

## **Nighthawk Rules and Regulations**

### **Physical Cards**

All athletes must have their physical clearance forms filled out. They need to be given to me before you can participate. This is an NDHSAA rule.

### **Activity Fee**

The activity fee for volleyball is \$40.00 for Junior High and \$50.00 for High School. This fee must be paid to the office before the athlete can participate in their first practice. Does not apply to Scranton athletes.

### **Alcohol tobacco, and Grades**

1. **Alcohol, drugs, and tobacco:** We are governed by NDHSAA rules. Any athlete who is caught drinking alcohol, smoking, or ingesting illegal drugs will be suspended six weeks for their first offense. If they have a second offense within one year they are suspended for 18 weeks. Another offense will be one year's suspension from all NDHSAA sanctioned athletic events.
2. **Grades:** Hettinger High School assesses grades on a week-to-week basis. It is our policy that any student failing two or more classes will be suspended from play for one week. The grading week is from Wednesday to Wednesday. There is also one other reason for keeping up your grades. Every year each school receives an award from NDHSAA if their team can maintain a cumulative GPA of 3.25. This is an excellent award to receive as it shows you care as much for your grades as your sport.

### **Team Objectives**

1. **Play Hard**
2. **Play Smart**
3. **Have Fun**
4. **Practice As You Play**
5. **Give A Winning Effort**

### **Qualities of a Nighthawk Volleyball Athlete**

1. **Be Loyal**
2. **Be A Leader**
3. **Be Coachable**
4. **Be A Hard Worker**
5. **Be A Good Teammate And Friend**
6. **Be Yourself**

### **General Rules and Consequences**

1. Volleyball players are expected to attend all practices. Excused absences are as follows:
  - a. Medical Purposes (With Note)
  - b. Family Emergency
  - c. School-Related Functions
  
2. All other missed practices will be considered unexcused. Family vacations are not considered excused. Consequences for missed practices are as follows:
  - a. 1 Unexcused Absence = 1 Missed Set
  - b. 2 Unexcused Absence = 1 Missed Match
  - c. 3 or More Unexcused Absences = Coaches Decision (usually dismissal from team)
  
3. Volleyball players are also expected to be on time for ALL activities and practices. If a tardy is necessary (i.e. getting school help) the coach must be notified. Please Note: Tardiness for after school detention is not acceptable. Consequences for tardiness are as follows:
  - a. 1 Tardy = Warning
  - b. 2 Tardies = 1 Missed Set
  - c. 3 Tardies = 1 Missed Match

### Curfew

Volleyball players are expected to follow curfew. Curfew is set at 10:00 PM on weekdays and before matches (this includes tournaments on Saturday) and 12:00 AM on weekends. If it is necessary for you to stay out later, with a valid excuse, the coach needs to be notified. This is done to eliminate any problems. Consequences for curfew violations are as follows:

- a. 1 Violation = Warning
- b. 2 Violations = 1 Missed Set
- c. 3 Violations = 1 Missed Match

### Dress Code

All players are expected to dress appropriately for volleyball functions. You are a representative of your schools, communities and the sport of volleyball. Being an ambassador is one of your jobs. The following is the criteria for our dress code.

1. The day of a match, whether home, or away you must be in dress clothes.
2. Skirts can be no shorter than 2" above the knee.
3. No tennis shoes will be allowed as dress apparel.
4. No mid-riff shirts may be worn as dress apparel.
5. Blue jeans are not considered dress apparel, even on a Friday.
6. No hats, shorts or t-shirts may be worn as dress apparel.
7. On the court you must have half-calf socks. No short socks are allowed. Failure to have long socks will result in extra conditioning. This applies to matches as well as practice.
8. All white or all black socks are the only acceptable colors.

9. For tournaments on weekends dress code is casual. There is no need to dress up when we go to a weekend tournament.

**\*NOTE:** If your daughter is sent home for wearing inappropriate, or too short of clothing, she will NOT be allowed to dress that night. If it is an away match she may travel with, but CANNOT play.

### **Bus Trips**

It is preferred that all members of the Night Hawk Volleyball team, from A squad down to C squad travel together to and from matches. As a team it is important we share in both victory and defeat as a team. However, in these uncertain times of Covid-19 we will encourage all athletes to travel home with their parents. That is why I feel it is important for athletes to be together for both the wins and losses. Rules for bus travel are as follows:

1. If an athlete is going to ride home with a parent, that parent must inform one of the coaches.
2. If an athlete is going home with another athlete's parent they must have a written note from their own parent handed in BEFORE we leave for the trip.
3. If you have a shorter distance home riding with parents than the bus, it is acceptable to ride with parents.
4. If you are continuing on in a different direction for a family function, obviously we will not make you ride all the way home and then back.

### **Coaching Philosophy**

Every coaching staff should have a philosophy. This coaching staff believes in the power of the team. It is this belief that guides us in our roles as coaches, players and parents. We cannot plan to achieve success without acting as a team. Below are the expectations of coaches, players and parents in achieving our goal of team unity.

### **Role of Coaches:**

1. To Listen
2. To Provide a Safe, Fun Environment for Playing Volleyball
3. To Improve
4. To Educate
5. To Accept Shortfalls of Him/Herself
6. To Be Fair (Do What is Best For the Team)
7. Give 100% as that is what is expected of the players

### **Role of the Player:**

1. To Listen
2. To Never Give Up
3. To Be a Teammate

4. **To Act Like A Lady**
5. **Respect Everyone (no catty situations)**
6. **Play and Practice To the Best of Your Ability**
7. **Have a Desire to Improve and Win**
8. **Accept Your Role**
9. **Be Positive**

### **Role of the Parent**

1. **To Listen**
2. **To Encourage (Your Child and Her Team)**
3. **To Cheer**
4. **To Support**
5. **To Help Your Child Understand Their Role**
6. **To Not Criticize Your Child's Teammates or the Staff.**
7. **Approach the Head Coach with concerns at the appropriate time. This time is from 2:25 to 3:15 Monday through Friday.**

### **Team Philosophy**

**First and foremost, we are a team. The team takes precedence over the individual. The individual is extremely important to our game, but is not above the team. Having the mentality of team first, the second will be paramount to our success. Because of this the coaching staff has instituted a rigid system to make sure we preserve our idea of team.**

**We will not tolerate any infighting or backstabbing, or squabbling on the court or in the halls, or in the town. We are a team, and we must act like a team at all times. I cannot stand backstabbing, threatening messages on cell phones, little cliques that start fights and people only looking out for themselves. Following is a list of unacceptable acts as a Nighthawk Volleyball Player:**

1. **Talking about a fellow player behind their back.**
2. **Creating a situation where players take sides and infighting occurs.**
3. **Threatening or mean text messages.**
4. **Name-calling.**
5. **Complaining on the bench.**
6. **Blaming others for your lack of playing time.**
7. **Using social media in an unacceptable way.**

**These acts are detrimental to our ultimate goal of a team championship. We can't allow people to tear our team apart with petty differences. I will deal with these infractions and they will be dealt with severely. Following are the punishments for these infractions:**

1. **1<sup>st</sup> Infraction => punishment up to suspension from the team for 2 sets.**
2. **2<sup>nd</sup> Infraction => punishment up to suspension from the team for 2 matches.**
3. **3<sup>rd</sup> Infraction => punishment up to dismissal from the volleyball team.**

Following is a list of ways to avoid infractions and team suspension:

1. If you have a problem, talk to the person. You may find that your differences are not that great and you may have more in common than you think. People respect you more if you talk to their face, and not behind their back. You may not get the answer you wanted, but at least you were diplomatic.
2. If you don't get satisfaction from your communication with a person then come to me, or another coach. We will then handle the matter.
3. Above all, respect. Respect one another, not only on the court but also in your personal lives. Little squabbles will happen. It is a part of life. If you remember simple respect then you will be fine. Treat others as you would like to be treated. Everybody remembers a time when they were made to feel bad. Remember that time, and ask yourself if you want someone to feel like you did at that time.
4. Avoid getting into personal vendettas. If two players are fighting it is best if you stay out of it, even if one of them is your friend. It could lead to something you didn't want, such as suspension or other disciplinary actions. Be a mediator, not an instigator.

### Playing Time

**Varsity** => The coach will put the best six girls on the floor that he/she feels will give us the best chance to win. Playing time is NOT guaranteed and is NOT equal.

**Junior Varsity** => At this level we are developing the skills necessary to compete at the varsity level. Playing time IS guaranteed, but is NOT equal.

**"C" Squad** => At this level we want to introduce the basics of the game. Playing time IS guaranteed, but is NOT equal.

### Earning A Varsity Letter

1. Play in at least 12 Varsity games, not matches.
2. Help the varsity in some way in practice, or on the bench.
  - a. This ensures that even if you don't get 12 games, if you practiced hard and made your team better, you will get a Varsity letter.

### Team Captains

Captains at the Varsity level will be chosen by the head coach. JV and C Squad captains will be voted on by their peers. A captain can be anyone (not just seniors). The role of the captain is to be a teacher and leader on and off the floor. She will do the speaking to referees during the match. She will also be responsible for encouragement, motivation, energy and team spokeswoman for the team to the coach. Of course, individual concerns can be brought to me at any time, without going through the team captain.

**Expectations of the captains are as follows:**

- 1. Stay focused and keep your teammates focused in practice and matches.**
- 2. Prove your leadership, not just vocally, but by example.**
- 3. Be a positive role model in and out of school.**
- 4. Command the respect of both teammates and coaches.**
- 5. Be able to make decisions in the best interest of the team.**
- 6. Be a friend to all players.**

**\*If you are a captain, and fail to adhere to these rules, you will be stripped of your captainship.**

### **Grounds for Dismissal**

**If for any reason the coaching staff feels that there is EXCESSIVE discontent among the athletes to an athlete, or athlete to coach, and all available channels of discussion and reconciliation have been attempted, the head coach reserves the right to dismiss one or more players. This discontent would be deemed by the head coach as a detriment to the team and would be a last resort option. I do not want to dismiss anyone from our team, but I will if they threaten the integrity of our team, and our goals. Involved parents are welcome to visit with the head coach concerning the situation. All decisions of the coach are permanent.**

**Examples of possible dismissal situations are:**

- 1. Extreme negative attitude.**
- 2. Uncoachability**
- 3. Severe lack of effort.**
- 4. Degrading a teammate.**
- 5. Not following coach instruction.**
- 6. Any negative effect on the team.**
- 7. Use of social media in an unacceptable manner.**

### **One Last Note for Parents**

**As a parent you are also part of our team. There are many ways you can be involved in your daughter's team. You may be a spectator, transportation provider, officiating (line judge), fund raiser, etc. You, as a parent, have a great chance at helping our team cohesion by making an effort to understand what is going on with your daughter's team. Attend the preseason meetings coaches hold. This will definitely help you understand the coach's mission and ideas. Ask your daughter questions. Understand her role on the team. Understand her position. It is a great sport, and one of the most exciting to watch, and your daughter is a key part to that. Never talk negatively about any of your daughter's teammates. This is hurtful, and believe me, what you say will get to the girl you said it about. Never talk negatively about the coach in front of your daughter. If you have something to say to me, you**

**can say it to me. If you are not a coach, do not coach your daughter from the sideline. This undermines the responsibility of the coach and is hard for your daughter, because she will now have two people telling her what to do. Instead, cheer on the sidelines, and be a positive fan.**

**If you believe there is a problem with the coach you should talk to me. If the problem involves one or more athletes all parents should be involved to solve the problem. Make an appointment to see the coach, but not at practices or games. Explain the problem to the coach and ask for the coach's perspective on the situation. I am more than willing to sit down with a parent.**

