



2024 Rocky Mountain Girls' Volleyball Handbook

Welcome to a new season of Rocky Mountain Volleyball! The purpose of this handbook is to provide the athlete and parent with basic information about the volleyball program and the upcoming season.

- General Philosophy

Each participant is a student-athlete, not an athlete-student. The number one priority while attending Rocky Mountain is education! As an athlete you have the unique opportunity to represent Rocky Mountain High School off campus. It is an expectation that all players always display good sportsmanship, both on and off the court.

As a volleyball program, our goal is to provide an opportunity for the student to have a positive athletic experience, to continue to learn about the game, and foster a passion for volleyball. This can be achieved through a strong work ethic, positive attitude, teamwork, good sportsmanship, desire, communication, responsibility and a willingness to learn and have fun. These are core values that we will continue to require throughout the season from all athletes. Playing volleyball for Rocky Mountain High School is a privilege, not a right.

- Team Expectations

All practices for all teams are **mandatory**. If a player is going to miss a practice or a game, she must communicate this to her coach **BEFOREHAND**. It is the players responsibility to communicate with her coach. Missed practices may result in loss of playing time. Repeated absences can affect the athlete's standing within the team as well as playing time.

I cannot state the point strongly enough that talent as a player and the skills they possess is an important factor we take into account; however, it is only a portion of what we look at. If a player lacks the ability to conduct herself in a positive manner, does not give effort, is a poor teammate, has a poor attitude towards other players or coaches or has a bad attitude in general and is a distraction both on and off the court, that individual will not be a part of this program. Playing volleyball for Rocky Mountain High School is a privilege, not a right.

Each player is representing Rocky Mountain High School, both on and off the court. We expect all athletes to show respect to their teammates and coaches as well as officials and opposing teams.

- Hudl

We'll be using Hudl Assist for stats (the nice version!). We'll need one parent to record and upload all game video to the Hudl website and stats will be broken down per player/team.

- Practices/Playing Time

Practices will begin promptly at 4:20pm. We expect the athletes to be dressed and ready to start on time. This includes setting up all the nets in both gyms. Practices will be over at 6:20pm unless communicated by the coach. We expect all players to be on time.

There are many things that can affect a student-athletes playing time, including: effort, attitude, grades, performance in practices, performance in games, and much more.

D and C teams – it is expected that all players will play in all games.

JV and Varsity teams – play time is not guaranteed, it is up to the coach's discretion who plays.

- Eligibility

It is the athlete's responsibility to remain eligible to participate. They are student's first and athletes second.

An athlete must be registered for at least 3 classes.

You are ineligible if...

1. Out of your classes you have two D's
2. Out of your classes you have one F
3. An athlete must be in attendance the day of a competition in order to compete.

- Communication

It is the goal of the RMHS Volleyball Program to help our athletes become better young women as well as better volleyball players. We expect communication to be between the athlete and the coach. If a player has a question about playing time or her position, she needs to advocate for herself first and ask the coach directly. We understand that sometimes parents need to become involved and are welcome to contact their daughter's coach about any questions or concerns they may have. But we will not talk with a parent until the player has attempted to get answers to questions or resolve an issue on their own first with the coach/coaches. Whether it is a player or parent, there is a mandatory 24 hour waiting period to speak with a coach after a game if there is a perceived issue. We want all parties involved to have a "cooling off" period to sleep on the issue and develop questions that the player or parent would like addressed in a calm manner.

- Booster Fees

There are many expenses incurred by the volleyball program. Annual expenses may include balls, carts, nets, antennas, awards, food for away games, and practice shirts. Other incidental expenses may include the purchase of spirit gear, food and gifts for special events like senior night and parent night. More details will be sent out.

- Parent and Spectator Behavior

This issue has gained attention nationwide as parent and spectator behavior, including the mistreatment of officials, has continued to create problems. This issue has also become prevalent in our surrounding community in both the high school and club arenas. Rocky Mountain High School and the Rocky volleyball program will not condone any behavior that takes away from the goal of providing positive attention and support of the team. Any such behavior will have consequences including the removal of such spectators from the premises. Inappropriate behaviors include, but are not limited to criticizing officials, engaging in negative or sarcastic cheers for the opposition, criticizing players or coaches on Rocky's team as well as the opposing team and shouting crude comments.

CHSAA

(Excerpt from the Management & Sportsmanship Expectation Guide) PARENTS/SPECTATORS

► Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.

- ▶ Remember that school athletics are learning experiences for students, and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
- ▶ A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- ▶ Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- ▶ Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.
- ▶ Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete and admire their willingness to participate in full view of the public.
- ▶ Recognize and show appreciation for an outstanding play by either team.
- ▶ Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, and during games, and afterwards on or near the site of the event (i.e., tailgating.)
- ▶ Use only those cheers that support and uplift the teams involved.
- ▶ Recognize and compliment the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the rule of good SPORTING BEHAVIOR to that end.
- ▶ Be a positive role model through your own actions and by censoring those around you at events whose behavior is unbecoming.

- Games and Bussing

You can find our schedule online on www.frontrangeleague.org You can also find it on the Rschool Activity Scheduler App

- Select **Colorado** – Select **Front Range League** – Select **Rocky Mountain High School** From there you can select which team(s) you would like to follow.
 - Bussing will be a little different than last season. We will be using PSD school busses instead of charter busses. If the game is in Johnstown or CLOSER, the bus will get teams there but will not bring them back. Players will need to coordinate rides home. If the game is FARTHER than Johnstown, the bus will take teams there and back.

- I will need permission IN WRITING (text or email) that allows players to drive themselves OR ride with another player. This writing must come from a parents email or parents phone. Players will not be allowed to drive themselves when we have a bus that takes us to and from, only games that have a one way bus.
- Team Pictures

Team pictures will be on Tuesday August 20th at 4:05pm in the gym. Pictures will be thru Studio 5. I'm told parents will get proofs of all photos and poses emailed to them as soon as photos go thru editing. It's usually 3-5 business days. There are no envelopes.

- Lettering

My lettering policy is a simple one. If you play in a varsity match, you will receive a letter. There is no minimum amount of time that must be played.

- Windsor Scrimmage 8/24

All 4 levels will compete in a scrimmage hosted by Windsor HS this Saturday the 24th.

Varsity will be at Windsor HS. JV will be at University HS. C and D will be at Resurrection Christian. Play time is approximately 9am-1pm. More details will come out this week.

- CSU game for the program

Was scheduled for this Saturday but with the Windsor scrimmage I had to move it. It will now be CSU vs Air Force on Saturday 10/26. This is for all 4 teams. Parents are welcome to purchase tickets through Ryan Baldino (443-966-0593) at the CSU ticket office.

If you have any questions or concerns, please feel free to reach out to your daughter's coach. If you are unable to get your question answered or concern resolved, please reach out to Coach Buol at ebuol@psdschools.org. Please attempt to arrange a mutually appropriate time to meet with your daughter's coach. Coaches should not be approached after games to discuss specific situations such as performance, play time, positions or individual and team evaluations.

We are very excited for this season of Rocky volleyball! Go Bo's!

Please sign this page as confirmation that you received this handbook and are willing to abide by the rules set forth by the Rocky Mountain High School volleyball program.