

**Menahga High School  
Girls Volleyball Handbook  
2026**



As we begin a new season, our goal is to build a volleyball program defined by commitment, accountability, and a positive team culture. Success on the court starts with the choices we make every day—showing up prepared, giving our best effort, supporting our teammates, and representing our school with pride. This season, we are raising our standards because we believe our program is capable of competing at a higher level, improving our record, and earning a playoff victory. Negative attitudes, poor sportsmanship, and behaviors that undermine the team will not be tolerated. Every player has a responsibility to contribute to an environment built on respect, hard work, and a shared commitment to our goals.

Additionally, it is important for varsity and junior varsity players and parents to understand that playing time and team placement are based on skill level, not age or grade. Just because a player is older does not guarantee more playing time or a starting spot on a specific team. We are here to compete and win, and that requires putting the most prepared and skilled athletes on the court. Every player has the opportunity to earn their role through consistent effort, growth, and dedication. When we hold ourselves to these high standards, we create a culture that not only leads to wins but also builds character and pride in our program.

It is important to note that each team has different goals for this season and offers different aspects regarding playing time.

Junior high teams: at this level all participants will receive playing time. However, *equal* playing time is **not** a guarantee. **Ultimately, it is based on the player's attitude, work ethic, attendance, participation, and skill level.**

C-team: at this level each player will have an opportunity to play, but playing time will **not** be equal. Players with better skills will be the first to participate. Players really need to work on improving their skills at this level. **Ultimately, it is based on the player's attitude, work ethic, attendance, participation, and skill level.**

Junior varsity and varsity: at this level, playing time is **not** guaranteed. All players need to earn their starting spots. Playing with the best skills will be the first to play. Younger players will play in front of older players if their skills are better. **Ultimately, it is based on the player's attitude, work ethic, attendance, participation, and skill level.**

# Contact Information

## **Varsity Coach**

Tori Komulainen

(218) 407-7709

## **Junior Varsity Coach**

Rilee Michaelson

(218) 616-0016

## **C-team Coach**

Rhea Hilluka

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## **Junior High Coach**

Emily Huotari

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## **Junior High Coach**

Sara Kinyon

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## **Activities Director**

John Hedstrom

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## Eligibility Requirements

### **Academic eligibility policy:**

School comes first. If you are failing a class, you will not be eligible to play in games until you receive a passing grade. You must be passing all classes before practice the day before a game in order to play in that game. If you are academically ineligible to play, you will be expected to travel with the team and support your teammates on the bench. You will not be able to wear a jersey during this time.

### **Attendance policy:**

You must attend five practices before you are eligible to play in a game. A missed practice without an acceptable reason will result in failure to start the next game.

### **Acceptable reasons** include:

1. Being sick and/or sent home from school
2. Family emergencies
3. Funerals
4. Church activities
5. Medical appointments

Three unexcused absences from practice may exclude further participation on the volleyball team. A written warning will be documented and given to both the student-athlete and the athletic director after two unexcused absences have occurred.

Make sure to report to your coach **ahead of time** if you will be missing a practice for an acceptable reason.

**Don't drink, smoke, or do drugs!** If you are caught, eligibility procedures will follow MSHSL rules and code of conduct.

All varsity players who start and finish the season in good standing will receive a letter.

## Rules and Expectations

### **Practice policies:**

1. Players will be dressed and in the gym 10 minutes early each practice in order to set up the nets and equipment. It is the team's responsibility to set up the nets for each practice.
2. All athletes will start warming up at the scheduled start time.
3. No cell phones at practice. Keep them in your locker or backpack.

### **Game day policies:**

1. Dress for success! On game days, look professional and dress for success either in professional wear or spirit wear, as decided by team and coaches prior to the game.
2. **No heels on game days!**
3. Positive attitude and sportsmanship are a must. Be respectful to the referees, opponents, and coaches.
4. Represent the volleyball program and Menahga High School well.
5. **No cell phones!** During home games, keep them in your locker or backpack. During away games, they are not to be used once we enter the school.
6. Homework is allowed during other level games.
7. All athletes will travel both ways on the bus, unless released personally by the coach to the parent/guardian **only**.
8. All bus regulations will be adhered to by the players.

### **Off-court behavior:**

1. Be cautious of what you post on social media! Remember that you still represent the team and the school, so be smart online!
2. Be kind to your teammates at all times. In order to be successful on the court, players need to create a positive relationship with one another off the court.

## Complaints on Coaching

When there are complaints on coaching:

1. The **athlete** must go to the coach first and address any concern before a parent/guardian is involved and a meeting is set up.
2. Parents and players must wait **24 hours** to approach the coach regarding concerns.
3. If we cannot come to an agreement, the athletic director will be involved.

We want to hear from you, but please do so during volleyball hours. Our numbers are available to set up meetings as needed.

We have a volleyball GroupMe that we post reminders on. **Every player and parent should be added to this**, if they are not already!

## **Player/Parent Contract**

As a member of the Menahga Volleyball Program:

1. I will do my best during games and practices.
2. I will put the team goals over my own.
3. I will be an encouraging and supportive teammate to everyone.
4. I will accept my role on the team and do my best to fulfill that role.
5. I will communicate my issues, problems, and concerns to my coaches at an appropriate time.
6. I will not put myself in a bad position that could be harmful to myself, my teammates, and/or my school.
7. I will maintain passing grades to participate.
8. I will always be early.
9. I will follow the expectations of setting up and taking down equipment.
10. I will respect my playing time that I have earned.
11. I will respect the 24-hour rule with my coaches.
12. I will follow all of the team rules and procedures listed in the handbook.

I agree and am aware of all the rules and procedures in the handbook and understand that there will be consequences if I do not follow them.

PlayerName:(print) \_\_\_\_\_

Player Signature:\_\_\_\_\_

Parent Signature:\_\_\_\_\_

Return this to your coach asap. Please contact Coach Komulainen with concerns.

