

Lake City Volleyball

Program Handbook



**If you wanted a soft serve, you should have gone
to Dairy Queen**

Purpose of Handbook

- 🏐 The purpose of the Lake City Volleyball Parent Handbook is to share important beliefs, expectations, and details about the Lake City Volleyball program.

Our Purpose Statement

- 🏐 We coach volleyball because we have a passion for the sport, we want to build strong relationships with the players and parents, and we want to help teach our youth life-long lessons.

Philosophy of the Program

- 🏐 The philosophy of the program is **Have Fun, Play Hard!**

Coaches

- 🏐 **Dave Kohutko** is the head coach of the volleyball program.
- 🏐 **Stephanie Little** is an assistant coach and coaches the JV team.
- 🏐 **Michelle Luhman** is an assistant coach and coaches the C team.
- 🏐 **Katie Dose** is an assistant coach and coaches the C team.
- 🏐 **Kim Bobb** is an assistant coach and coaches the 8th grade team.
- 🏐 **Amy Brinkman** is an assistant coach and coaches the 7th grade team.
- 🏐 **TBD**

Expectations of the Coaches

- 🏐 Be LOYAL to the program
- 🏐 Be POSITIVE to the players
- 🏐 Be COMMITTED to the process
- 🏐 Be SUPPORTIVE of everything volleyball related
- 🏐 Be ENCOURAGING to those around you
- 🏐 Demonstrate LEADERSHIP to your team
- 🏐 Be GOAL-ORIENTED in the planning process
- 🏐 COMMUNICATE effectively with all stakeholders

Expectations of the Players

- 🏐 Academics come first! All players are expected to meet Lincoln High and Junior High academic policies.
- 🏐 Follow Minnesota State High School League policies for drug, alcohol, and tobacco use.
- 🏐 Be loyal to teammates, coaches, and the entire program
- 🏐 Be positive and encouraging
- 🏐 Be aware of how your mood and confidence impacts the players around you
- 🏐 Accept the decisions of the coaching staff regarding playing time and support all players
- 🏐 Respect all opponents, referees, line-judges, table workers, fans, etc
- 🏐 On time means dressed and ready for practice/play
- 🏐 Communicate with coaches if a player is going to be late or absent

- 🏐 All players will help with setup and teardown (practices)
- 🏐 Cell phones should not be out during practices, games or locker rooms
- 🏐 All social media posts by players will be positive and appropriate
- 🏐 BE PRESENT
 - 🏐 Attend practices
 - 🏐 Participate in drills and listen to feedback
 - 🏐 Support your teammates during practices and games

Communication

Questions may arise throughout the season. If a parent/player has a volleyball related issue, please follow the communication policy. Keep in mind that many general questions can be answered by speaking with a teammate or parent.

Chain of Command

Players and parents are expected to follow the proper chain of command when dealing with a problem/concern:

- 🏐 Player talks to the coach of their team (7th, 8th, C, JV, V)
- 🏐 Player and parent talks to the coach of their team
- 🏐 Player talks to the varsity coach
- 🏐 Player and parent talks to the varsity coach
- 🏐 Player and parent talks to the athletic director

Players communications with coaches

- 🏐 Players should speak with coaches in person and after a practice.
- 🏐 Players should email their coach if they are sick and going to miss practice

Player meeting requests with the Coaches

- 🏐 Must be requested in-person by the player (not a parent) after a practice
- 🏐 Player meeting will occur after practice, **not before or during**

Parents communications with coaches

- 🏐 If a parent needs to contact a coach for questions, please use email
- 🏐 Parent meetings will occur after practice
- 🏐 Parent meetings will include their daughter.

Coaches communications to players & parents

- 🏐 Coaches will use the [REMIND app](#) or email to communicate with players
- 🏐 Coaches will use email to communicate with parents

Infractions

If a player is having repeated behavioral issues during practices, on the bus, and/or at matches, the following procedure will be used.

- 🏐 Players will be given a verbal warning(s) for violations (parents will not be notified by coach)
- 🏐 Players will be given a **one-match suspension** (parents will be notified, parent/player meeting will be held with coach)
- 🏐 Suspensions or removal of the player from the team (parents will be notified, parent/player meeting will be held with coach, AD, and varsity coach)

Playing time

Playing time issues are nothing new to sports, the Lake City Volleyball program, or other team sports in Lake City. In “team sports”, focusing solely on an individual player’s playing time is not part of the team concept. All players, on or off the court, can have a positive or a negative impact on the entire team. If a player/parent has an issue with playing time, please follow the communication chain of command.

Sometimes coaches do not know what decision will be made until a situation occurs in the game, at which time a split-second decision must be made - all game-time decisions are at the coach’s discretion.

Playing Time Varsity

- 🏐 Our number one goal is to **put the most competitive team on the floor during matches**, which means 8-10 girls will probably play in a typical match.
- 🏐 Players are not guaranteed any playing time at the Varsity level
 - 🏐 9-10 girls will play regularly
 - 🏐 1-2 may play a small but important role
 - 🏐 2-3 may play a small amount of time
- 🏐 Tournament games are very important for playoff seeding, the same lineups should be expected as for a match
- 🏐 The players who have the most **experience**, show the best **commitment**, possess the most **skills**, are the best **teammates**, and show the strongest **work ethic** will have the best chance of playing time at these levels.

Playing Time JV and C

- 🏐 Playing time is not guaranteed.
- 🏐 HVL does allow for a third game when a match is decided in 2 games. When this occurs, players that have not seen as much playing time will be given priority.

Playing Time 7th and 8th grade

- 🏐 Coaches will do their best to play all players fairly, but won’t be equal.
- 🏐 Players need to work hard in practice, be committed, and be a good teammate in order to earn playing time.
- 🏐 Tournaments may not have equal playing time due to the different format

Player Placement/Tryouts.....if necessary

At the beginning of each season there will be a player evaluation and tryout process in which the coaches will evaluate each player by completing physical assessments and watching the players perform in skill specific drills, situational drills, and actual games. The results of the player evaluations are used by the coaching staff to determine which team each player will be placed on.

Players are evaluated based on a number of criteria, including but not limited to:

- 🏐 Attitude, work ethic, timeliness, and preparation
- 🏐 How the coaches feel a player will positively or negatively affect team chemistry
- 🏐 Energy, enthusiasm, and communication ability on the court
- 🏐 Consistency and volleyball skill level, athleticism, height, physical condition, and physical abilities
- 🏐 Ability to listen, coachability, the ability to focus on the task at hand, and leadership qualities

Players will be placed on teams based on the above factors and also based on other considerations such as the number of other players with similar skill sets that may also be available for the same team. The number of players placed on each team may vary year by year. For example, one season 12 players may make the varsity team, and





another season only 9 players may make the team, depending on the factors above. If a player is sick or injured and can't participate in tryouts, the coach may evaluate that player based on past performance and player history, or the coach may invite the player to join a couple of practices after the official tryouts are over and evaluate them at that time. The coaches have the final say in this matter.

The coaches will put teams together that they believe have the best chance to grow together as a team, support each other as a team, work hard to improve as a team, and have the best chance to reach their full potential as a team.

Changing Teams During the Season: During the season, it may be necessary for a player to be moved up from a lower team to a higher team, or to be moved down from a higher team to a lower team based on the coaches' judgment and needs of the teams. This will be a rare situation, but may happen from time to time.

Lettering

In order for players to earn a varsity letter, one of the following requirements must be met:

-  All seniors on the varsity roster who have played all four years of their high school career will letter.
-  Any player that appears in at least half of the varsity matches during the varsity season, will earn a letter.
-  All managers, film managers, and statisticians who have worked the season matches will earn a varsity volleyball letter.
-  A letter can be earned by the coach's discretion for a significant contribution to the team.