

**Harding Fine Arts Academy
Volleyball Contract**



Coach Information

Head Coach: Katie Messerly, kmesserly@hfaaokc.org

This handbook is a look into what the Harding volleyball coaches deem to be the important facets of our volleyball program. High school volleyball should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best volleyball player they can be. We intend to teach the game of volleyball, instill discipline, encourage classroom success, prepare players through off-season conditioning, and build UNITY through hard work and commitment to a common goal of a successful volleyball season. In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. A player's level of improvement is directly related to the amount of effort put forth. We, as coaches, expect players to give great effort in everything we instruct players to do. While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach is willing to give themselves. In order for all to understand their role, everyone involved should realize the concept of "Team Before Self." Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents and administrators cannot put their interests before the teams' best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing volleyball is a privilege, not a right." There is no room for special privileges on a team. Everyone is expected to abide by the same standards and receive the same consequences when they do not. In the event an individual player fails to follow and abide by guidelines laid out here, that player may be removed from the team.

The Harding Fine Arts Academy Volleyball Program demands a lot of time from our student-athletes and we do not tolerate absences or tardiness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time, so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your player is available for the scheduled practices, games and other events such as team building and fundraising. Thank you for allowing your player to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

Coach M

By reading and signing this contract, we (player and parent) understand the expectations and will follow them.

Any violation of one or more of the rules covered in this handbook may lead to the forfeiture of the player's spot on the team. Any violation will be dealt with accordingly.

Academics: I will/understand that

1. Attend all classes during the day. I am a STUDENT-athlete, student comes first.
2. Provide a pass to the coach when I am late for practice after receiving extra help.
3. I must be in school by the start of the 3rd hour to practice or play in a game unless pre-arranged.
4. If I am too ill to come to school, then I may not come to practice or play in a game that day. In addition to calling the main office, I will also call or email my coach (kmesserly@hfaaokc.org)
5. If I become sick during the school day or have to leave school for any reason, in addition to checking out with the main office, I will contact Coach M
6. My coaches will check in with my teachers throughout the season with the expectation that a positive report will be given.
7. If I am suspended from school, assigned in-school suspension, or attending Academic Intervention, I may not participate in either a practice or a game. Suspension from school will also result in loss of play for an additional game, but the player is allowed to be in their team shirt on the bench, supporting their teammates.

Practice/Game I will/understand that:

1. Practice will be from 8:00am-10:00(JV) and 10:30-12:30pm(Varsity), Monday-Thursday for summer practices. Practice will begin at 3:30 pm during the school year and end at 5:00 pm. There are no practices on Fridays.
2. Bring a water bottle to practice and games.
3. Purchase and wear solid black spandex every day for practice and games.
4. Purchase and wear athletic shoes to be used **only** for practices and games. I will have a change of shoes for after practice and games.
5. Purchase and wear volleyball knee pads.
6. Show responsibility for all equipment by assisting in setting up and taking down nets and counting balls.
7. All my belongings will be placed in a sports bag or backpack during practice/games, including my cell phone.
8. My cell phone cannot be out during practices OR games.
9. No jewelry is permitted anywhere on my body during practices or games.
10. No Coach in the gym = No volleyball in my hands.
11. When I see a ball rolling I will YELL "BALL, BALL, BALL!!!" until the team stops moving.
12. When I hear "BALL, BALL, BALL," I will STOP MOVING.
13. When the coaches tell me to "bring it in" - I will SPRINT OVER TO THE COACHES.
14. When the whistle blows - I will stop playing.
15. Hold the ball when the coaches are talking.
16. I hit it - I chase it.
17. I will have a ride home within 10 minutes of a practice or game ending.
18. Schedule all appointments around the volleyball calendar. If an unresolvable scheduling conflict occurs, I will talk to coaches as soon as possible. I understand I am allotted up to 4 missed summer practices with a valid reason.
19. If I have an outside job, I will make every attempt to make adjustments so that volleyball can take priority. I will be given the volleyball schedule ahead of time to accommodate practices and games.
20. Report any injuries to the coaches.

21. Sit together with my teammates and cheer for my teammates. I will have NO CELL PHONES, IPODS, OR FRIENDS outside of the team, on the bench and when watching the other team's games.
22. Stay for both Varsity and JV games. When the last game is over I will help with equipment and meet on the bleachers for the coach's final comments.
23. Home games: I will be in the gym by 3:20 pm to set up the court. At the end of every game, I will throw away all trash and take all of my personal items home.
24. Away games: I will ride the bus to and from the games or with the same driver to and from the games. If there is a need to go home with a parent, I must notify the coaches the day before. I will leave the bench/stands as clean or cleaner than I left them. No trash.
25. Dress in the assigned travel uniform for all away games.
26. I will be assigned specific games to line judge. I will be on time, respectful, attentive, and follow all regulations. If I cannot line judge for any reason (discussed with and approved by my coach), I understand that it is my responsibility to find a replacement.

Athlete Expectations: I will/understand that:

1. Attend a minimum of 80% of practices and games.
2. Take care of my uniform. I will give my jersey to my coach at the end of each game so it can be washed.
3. Dues per player is \$60. This covers new game jerseys, a team shirt, and helps cover the cost of various fees such as tournaments.
4. Support my fellow teammates in both practice and games. I will use only positive comments on and off the court about my teammates, competitors, officials, and coaches.
5. Report any team infraction to my coach with the clear intention not to get one of my teammates in trouble but to help.
6. If I feel there is a problem with someone on the team, I will follow the chain of command: talk to the individual involved, then my captains, and then my coaches. My coaches have an open-door policy, so I will not be afraid to approach them to discuss any issues.
7. Always conduct myself in a manner that will make my family, teammates, school, coaches and myself proud.
8. Always demonstrate good sportsmanship on and off the court.
9. In order to receive my number, patch or letter, I must participate in 80% of the games and complete the season.
10. Respect my teammates, coaches, and Harding Fine Arts Academy.
11. I will take care of my body which includes eating healthy, getting plenty of sleep, and avoiding tobacco, vaping, drugs, and alcohol.
12. I am not allowed to self-administer any medication including Tylenol, Advil, etc. or have any medication on my person.

Parent Expectations: I will/understand that:

1. Practices are closed.
2. Academics come first, playing comes second.
3. Download Spond to participate in any discussions with the coaches.
4. The player is responsible for communicating any needs, concerns, etc. with the coaches.
5. Remain calm during games. Be respectful of all players, coaches, referees, spectators, etc.
6. Stay seated in the spectator bleachers. No parents are allowed behind the bench.
7. Support the player, team, and coaches through positive encouragement.
8. Assist in carpooling to tournaments and games if needed.
9. Pick up the player within 10 minutes of the end of practice and games.
10. Leave the coaching to the coaches.
11. The ultimate goal is for the player to have fun.

12. I must volunteer for at least two concession stand shifts over the course of all the home games.
13. Wait 24 hours after a game to contact a coach about any concerns related to the previous game.

Coach Expectations: I will/understand that:

1. Support the girls on and off the court.
2. Coach every player.
3. Remember that the player is a student first, athlete second.
4. Provide a safe and encouraging atmosphere during practices and games.
5. Attend all practices and games. If other commitments are unavoidable, players and families will receive notice as soon as possible.
6. Prepare for practices with intended goals.
7. Maintain an open-door policy for players to communicate their needs/concerns.
8. Exhibit/Model good sportsmanship during practices and games.
9. Follow the HFAA and OSSAA regulations for athletics.
10. Provide a clear schedule for the season and come prepared for each practice.
11. Communicate clearly and promptly with fellow coaches, parents, athletes, etc.

Uniform Recommendations.

Note: Money should never be a hindrance to a player wanting to enjoy the sport. Please speak with a coach about any monetary concerns.

Required items may be purchased in the team store. All Volleyball is another site that has good volleyball clothing, accessories, etc. from a variety of manufacturers. The items on the site are for volleyball players specifically.

- You are welcome to find your uniform supplies from other places, these are just recommendations.

All players must wear a sports bra.

Volleyball Shorts

(Black, at least 3 1/4" in-seams. Bike shorts would work also)(average cost is \$15-25)

Examples



ASICS Women's Club Volleyball Shorts: 4"

<https://www.allvolleyball.com/product/asics-womens-club-volleyball-short-4-inch-inseam/>



Nike Women's Performance Game Short, 3.75" inseam
<https://www.allvolleyball.com/product/nike-womens-performance-game-short-375-inch-inseam/>



CustomFuze Women's Tenacity Shorts: 3.5" inseam
<https://www.allvolleyball.com/product/customfuze-womens-tenacity-shorts-35-inch/>

Shoes

(should have a good cushion to support jumping, lightweight, excellent fit; color does not matter). Whatever shoes you have should ONLY be used for practices and games. Always bring an extra pair to change in after.
Examples:



Under Armor Women's Block City
<https://www.allvolleyball.com/product/under-armor-womens-block-city/>



ASICS Women's Upcourt 3
<https://www.allvolleyball.com/product/asics-womens-upcourt-3/>

Knee Pads

(black or white, average cost \$15-\$20)

Examples:



CustomFuze Defender Knee Pad
<https://www.allvolleyball.com/product/custom-fuze-defender-knee-pad/>



ASICS Low-profile Knee Pads
<https://www.allvolleyball.com/product/asics-ace-low-profile-kneepads/>

July

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
9 Last day of holiday	10 Tryouts 8-10am	11 Tryouts 8-10am	12 Tryouts 8-10am	13	14	15
16	17 FIREHAWK CAMP 8am-1pm FULL TEAM	18 FIREHAWK CAMP 8am-1pm FULL TEAM	19 FIREHAWK CAMP 8am-1pm FULL TEAM	20 FIREHAWK CAMP 8am-1pm FULL TEAM	21	22
23	24 Practice JV:8-10am FULL TEAM: 10-10:30am Varsity: 10:30-12:30	25 Practice JV:8-10am FULL TEAM: 10-10:30am Varsity: 10:30-12:30	26 Practice JV:8-10am FULL TEAM: 10-10:30am Varsity: 10:30-12:30	27 Practice JV:8-10am FULL TEAM: 10-10:30am Varsity: 10:30-12:30	28	29

August

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
30	July 31 Practice JV:8-10am FULL TEAM: 10-10:30am Varsity: 10:30-12:30	1 Practice Full Team 7am-9am	2 Practice Full Team 7am-9am	3 Practice Full Team 7am-9am	4	5
6	7 Practice Full Team 8am-10am	8 HOME Seminole 4/5PM	9 First Day of School Practice 3:30-5 pm	10 AWAY US Grant 4/5PM	11	12
13	14 Practice 3:30-5 pm	15 Practice 3:30-5 pm	16 Practice 3:30-5 pm	17 AWAY Star Spencer 4/5PM	18	19 <i>Hennessey Tournament Varsity Time TBD</i>

20	21 Practice 3:30-5 pm	22 HOME US Grant 4/5PM	23 Practice 3:30-5 pm	24 AWAY John Marshall 4/5pm	25	26 <i>NW Classic Varsity Tournament Time TBD</i>
27	28 AWAY Capitol Hill 4/5PM	29 HOME HCP 5/6PM	30 Practice 3:30-5 pm	31 Practice 3:30-5 pm		

September

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1	2
3	4 LABOR DAY No Practice	5 HOME Dove School 5/6PM	6 Practice 3:30-5 pm	7 Practice 3:30-5 pm	8 <i>JV Star Spencer Tourney Time TBD</i>	9
10	11 Practice 3:30-5 pm	12 HOME John Marshall 4/5PM	13 Practice 3:30-5 pm	14 AWAY Seminole 4/5pm	15 <i>Varsity US Grant Tournament Time TBD</i>	16
17	18 Practice 3:30-5 pm	19 HOME Hennessey 4/5PM	20 Practice 3:30-5 pm	21 AWAY HCP 5/6PM	22	23 <i>JV Star Spencer Tourney Time TBD</i>
24	25 HOME Capitol Hill 4/5PM	26 HOME Star Spencer 4/5PM	27 Practice 3:30-5 pm	28 AWAY Dove School 5/6PM	29	30

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Regionals Week Time and Location TBD	3	4	5	6	7
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

When you have read the full contract and reviewed the schedule, please follow the directions below.

Sign below and return to one of the coaches. Contracts are due by Thursday, July 21.

Player Name and Signature

Name: _____

Date: _____

Signature: _____

Cell phone number: _____

Email: _____

Parent Name and Signature

Name: _____

Date: _____

Signature: _____

Cell phone number: _____

Email: _____