behind her back.
17. Be a good representative of our program wherever you are.
18. Have fun!

Practice Rules:

1. Practice starts at 3:30 SHARP! You should be dressed and on the floor by this time with the nets set-up.
2. Setting up and taking down the nets is not only for a select few, everyone needs to help.
3. Once the nets are set up, you are to meet at the baseline of your court. There will be consequences for the whole team if any players are late to practice.
4. You must have 10 practices in before you can play your first game.
5. Players are expected to be at all practices and games. Attempt to schedule doctor, dental and other appointments around practice times. If for any reason you are not able to be at practice, you must notify your coach immediately. The coach will then decide whether it is an excused or unexcused absence. If you can't reach the coach, call the school secretary and leave a message.
6. If you don't practice before a game, you will not start and will see a reduction in playing time. This is up to the coach's discretion.
7. After 3 unexcused absences you will be asked to leave the team. After 1 unexcused absence from a game you will be asked to leave the team.

Game Policy:

1. All players will eat dinner with the team before each home game (3:30 Commons).
2. Varsity players support the JV and C-teams by line judging, score keeping, and cheering them on.
3. JV and C-team players support the Varsity team by doing the ball rotation, helping with stats, and cheering them on.
4. Non-varsity players are expected to attend all varsity matches on nights that the JV and C-teams also play. If a player is not able to stay for the varsity match, a note must be given to their coach prior to when the varsity clock has started for warm-ups.

Playing Time:

High school volleyball is played competitively. This means the outcome of the game will not be jeopardized by substitutions. This also means that more skilled players will play more than lesser skilled players. Some players may receive a lot of playing time while some received little playing time or none at all. If the situation allows, the coaches will play as many players as possible (especially at the JV and C-squad levels). It is not always possible, however, to play everyone in every game and not have it be at the expense of the team

Every player in the program has an important role to play, even if they receive little playing time. These roles should be accepted and enjoyed. At the same time, a player should never settle for a role. Players should always push to better themselves and in doing so, possibly gain more playing time. We will talk about these roles throughout the season. Players on the bench should show support and encouragement for their teammates. It is an honor and a privilege to be a part of our volleyball program. All players should be physically and mentally ready to enter a game at any time.

Dress Code:

1. Practice attire includes: grey/black/green/white t-shirt (no cut-offs), spandex (black/navy/dark green), knee pads, and athletic shoes.
2. Only Rockford gear will be worn during warm-ups.
3. Prior to each game, the captains will decide what the team will wear to school the next day. Typical dress requests for game days will be to dress nicely (no jeans with holes) or dress in spirit wear. Remember you are representing not only yourself, but also your team, family and school as well.

Locker Room Policy:

When we are visiting another school, the locker room is to be spotless when we leave, regardless of what it looked like when we entered. The same goes for the bus.

Varsity Letter Policy:

1. Follow all Minnesota State High School League Rules and Policies
2. Follow all Rockford High School Rules and Policies
3. Play in at least 20 games & complete the season, and/or be recommended by the coach

Bus Policy:

Be sure to check all bus times. Players should be early for the bus. We will not wait for tardy athletes. For all away games, ALL players must ride the bus home unless a parent signs them out. Players not riding the bus must ride home with their own parents/guardians unless a signed, written note is given to the coach. Players are not allowed to ride home from games with friends or boyfriends.

Parents

Parents are central to the success of the Rockford Volleyball program. The Rockets enjoy a high level of encouragement and sportsmanship from members of their extended family, including parents, alumni, teachers, school administrators, and fans. We welcome the chance to continue that tradition of support.

Parent Expectations:

1. Cheer on and support your daughter and the team.
2. Be positive with your daughter and let her know it is a great accomplishment just to be a part of the team.
3. Do not offer excuses for why your daughter is not playing. Encourage her to work hard and do her best.
4. Do not criticize the coaches. If you constantly criticize the coach, how can you expect your daughter to respect and play for the coach? Problems only get solved if your daughter communicates with the coaches and listens to what they have to say.
5. Do not make rude comments to/about other players, coaches, or officials.

6. Leave the coaching to the coaches.
7. Insist that your daughter follow team and school rules.
8. Insist that your daughter respects the game, the officials, coaches, and opponents. Teach and encourage good sportsmanship.

Communication with Coaches:

We are glad to speak with you about your daughter, but ask that you:

1. Insist that your daughter try to work out volleyball-related issues directly with her coach before enlisting your assistance; learning to deal with authority figures is one benefit of participating in organized sports.
2. Discuss all concerns with the volleyball coaching staff first before contacting the school's Athletic Director or Administrators.
3. Avoid jumping to conclusions. Remember that decisions about complicated issues like playing time are usually the product of many factors.
4. Remember that the coaches are making decisions based on what is best for the team as a whole. These decisions may conflict with the interest you have just for your daughter.
5. Remember that independence through athletics is critical in a child's development. Parents should consider the value of stepping back to "release their child" to their sport, except where there is clear evidence of physical or emotional concerns.

24-Hour Rule:

If you are concerned about a volleyball-related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are inevitably more productive. We always enjoy chatting with parents at the conclusion of matches, but cannot address non-emergency issues at that time. We also cannot interrupt practice sessions. Schedule a time after practice to discuss this with your daughter's coaches.

Sportsmanship:

All parents (and players) are expected to demonstrate the highest level of sportsmanship while representing Rockford Volleyball. Please cheer for your team's efforts and successes. Parents and other fans should never celebrate our opponents' mistakes.

1. While in the gym, keep all comments positive—remember you are sitting among parents from the other school. Please do not compare skill or attitude of your daughter out loud with other members of the team.
2. Volleyball officials are off-limits for parents. Refrain from yelling at the referees—before, during, and after the match—no matter what the perceived error or injustice.

Coaches:

Varsity: Jen Milton, 763-477-5837 x1701, miltonj@rockford.k12.mn.us

Received her BA from Bethel University where she studied elementary education and played four years of volleyball. She also received her Master of Education from Concordia University- St. Paul. This is her 11th year of coaching volleyball. She teaches Title 1 Math at REAMS.

JV: Lynette Schultz, 612-718-0828, lmnopschultz@charter.net

Received her BA from Concordia College, Moorhead and her MBA from the University of St. Thomas. She played volleyball at Luverne High School and Concordia College, Moorhead. She has previously coached in Luverne, MN and for Rockford JO Volleyball before joining the Rockford coaching staff. Currently, she runs her own business providing accounting services for commodity traders. This is her 8th year of coaching.

C-Squad: Becky Schmidt, 952-484-9890, Becky.erin224@gmail.com

Received her BA from Concordia College in Moorhead, MN with a double major in Healthcare Administration and Business Administration. She is currently working for UnitedHealth Group in Talent Acquisition. She played volleyball at Fergus Falls Senior High as an outside hitter, intramurals at Concordia College and continues to play on a competitive women's team during the winter and co-ed sand throughout the summer. This is her 4th year of coaching.

8th Grade: Kristen Nolby, 763-477-5837x1801, nolbyk@rockford.k12.mn.us

7th Grade: Kelly Gray, 763-477-5846 x3204, grayk@rockford.k12.mn.us

Received her BS in Genetics/Microbiology from Iowa State University. She also completed her master's degree in Science Teaching at Iowa State University. She played volleyball at Southland High School. She teaches Science at RHS and this is her 2nd year of coaching.

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We have read/understand the contents of this handbook and agree to follow it.

Player's name (printed)

Player's signature & date:

Parent/Guardian's signature & date:
