

# Z-M Cougar Volleyball Handbook 2023



All Out  
All Game  
All Season

# ZM Volleyball 2023

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Clothing Order: [zmvb2023.spiritsale.com](http://zmvb2023.spiritsale.com)



School Website: [www.zmschools.us](http://www.zmschools.us)

Z-M Volleyball Website: [www.zmcougarvolleyball.weebly.com](http://www.zmcougarvolleyball.weebly.com)

HVL Site: [www.hvlconference.org](http://www.hvlconference.org)

REMIND APP: Code: @ke343g

Twitter: @ZMCougarVB

Instagram: zmvball

## **Academic Expectations, Eligibility Policy, and Requirements**

Regulations concerning eligibility for extra-curricular activities involving athletics, music, and drama are based on the MSHSL rules and the Student Discipline Policy. Academic standing, disciplinary matters, and enrollment status may limit eligibility for participation.

- Academics come before volleyball.
- Strive for excellence in all that you do!
- Attend every class, every day.
- Work diligently towards a high level of achievement in every class.
- Hold yourself accountable – don't leave it up to your teacher, parents, or coaches.
- Let the coaching staff know if you are struggling in a class and we will assist you in a plan for your success as a student athlete.

## **Player Skills Assessment/ Team Placement (for 9th grade, JV & Varsity teams)**

At the beginning of each season there will be a player skills assessment process in which the coaches attempt to evaluate each player by doing some physical assessments and by watching the players perform in skill specific drills, playing situational drills, and actual games. The result of these player assessments will be what the coaches use to determine which team each player will be placed on. Players will be assessed based on a number of things, including but not limited to the following criteria:

- Attitude, work ethic, timeliness, and preparation
- How the coaches feel that a player will positively or negatively affect team chemistry
- Energy, enthusiasm, and communication ability on the court
- Consistency and volleyball skill level, athleticism, height, physical condition, and physical abilities
- Ability to listen, coachability, the ability to focus on the task at hand, and leadership qualities

Players will be placed on teams based on the above factors but also based on other considerations such as the number of other players with similar skill sets that may also be available for the same team. If a player is sick or injured and can't participate in tryouts, the coach may invite the player to join a couple of practices after the official assessments are over and evaluate them at that time. The coaches have the final say in this matter. In most cases, players will need to demonstrate a base skill level in order to make any of the high school teams. That base skill level requirement will be dependent on which team is being tried out for. However, even when players are able to satisfy the base skill level requirements, they will usually NOT be placed on a team based only upon skill level. The coaches will put teams together that they believe have the best chance to grow together as a team, support each other as a team, work hard to improve as a team, and have the best chance to reach their full potential as a team. If more athletes try out than what the teams have available roster positions for, or if an athlete does not possess the qualities that the coaches are looking for in a player on their team, or if a player does not satisfy the base skill level requirement for the team that they are trying out for, then the coaches may decide to not offer that athlete a position on a team. In that case the player's signup fee will be refunded.

The length may vary by team and by year depending on the preferences of the coaches. This will be determined on a year by year basis by the coaches.

## **Communication Methods & Parental Communication Guidelines**

Communication is very important between the players, coaches, and parents, and is instrumental in the overall experience. You will be able to find practice and game schedules, results, rosters, and coaches contact information by:

- Going to the school website at: [www.zmschools.com](http://www.zmschools.com)
- Or by visiting the volleyball website at: [www.zmcougarvolleyball.weebly.com](http://www.zmcougarvolleyball.weebly.com)
- You can follow the volleyball twitter feed by following: @ZMCougarVB

Parents & players can communicate to the coaching staff (or make an appointment for an in-person meeting if necessary) by email. The contact info for the coaches of each team can be found on the second page of this handbook.

### **Parent Communication Guidelines**

Parents should communicate with the coaches regarding any scheduling conflicts well in advance.

Parents should feel comfortable asking about ways in which the coach feels their child can improve.

Parents can communicate with coaches if there are concerns about the child's behavior.

Parents should NOT communicate with a coach regarding playing time, game strategy, or other members of the team.

Players CAN communicate with a coach regarding playing time, game strategy if they make an appointment to do so in a meeting outside of practices and games.

### **Practice**

ALL practices are mandatory for every player unless the coach specifically says otherwise.

Get to practice early. After-school practices begin at 3:30 pm sharp unless specifically stated otherwise.

Cell phones & other electronics should be SILENT and put away unless specifically told otherwise.

Players are expected to set up everything before practice and to tear down and clean up after practice.

Players should be dressed appropriately, have shoes & kneepads on, and be ready to start by 3:30 pm.

Students who are not able to attend school because of an injury or illness will not be able to participate in either practices or games the day of their absence.

If you will be late or absent from a practice you must have a valid reason for it and you must inform the coaching staff well in advance. Coaches will adhere to the district policy to determine penalties for missed practices.

1<sup>st</sup> Unexcused Absence: warning

2<sup>nd</sup> Unexcused Absence: 1 game suspension

### 3<sup>rd</sup> Unexcused Absence: off the team

In practice, players are expected to listen attentively, work hard, compete with intensity, support their teammates, and strive for excellence in everything that they do.

### **Regular Season Matches**

No electronic or mobile devices are allowed while on the bench or in the bleachers during competitions. Coaches will usually allow devices to be used in the locker room for those players that enjoy using music to help prepare for the match.

Varsity players are required to help shag balls for the JV team during the JV warm-ups.

Varsity players are expected to sit together as a team near the team benches during the first game of the JV competition to help support the JV team.

After the first game of the JV match is finished, Varsity players will go get dressed. Once everyone is dressed, the players will gather somewhere quiet for a short pre-game meeting with the varsity coach. If there is still time before the JV match is over, the players can head back to the locker room until game time to take care of any other special preparations before the varsity match.

JV players are required to help shag balls for the Varsity team during the varsity warm-ups.

JV players are expected to sit together as a team near the team benches during the varsity competition to help take stats and cheer and support the varsity team. If any player doesn't understand how to take stats, they should ask a coach.

For home games, JV players are expected to take down the nets and equipment and put everything away following the varsity game.

For away games, all JV and Varsity players are expected to gather their belongings, clean up their areas, change as necessary, and get to the bus to head home as quickly as possible after the conclusion of the Varsity match.

### **AWAY competitions:**

All players will dress in cougar volleyball wear. Each athlete will receive a practice t-shirt that can be worn for away matches. There will also be a Cougar Volleyball Wear order each season.

All players should be ready to leave at least 10 minutes before the scheduled departure time.

Players are expected to leave the hosting facility's locker room as clean and neat as it was when they arrived. All bottles, wrappers, tape, etc must be picked up and disposed of properly.

Players are expected to make sure that the busses are neat and clean after use.

### **HOME competitions:**

All players will dress up with appropriate school attire.

Varsity players are expected to get all nets and equipment set up in the gym for any 9th grade or JV competition right after school. Every varsity player is required to help setup unless they have specifically received permission to miss it from the varsity head coach.

After setting up the nets, the varsity players can leave the school, make sure that they have all of their uniforms and gear for the game, and get something to eat for their pregame meal.

Varsity players need to be at the High School 25 minutes after the scheduled start time of any 9th grade competition to take over the responsibilities from the JV players so that they can go get ready for the JV match.

JV players are expected to be at the gym 20 minutes prior to the scheduled start time of any 9th grade competition in order to help with book and line judging.

JV players will need to leave before the end of the 9th grade competition to get dressed and prepare for their JV match. At this time the varsity players should take over their responsibilities for the remainder of the 9th grade competition.

### **Varsity Captains**

At some point after the conclusion of a season and before the beginning of the upcoming season, returning varsity players will be given the opportunity to vote on varsity captains for the upcoming season. The coaching staff will use the results of the voting as one of the considerations when choosing the captains. The candidates to be voted on for captains will be selected by the coaching staff. Typically the candidates selected may include:

- 1) Incoming seniors who were on the varsity team at the end of the previous season
- 2) Returning varsity players, seniors or otherwise, that have shown great leadership and captain potential in previous years.
- 3) Incoming players, seniors or otherwise, that the coach feels has the potential to provide great leadership.

### **Varsity Letter Awards**

Varsity letter awards will be earned if one of the following criteria are met:

1. Any player playing in 50% of the varsity matches may be awarded a letter.
2. Any senior that has been in the program for 3 years may be awarded a letter.
3. Any manager fulfilling all duties of a varsity manager for 1 season may be awarded a letter.
4. A player may be awarded a letter based on the coaching staff's recommendation if an injury prevented the athlete from competing and meeting one of the other requirements.

*Coaching staff's discretion may apply to certain situations if need be.*

### **Social Media**

Social media can be a useful tool...but it can also spread information in a negative way that exposes your personal life to the world. Please remember that you represent your school, community, and your team at all times. YOU are accountable for your social media presence. Because the Internet can be accessed by anyone, it is recommended that student-athletes do not post inappropriate information (including pictures and text) or join groups that do not promote positive behavior. DO NOT post inappropriate online language and behavior. Use discretion when posting pictures of yourself, your teammates, and friends to your social media.

Remember that the general public, school administrators, coaches, opponents, law enforcement agencies, and future employers have access to these social media websites. When it comes to online postings, NOTHING IS PRIVATE. Understand that inappropriate postings can follow you for life.

### **Expectations for the Season**

Continue to focus on academic excellence.

Develop lasting relationships based on trust and respect between coaches and players.

Learn how to be a good teammate and put the needs of the team above our own.

Establish team goals and learn how to be disciplined and focused while working towards those goals.

Learn effective practice and performance behaviors and habits and hold ourselves accountable to those standards.

Increase knowledge of the game and the strategies, concepts, and tactics necessary to be successful.

Work hard.

Prepare to the best of our ability.

Focus on the things we can control, such as communication, effort, and attitude.

Improve in the sport individually and as a team.

Improve player confidence and mental toughness.

Learn how to compete for the love of competition.

Learn how to be compete with the goal of self-improvement and the goal of challenging OURSELVES to improve without worrying about outcome or fearing failure.

Positively affect the lives of the people that we have the opportunity to interact with on a day to day basis with kindness, generosity, respect, a contagious enthusiasm for life, and a commitment to excellence in everything that we do!





## Athlete & Parent Signature

I am a student athlete that would like to participate in the Zumbrota-Mazeppa Volleyball Program, I have reviewed the Zumbrota-Mazeppa Volleyball Handbook and I understand the rules, expectations, guidelines, responsibilities, and obligations that come with being part of the ZM Volleyball Program and I accept them and pledge to make my best effort to adhere to them. I understand that my attitude, my behaviors, my work ethic, and the choices that I make will ultimately determine the amount of success that I have within the ZM Volleyball Program.

Athlete Printed Name: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

I am a parent and/or guardian of the student athlete listed above that would like to participate in the Zumbrota-Mazeppa Volleyball Program. I have received and reviewed the Zumbrota-Mazeppa Volleyball Handbook. I understand the rules, expectations, guidelines, responsibilities, and obligations that my daughter will be expected to adhere to if she is a part of the ZM Volleyball Program, and I plan to support my daughter in this effort. I have read, understand, and agree to adhere to the parent communication guidelines. I will never question or confront coaches at a practice or competition. I will remember that my daughter is participating for fun and that this experience is for her and her teammates and not for me. I will focus on being a good parent to my daughter and leave the coaching to the coaches. I will encourage my daughter to treat other players, coaches, officials, and spectators with respect and I will do the same. I will promote the well-being of all the student athletes and the team ahead of any personal desire that I may have for my own child. I understand that the coaching staff may not see things the same way that I do when it comes to decisions on playing time, game-strategy, player positions, practice habits, or other factors that may affect the level of success that the team has.

Parent/Guardian 1:

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Parent/Guardian 2:

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_