Wenatchee High School Volleyball Handbook 2007

Panther P.R.I.D.E.

Purpose
Respect
Improvement
Discipline
Excellence

Coaches Contact Information
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Mission

By the actions of our program, enhance high school experience by representing and upholding the Wenatchee High School athletic policy, philosophy, and mission. By means of dedication, attitude, respect, and public relations, fulfill a goal of success measurable by Wenatchee High School and WIAA standards.

Dedication- Commitment to do what it takes, determined by the coaches and administration, to achieve the level of success our program and high school expects of us. To desire and be determined as a team and individuals to obtain a positive student athletic career at Wenatchee High School by sacrificing and eliminating any distracting factors that work against the success of the program and the high school.

Attitude- Display at all times a positive demeanor, supporting and accepting individuals, administration, program, and high school. Demonstrate discipline by upholding the guidelines and rules that enhance the program’s ability to succeed and be respected. We believe that if you have a positive attitude, you allow yourself to grow as a player. Each of you is expected to display good sportsmanship at all times, whether it be toward your teammates, opponents, coaches, or officials and whether it is during practice or game situation. All players are expected to support their teammates.

Respect- Show respect to all members of the team and high school we represent. Acknowledge the respect given to us by others, and display appropriate respect to all opponents. Demonstrate self-respect by accepting and cherishing the role we inherit and accomplishments we achieve as student-athletes and coaches.

Public Relations- Demonstrate dignified behavior to the campus and public representing Wenatchee Athletics at the highest level. Practice and encourage civility for the
surrounding community and be socially responsible with all actions while a member of the Panther Volleyball and Wenatchee Athletics.

Goals

As a member of the Panther Volleyball Program, each individual will work to accomplish the goals of the team, as established by the head coach and the staff.

Team Goals

Goals are broken down into two categories, objectives (short-term) and long-term goals. Objectives are attainable steps needed to achieve a long-term goal.

Objectives- A measuring stick to show how far we have progressed in reaching our ultimate, long-term goals. As the objectives are completed, we can than evaluate where we are as a program and which direction we are headed into. Objectives are great motivators, and also help us concentrate on a task at hand.

Long-term- A goal that we envision our team accomplishing after a period of time. These are not easily attainable goals, but ones that require us to complete certain objectives to reach them.

Each year our program must create goals for us to accomplish throughout the season, and year. With that, a list of objectives needs to be formed to give the team, individuals, and staff markers of completion. As each marker is complete, our goal becomes less distant.

Academics

- A’s, B’s and/or C’s: Academically eligible.
- D’s: Academically at risk. Must meet with athletic administrator and/or coach to achieve academic eligibility.
- One (1) F and/or Below a 2.0: Academically at risk. Must meet with athletic administrator and have a current GPA above a 2.0 to be academically eligible. Will be required to do a weekly grade check to maintain eligibility.
- Two (2) F’s: Academic Probation: Ineligible for the first two (2) weeks of the succeeding semester. Must meet with the athletic administrator and will be required to do a weekly grade check to maintain eligibility. You can still practice but you cannot play in games or travel until your weekly grade check shows that you are cleared to play.
- Three (3) F’s: WIAA Academic Probation: Ineligible for the first five (5) weeks of the succeeding semester. Must meet with the athletic director and will be required to do a weekly grade check to maintain eligibility. You can still practice but you cannot play in games or travel until your weekly grade check shows that you are cleared to play.

Practice
The focus level of the student-athlete is expected to be high. Other factors outside of volleyball, will take a distant second behind what we have to do on the court. Any factors that disrupt practice or the focus level of the team, or individual will not be tolerated. Just like the classroom, we require the student-athlete to learn and apply their knowledge to each drill, scrimmage or meeting we have.

Championship teams and their players understand the game. Each drill, technique, or scheme (defensive, offensive, etc.) requires full attention and cooperation. The athlete must know why we are executing these tasks, and understand how they apply to the game. When the team, or individual goes through the motions with the minimal focus level, errors start to occur, greatly increasing our chance of failure. Our team and program will have the edge over teams and players that do not understand the game. We must focus in practice.

- Practice always starts on time. (3:30)
- You will be ready to go five (5) minutes before.
- No one leaves practice early.
- All players must be dressed in required practice apparel.
- All nets must be set up without verbal orders from coaches. They must be set up as soon as we are allowed on the practice courts. Each team will set up and take down their own net.
- No jewelry or gum on the court.
- Run everywhere during practice.
- 100% focus and attention is required during practice.
- Practice huddles/talks – Players will huddle tight in front of coach(es) and stay attentive until dismissed. All eyes are on the coach.
- No unrelated talking or socializing once practice begins.
- All loose balls will be shagged promptly and placed in the cart before water breaks.
- Team workouts – all players will be required to practice or complete all workouts.
  Exceptions:
  - Trainer notifies coach they cannot perform workouts or exercises.
  - Occasional illness excused by coach.

**Matches**

- All players will be dressed and ready to go 45 minutes to one (1) hour before matches.
- All teams will help when needed and cheer on other teams.
- All teams are expected to stay for the Varsity match.
- Any player on the bench will be 100% focused on the match displaying support for the players on the court.
- After the match meeting will be held immediately after the match is over. No one is to depart the team until dismissed by coach.
- No bags or loose belongings in gym during match. –Home only.
Travel

- We depart on time, be ready ten minutes early or as soon as you get out of class.
- Proper attire is to be worn while traveling; this will be discussed before each game.
- All players must have a companion or buddy when split from the group.
- All players are to return home with the team unless prior permission is given two (2) days before the event.

Competition

This is where we apply what we learn, and work on in practice. The people, who take competition lightly, are the weakness of our team. Competition is not recreational; it is the measuring stick of how hard we work, and how good we are. We must physically, and mentally prepare to compete. All individuals on this team are expected to compete at her highest level, and to take pride in how we play.

Class Attendance

- You must attend all your classes every day in order to be eligible to play or practice.
  - If you don’t...plain and simple...you don’t play or practice!
  - Of course, there are always exceptions (appointment, family, etc.)

Consequences

All rules broken will mean extra conditioning for the entire team. Any individual that excessively breaks the rules will be dealt with by the coaching staff. At all times and in all ways, players are to represent Wenatchee High School by displaying Panther P.R.I.D.E.

Miscellaneous Reminders

- Hold the ball when any coach is talking.
- Hustle everywhere when in the gymnasium.
- All balls are shagged before anyone gets a drink.
- You are responsible for the care of your uniform. Please keep it clean and follow the washing instructions on the label. If you ruin or lose it, you will be responsible to pay for it to replace it.
- No outside talking during practices or in games.
- Be focused and ready to go each and every day.
- Have fun!

Guidelines for Parents
Let the coaches coach. You’re the boss in your house; the gym is our house.
Support the program, not only your daughter.
Be your daughter’s fan, not her critic.
Parents need to listen, support, and suggest strategies for their children to solve their own problems. Don’t rescue or fix.
Understand and display appropriate game behavior.
Monitor such things as; health, family tragedies, stress, etc. that could affect performance. We appreciate parents who inform us of those things since players tend to hide them from their coaches.
Help your daughter maintain her priorities.

Varsity Lettering Criteria

You will receive a varsity letter if you accomplish the following:
1. Play in at least 50% of all scheduled games.
2. Display good sportsmanship.
3. Abide by the athletic code.
4. Give your best effort at all times and play with passion for the game.
5. Attend every practice.

The coach has the right to award a letter in the case of an injury or other extenuating circumstances.