

LAS LOMAS VOLLEYBALL – Fall 2023

Being a member of the Las Lomas Volleyball program is both an honor and privilege. With this privilege comes an enormous responsibility for the student and our coaching staff. All players will:

- Be responsible to yourself - Be responsible to our school – Be responsible to others
- Be respectful to coaches, teammates, opponents, officials and gyms we compete in

All players represent Las Lomas High School and our volleyball program – and are expected to behave in a manner that is consistent with both school and volleyball program policies - at home and away competitions, as well as tournaments; during the time of match play, as well as the time spent on campus before and after matches.

PARTICIPATION DONATION AMOUNTS FOR FALL 2023 SEASON:

- Frosh/Soph Team: \$300/player
- Junior Varsity Team: \$300/player
- Varsity Team: \$350/player

This year the District has mandated that every sports team ask for a \$230 donation and then each program can ask for a supplemental amount. The coaches and the players have worked hard over the summer to earn money to keep these costs down.

Payments should be made online, via the school website – Find “Webstore” located under the Quick Links tab on the school’s home page – click “Athletics/Cheer” to get to our contribution page. There are also links on the Volleyball web page. Please make your contributions by Friday, August 27th.

We are striving for 100% Participation Donations received!!

Goals of the Frosh/Soph team:

- Introduce and develop skills and rules of the sport.
- Present an opportunity for student athletes to experience a specific sport while being introduced to interscholastic competition.
- Give all players opportunities to play in games, assuming players have met the expectations of the coach.
- League match play typically begins at 4:00. Frosh/Soph will play best 2 out of 3. First 2 sets to 25 points, third set to 15 points (win by 2)

Goals of the Junior Varsity team:

- Further develop the skills and knowledge of the sport with increased intensity in practices and competitions.
- Give players opportunities to play in games based on meeting the coach's expectations to prepare for the Varsity level.
- League match play typically begins at 5:00. Junior Varsity will play best 2 out of 3. First 2 sets to 25 points, third set to 15 points (win by 2).

Goals of the Varsity team:

- Develop skill and knowledge to the highest level.
- Award playing time based on skills; however, one’s attitude, attendance, daily work ethic, and ability to be a good teammate are important contributing factors in

determining an athlete's playing time (may not be equal among players). Class year, seniority, number of years on varsity or in the program will NOT be used to determine playing time.

- Compete for League, Sectional and State Championships.
- Expected to be role models and mentors for younger athletes.
- League match play typically begins at 6:30. Varsity will play best 3 out of 5, with sets 1-4 going to 25 points and the final set to 15 points (win by 2).

Program Rules:

- Players must come to practice properly dressed: Kneepads may be worn. No tank tops. NO jewelry – NO rings, NO earrings, NO necklaces.
- NO parents allowed in the gym during practice time.
- Coaches will not permit an athlete to practice or play in a match if the student has not attended 50% of her scheduled classes that given day – the attendance office keeps track and will inform coaches of player ineligibility.
 - If a player is too sick to attend 50% of her classes on a game day, please do not plan to attend the match. Inform the coach of the illness so that line up adjustments can be made.
- All Varsity players are issued two jerseys, all other team members one jersey, and one pair of spandex. Each player is responsible to purchase kneepads and shoes on their own. Teams can organize purchasing matching socks on their own. At the conclusion of the season, the player must turn in their jersey(s).
- All jerseys belong to the program – if they are lost or misplaced, players will be responsible to pay to replace their jersey. (Replacing one jersey is difficult and expensive, please always leave the gym with your jersey on, so it doesn't get left behind/lost).
- Formal carpooling will likely be allowed again this season. Under normal circumstances, players will be assigned to carpools by their Team's Carpool Coordinator. There is no switching or changing without prior approval of your coach. If carpools are not allowed, it will be the responsibility of each family to get their player to the gym at the required time. Individual coaches will assign arrival times
- Coaches will assign all players into reffing groups on a rotating basis:
 - At HOME matches we need to provide line judges, a score keeper, libero tracker, score board operator.
 - Varsity team players will work the Frosh/Soph match. Frosh/Soph team players will work the JV match. JV team players will work the Varsity match.
 - Players assigned to reffing duties must stay for the entire match that they are assigned to.--If you are unable to fulfill your reffing assignment it is YOUR responsibility to find someone to replace you.
- We encourage players to support all teams within the program:
 - All Frosh/Soph team players are required to stay for the entire first set of the JV match at HOME and AWAY matches (players assigned to ref must stay the entire match).
 - All JV players are required to stay for the entire first set of the Varsity match at HOME and AWAY matches (players assigned to ref must stay the entire match).
- Playing time consequences:
 - Coming to practice late, leaving practice early or missing an entire team event for an unexcused reason will affect a player's playing time.
 - The only "excused" reason to miss practice is for things "required by school" (i.e. a make-up test, finishing a lab, etc.)

- Choosing an elective that meets/is graded by attendance/participation after school or during non-school hours is NOT required by school – and is not an “excused” reason to miss practice - and may affect playing time. Things that fall in this category include chorus, leadership, drama, band, etc.
- Please schedule doctor appointments, tutoring and other appointments during non-practice times.
- Repercussions: (Non-excused absence)
 - Missed practice will result in a missed set of the next match.
 - Missed match will result in a missed match.
- Please let the coaches know of any absences you will have at the earliest possibility.
- Players are discouraged from taking vacations during the season:
 - Plan on having practice on minimum days/school holidays/teacher work days.
 - Coaches will decide the practice schedule for their own team on these days.
 - Check the schedule for scrimmages/tournaments on weekends before making plans.
- Line of communication – Players are encouraged to discuss concerns with the coach in the following manner and must start with Step 1:
 - 1. Player speaks with coach
 - 2. Player and parent communicate with coach
 - 3. Player and parent communicate with coach and Athletic Director
 - 4. Player and parent communicate with coach, Athletic Director, and Associate Principal
 - 5. Player and parent communicate with coach, Athletic Director, and Principal
 - 6. Player and parent communicate with district office and site personnel as needed.
- Please reach out to the coach to schedule an appropriate time to meet.
- Discussions may not occur before, during or after a match, or during an active practice when other players are present.
- It is not appropriate for parents to attempt to discuss playing time, line-ups, player rotation, team strategy, play calling or other student-athletes with coaches.
- 24 Hour “Cooling Off” Period – Please wait 24 hours to have a discussion with the coach about player or team conflicts/issues. The discussion time must be set up by appointment and may not occur in the gym immediately after the match or during the next practice – full 24 hours must elapse before the conflict/issue is discussed.
- Please do NOT participate in the Blood Drive during season.

Return this part to your coach!

Las Lomas High School Volleyball Team Rules and Expectations – 2022

By signing this form, I acknowledge that I have read and agree to abide by all the rules and expectations of the Las Lomas Volleyball Program. Any questions I had regarding these rules have been addressed in discussions with Coach Ben Deane.

Athlete's Name (Printed): _____ Date: _____

Athlete's signature _____

Parent Signature _____