

OAK LAWN VOLLEYBALL

TEAM RULES AND REGULATIONS

COACHES:

Head Varsity Coach – Dennis McNamara (Email: dmcnamara@olchs.org)

Varsity Assistant Coach – Hollie Boetscher (Email: Hollie.Boetscher@gmail.com)

Head Sophomore Coach – Rachel Mayer (Email: rcmayer4@gmail.com)

Head Freshman Coach – Lauren Klenn (Email: lklenn@olchs.org)

Managers:

Maggie Johnson - Junior

GENERAL GUIDELINES:

- 1.) All athletes should abide by the Oak Lawn Community High School Code of Conduct.
 - Please visit the Oak Lawn Community High School Athletic Webpage for details
- 2.) **Practices:** It is imperative players be on time and attend all practices; this includes practices over breaks and holidays. Practices are used to prepare for the upcoming matches and are where coaches make decisions about playing time.
 - All cell phones must be turned off and never checked during practice.
 - All jewelry must be removed during practice.
- 3.) **Home Games:** It is our philosophy that we consider our program at Oak Lawn High School one team. That is why all Varsity players will be required to come and support the Freshman and Sophomore teams. Likewise, the Freshman and Sophomore teams are required to stay and support the Varsity teams after they finish their matches.
- 4.) **Away Games:** All volleyball players will meet in the Spartan Gym Lobby by 3:15 to take the bus to our away match. Anyone who is late for the bus may be left behind, so be sure to be on time.
 - Players may ride home with only their parents from schools near Oak Lawn HS. (i.e. Richards, Reavis, Evergreen, Argo, Shepard)
 - Players are not allowed to go home with another player's parent.
 - If a parent needs to take their daughter home from an away match other than those listed above, they should fill out the attached travel release form.
- 5.) **Social Media:** Disciplinary action may be taken against any athlete that posts something detrimental to her team or the program.

Team Expectations

- 1.) **Grades:** Grades are the most important part of your tenure at Oak Lawn High School. Your education comes first! If you are having problems in a class or classes, talk to your teacher and your coach. We can arrange for you to get help. Do not be embarrassed or wait until the last minute to ask for help.

YOU MUST BE PASSING ALL FIVE OF YOUR CLASSES TO PARTICIPATE IN ATHLETICS.

- 2.) **Equipment Responsibilities:** When assigned a piece of equipment, you are responsible for it the entire trip. You must take it both on and off the bus and make sure it is returned to the equipment cage. **If you lose the equipment you are assigned you will be responsible for replacing it.**
- 3.) **Attendance:** If you will not be at a practice or game for any reason, you are responsible for letting your coach know. **Do not have a teammate tell the coach for you.** If you are ill or will not be attending school, contact your coach via email or send a text message.
- 4.) **Injuries/Treatments:** If you have an injury or you need to be taped, please arrive in the training room early so you can be on time for games and practices. Coaches will be in contact with the training staff when a player has an injury where a player may miss significant practice/game time.
- 5.) **Player Conduct:** Players should clean up after themselves. No tape or empty water bottles should be left in the gym. In regards to officials, they will be treated with respect and courtesy. No overt signs of disgust, harassing, or assistance with calls should be made. Only the captain may speak with the official if deemed necessary. We will treat other teams with the same respect with which we would want to be treated. This means we will not make fun of or laugh at another team.

Parent Expectations

Parents play a critical role in the overall success of their child's involvement in athletics. **Here are some ways you can help your daughter have a fun and successful volleyball season:**

1. Make sure your daughter knows that win or lose, scared or heroic, you love her, appreciate her effort, and are not disappointed in her. This will allow her to do her best without a fear of failure. Be the person in her life she can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach her on the way to the gym or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for her to be inundated with advice, pep talks, and often critical instruction.
4. Teach your daughter to enjoy the thrill of competition, to always be giving 100%, to be working to improve her skills and attitudes. Help her to develop the feel for competing, and giving a maximum effort.
5. Try not to relive your athletic life through your daughter in a way that creates pressure.
6. Don't compare the skill, courage, or attitudes of your daughter with other members of the team.
7. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your daughter under his/her leadership.
8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
9. Remember: "Success is a peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best that you are capable of becoming." (John R. Wooden) Assure your daughter, win or lose, if she played her best, she should feel good about her performance.

PARENT COMMUNICATION POLICIES

It is our belief that communication with parents is important to the success of our program. We also believe your daughters should be or become their own advocate. Because of this, the following communication policies will be adhered to:

1. Your daughter will deal with the coach about any concern they may have and together they will work it out.
2. Parents, the 24 hour rule should be followed when concerns of playing time arise.
3. Coaches will meet with a player and her parents together.
4. Players will inform parents about team policies, expectations, roles on the team, etc.
5. Talk to your daughter's coach first, varsity coach second, athletic director third.

If we all work together, we will make Oak Lawn Volleyball into a program we can be proud of.

I _____, as a player on the Oak Lawn Volleyball team, have read, understand, and are in agreement with the expectations, policies and procedures outlined in this handbook. By signing this form, I am showing that I have completely read the entire form.

Player signature

Date

As the parent(s) of _____, I/we have read, understand, and are in agreement with the expectations, policies and procedures outlined in this handbook. By signing this form I/we am/are showing that I/we have completely read the entire handbook and have discussed it with my/our daughter.

Parent signature

Date

Parent signature

Date

***You must print and return this page to your coach before our first game against De LaSalle on 8/23.**