

Maryville Junior High Volleyball Fall 2018

Team Information/Expectations

Academics/Performance Reports

Our players are students first and athletes second. All players must maintain passing grades in all classes. Players will have Performance Reports/Points sheets completed by all of their teachers and turn them in to the coaches each week.

Students are expected to earn 2's (average) or 3's (excellent) in all areas. Missing point sheets will be treated as a 1 and will result in the same consequences. Consequences are as follows for any 1's (unsatisfactory) received:

- First "1" - 15 minutes extra running and/or conditioning drills
- Second "1" - 15 minutes extra running and/or conditioning drills and a one match suspension (player will be on the bench not dressed out). In addition, the player needs to remedy the situation that resulted in the "1" by turning in missing assignments, re-taking tests, attending tutoring sessions, correcting inappropriate behavior, and/or doing whatever needs to be done to improve performance in the class.
- Third "1" - The player will be dismissed from the team if all of the "1s" are for behavior. If one or more of the "1's" are for academic reasons, the player will be temporarily suspended until she regains good academic standing in the class. If reinstated, any further "1" for any reason will result in dismissal from the team.

Character

All players are expected to conduct themselves so that all actions reflect positively on the team. It is a privilege to be a student-athlete in the Maryville School system, and our players should represent themselves, their team, their schools, and their families with the utmost class--on and off the court. Should it become necessary for a player to have disciplinary action taken at school, consequences will also be enforced by the coaches, which could include dismissal from the team.

Time Commitment

Being a member of the volleyball team requires a substantial time commitment. All team members are expected to attend all practices and games. The coaches will work with other school-sponsored organizations when special circumstances arise that may cause conflicts. Should there be extenuating circumstances in which a player finds that she must miss a practice or a match, she should communicate with the coaches as soon as possible. While in-season (July 24-Oct 1), volleyball should take precedence over any non-school event or team.

Summer Workouts, Team Camp, and Practices

Once this school year is over, we will take a break from volleyball for the rest of May and all of June. During this time, all team members should stay active by completing workouts distributed by the coaches. Team members will also be given instructions on skills and drills that can be completed individually at home. Starting in July, we will offer several practice opportunities over the summer. Players are strongly encouraged to attend, but they will not be penalized for missing summer practices or camp. Summer Team Camp dates are TBA.

Work Ethic/Practice/Playing Time

Players who hustle and work hard during practices will make the most of all available practice time, thus increasing their value to the team. Players who put in additional time outside of practice to practice fundamentals, improve their strength and conditioning, and study rotations will be even better prepared to compete for playing time. The coaches will not discuss the amount of playing time a player receives; however, we will be happy to discuss with players what skills can be improved and offer suggestions in order to earn more playing time. Playing time results from demonstrating a strong work ethic and positive attitude, possessing the skills and knowledge to help the team, and the ability to be the right fit at the right time in a particular game situation. In addition, the coaches may make changes to the Varsity and JV rosters throughout the season. For example, players originally on the JV team whose skills are progressing well may have an opportunity to play on the Varsity team. At the same time, players whose skills are not progressing as quickly as those of other players may be moved to the JV team in order to maximize their opportunities to play. Practice players also have the opportunity to earn playing time on the JV and Varsity teams. These changes may occur at any point during the season.

Communication

During practice and matches, conversation should focus on volleyball and how we can improve as a team. Just as it is essential for our team's success to communicate in a positive way on the court, it is also vital that we do the same off the court. Any issues or concerns should be discussed with the coaches and teammates who can be part of the solution, not discussed with others in a way to call attention to or escalate a problem.

Players and parents should join the MJHS Volleyball organization in Canvas and Remind in order to have access to team information, such as skill information and videos, team schedule, rotations, and other documents. Instructions will be shared soon.

Physicals

Team members may not practice or play in matches until a completed physical form is turned in to the coaches. Physicals are valid for one year. Summer months are a busy time for many doctor's offices, so you will need to schedule any appointments in advance. Keep in mind that walk-in clinics such as Walgreen's and CVS often have longer hours (even weekends) and can allow you to get an appointment on short notice without missing school or practice.

Required Equipment and Attire

Court shoes (not necessarily volleyball shoes) are required. (Running shoes have too much thickness in the heel and may result in ankle injuries.) Knee pads and ankle braces are the responsibility of each player. Ankle braces will not guarantee that there is never an ankle injury, but they can minimize the injury when it occurs. Black shorts or spandex are also the responsibility of each player and will be worn with all uniform jerseys. Players should not wear jewelry during practice or matches. It is the responsibility of the players to have all needed items for practices and matches so that all players can begin warm-ups and practices on time and together as a team.

Uniforms

Uniform jerseys will be provided, but players are responsible in ensuring that they are not damaged or lost—otherwise, players and parents will be asked to purchase replacement jerseys. Jerseys are only to be worn on game days. Please follow the manufacturer's instructions on the tag for washing (no bleach!) and drying.

Participation Fee

There is a participation fee of \$75 for each player. This fee helps defray the league fees, cost of officials, various equipment needed throughout the season (volleyballs, nets, etc.), and uniforms. Additionally, each player may also be asked to purchase a short sleeve jersey. More information will be provided at a later date.

Practice and Match Expectations

- Normally, practice will be from 3:40 p.m. until 5:40 p.m. on non-match days, and our season runs through Oct 1st.
- Athletes must be at school for at least half a day on the day of a match to be counted present and be eligible to play (which counts as a full day).
- Players must arrive on time to the match site in order to mentally and physically prepare to play, especially to have a starting role.
- When we host home matches, sharing the workload makes it more manageable and quicker work for everyone. Therefore, the entire team is expected to be at MJHS at 3:40 p.m. ready to set up and stay until all the work is finished at the end of the evening.
- Players are expected to have a positive, team-oriented attitude and accept whatever role they have during any given situation of a practice or a match—whether it is as a starter, a sub, supporting/cheering from the bench, or as a manager. "Team" players do whatever it takes to put the team first and individual wants and beliefs second.
- At each match, we will need parents to call lines, which is simply signaling to the referee if the ball was in or out of bounds. (Lines are in.) We will also need some parents to help with keeping our scorebook—we will teach those who are interested and we will share more information at a later date.

We have every confidence that the young ladies that have been chosen for this year's team will meet and exceed these expectations. Our goals are to learn the fundamental skills and strategies of the game, develop a strong work ethic, and have our players carry themselves with confidence and class both on and off the court.

We are excited to begin our season with such a terrific bunch of girls! Parents, thank you in advance for sharing your daughters with us for the next few months—we are looking forward to a GREAT season! We have included our contact information below if you need to reach us.

Kristi Dunkel
kristi.dunkel@maryville-schools.org
Coulter Grove Intermediate School
865-982-6345 (school phone)
865-250-1414 (personal cell)

Anita Crook
anita.crook@maryville-schools.org
Maryville High School
865-982-1132 (school phone)
865-258-8000 (personal cell)

TENTATIVE DATES:

Mid July	Optional practices and Team Camp TBA (if you are in town, come on. If you are not, no worries).
July 24-July 31	Practices each weekday at MJHS from 3:40-5:40 (we can be flexible if you are out-of-town)
Aug 1	Mandatory practices each weekday from 3:40-5:40 at MJHS
Aug 6	Varsity matches begin (Matches will be Tuesday and Thursdays, with an occasional Monday). 2 matches per night. Location: Club Unite facility in Knoxville (most often) and MJHS or K2 (occasionally). Game times are 5, 6, 7, or 8p. We will not know the exact times until late July.
Aug 13	? JV and Varsity scrimmage (TBA) at MJHS
Aug 20	JV matches begin (Matches will be Mondays, with an occasional Tuesday or Thursday). 2 matches per night. Location: K2 facility (most often) and MJHS or Club Unite (occasionally). Times are TBA.
Sept 15-16	? JV and Varsity "Mid-season" Tournament at Club Unite in Knoxville
Sept 20	JV End-of-Season Tournament at K2 (JV practices end after this tournament)
Sept 24	? Possible HOME match for Varsity
Week of Oct 1	Varsity End-of-Season Tournament at Club Unite (most likely on Tuesday and Thursday)



Sign up for important updates from A. Crook and K. Dunkel.

Get information for Maryville High School right on your phone—not on handouts.

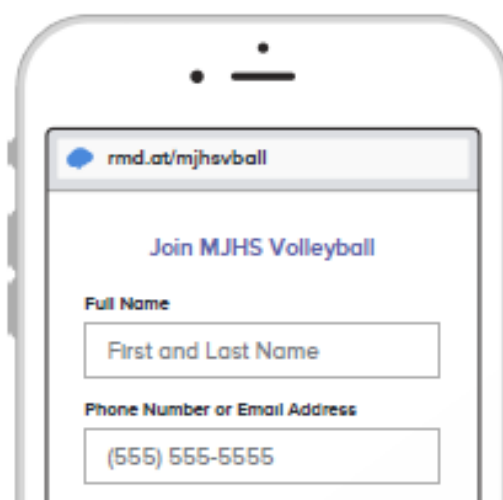
Pick a way to receive messages for MJHS Volleyball:

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/mjhsvball

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

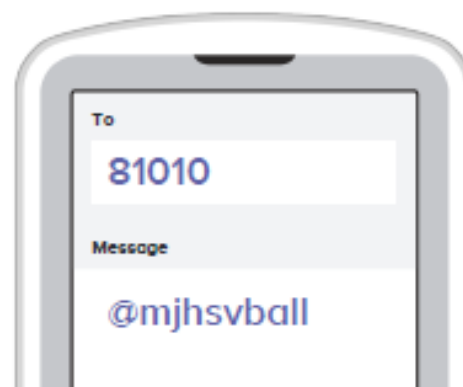


- B** If you don't have a smartphone, get text notifications.

Text the message [@mjhsvball](https://www.remind.com/help/faq#text) to the number 81010.

If you're having trouble with 81010, try texting [@mjhsvball](https://www.remind.com/help/faq#text) to (865) 622-4387.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/mjhsvball on a desktop computer to sign up for email notifications.