



Unity in Adversity

2020 NPVB Player Handbook

Mission Statement

New Prague Volleyball program's mission is to promote competitive volleyball opportunities to girls in the New Prague school district. Our focus is on creating an environment where hard work, leadership, communication, respect, and discipline can equate to success and fun. We strive to produce skilled, confident and goal-orientated student-athletes with a positive competitive spirit and love for the game. Most importantly, we highlight working as a team with commitment to each other with good sportsmanship and Trojan pride. We hope to help develop young people that recognize the lessons learned extend beyond the gym.

Coaching Staff

Varsity:	Angie Andersen	trojanvolleyball@hotmail.com
Varsity Assist:	Greg Sayuk	sayuk.greg@gmail.com
JV:	Amara Meyer	ammeyer@isd721.org
B-Squad:	Tracy Skaja	tskaja@isd721.org
9 ^A grade:	Piper Timmerman	piper.timmerman@yahoo.com
9 ^B grade:	Amy Lemke	t-alemke@hotmail.com

Team Selection Statement

Attendance at tryouts in the past has been mandatory to make a team. Due to all the unforeseen circumstances, attendance is expected but exceptions will be made. If a player has a schedule conflict, please email Coach Andersen as soon as possible. Tryouts start on Monday, September 28th and teams will be *posted on Wednesday, September 30th by 7:00pm*. Grade level is not a factor in determining rosters. Decisions regarding team placement/cuts are in the hands of coaches and once decisions are posted, decisions are final and no appeals process will be considered.

During tryouts girls will be ranked in comparison to other players in the gym. Players will be evaluated by the coaching staff and considered in the following areas:

1. Physical VB Skills: passing, defense/offense, transition, ball control, serve receive, serving, hitting, blocking, setting, attack
2. Nonphysical VB Skills: hustle, attitude, athleticism, physical condition, work ethic, communication, teamwork, volleyball IQ, and direction following.

The school board passed the following for the NPHS handbook:

District 721 intends to maintain a no-cutting policy at grades seven, and eight. In grades 9-12, the District will provide a set number of opportunities with a given number of coaches and will not add more teams, or coaches, when student participation is high. In effect, this could likely require coaches to cut hopeful participants from certain programs (volleyball; soccer; basketball (B & G); gymnastics; hockey (B & G); baseball; softball). Squad size is determined by several factors such as: the number of individuals who are allowed on the tournament team, the amount of time available for practice, limitations based on practice facilities, the size of the coaching staff, and the number of "starters" of a particular sport. There is a maximum number range that must be reached before any cutting is done. After a one week tryout period (or minimum 6 practices/3 days during two-a-day practices), the coaching staff shall determine team membership. Any individual(s) who are not selected for the team will be notified and given rationale (if requested) why they were not selected. Coaches will also inform those athletes of any other options that might exist in their sport outside of the high school setting. Any athlete not selected for a team will have their activity fee refunded. *Coaches should not cut participants because of ability when this maximum range is not met.*

Volleyball Team Numbers

Combined Junior Varsity and Varsity teams will have a *maximum range of 20-22 players*. These teams will consist of the of the top 20-22 players in the program, regardless of age and based on position/skill. Play time on BOTH JV and Varsity teams will not be equal or guaranteed and movement between these two teams may take place at any point during the season. Any senior that does not make the varsity team will be cut unless a position is not filled on the JV team. Juniors must make either JV or Varsity team unless a position is not filled on the B-Squad team.

B-Squad team will consist of a *maximum range of 10-13 players*. B-Squad players are the next best in the program based on position/skill. Sophomore players must make either B-squad or V/JV or will be cut unless a position is not filled on the 9th grade team. Playtime on B-squad will not be equal.

Combined 9 A and B will consist of a *maximum range of 20-24 players*. Skill level and position will factor into team selections. Teams may have different rosters numbers. 9th grade level players cut, may not play at the 8th grade level. Playtime will not be equal and movement between these two teams may take place at any point during the season.

7th and 8th graders are invited to tryout at the NPHS level but must make the 9A team or higher.

Tryouts dates/times

Monday, Tuesday, Wednesday: 3:00-4:15pm and 4:30-5:20pm (15 minute break).

*15 minute break = bathroom, water bottle refill, snack if needed.

*players will be excused for activities bus, if needed.

*3:00pm start time is nets up (players assist) and ready to go!

*Teams posted by Wed, Sept 30th by 7pm on the NPVB homepage.

Eligibility

The Minnesota High School League states that for a student to be eligible to participate on a high school interscholastic team/activity, she must be making satisfactory progress toward the school's requirements for graduation. The principal, and the activities director, will determine academic ineligibility. NPVB will follow the NPHS eligibility standards which are posted in the Trojans Athletic/Activities Handbook.

NPHS Attendance and Behavior Standards

Students involved in all athletic activities are expected to abide by all school attendance and behavior guidelines. Participation in activities is a privilege offered to students in good standing.

1. Students must be in school by the beginning of fourth period on their "in class days" (10:30 am) and remain in class for the remainder of the day in order to be eligible to practice or participate in athletics or co-curricular activities that day. Volleyball players are expected to be at school by first hour the morning after every match. Volleyball players are student-athletes, not just athletes.

2. Students excused due to illness must be in school by the beginning of fourth period (10:30 am) and remain in class for the remainder of the day in order to be eligible to practice or participate in activities that day.

3. If the nurse sends a student home, she is NOT eligible to participate in athletics/activities that evening. If a player is ill, please say home and communicate with your coach.

4. Students with an "excused" absence are allowed to practice, compete, or perform.

5. Students with in-school, or out-of-school suspensions, may NOT practice, compete, or perform in activities on days of suspension.

6. Students with an unexcused absence for ANY hour of the day may NOT practice, compete, or perform on

that day.

7. Students with detentions may practice, compete, or perform in athletic/activities contests after serving their detention time after school.

****If a student should practice, compete, or perform on a day when he/she is ineligible, he/she will be held out of the next equivalent practice, competition, or performance.**

Match/Practice Standards

Players that are going to be late or miss practice/match for any reason will need to communicate with their coach ahead of time. Remember, if players are injured, players are still required to attend all team events. Unexcused absences will not be tolerated and will have potential consequences. Every situation is unique, please talk to your coach ahead of time.

Development of Athlete/Playtime

Development of the volleyball player during practice will largely determine their playtime during matches.

Communication

Questions about playtime/position will be held in this order. Meetings need to be set up in advance and will not take place before/after a match. *All meetings will be set up by the athlete. All conversations/conflicts will be held in a professional manner.*

1. Player talk to your coach, parents talk to your daughter.
2. Athlete communicates concerns with respected coach
3. Athlete communicates concerns with respected coach and head coach.
4. *Athlete lead meeting* that includes respected coach, head coach and parent. Coaches will NOT discuss playtime with parents unless the athlete is present.

**Under no circumstance should a call or text be made to a coach unless there is an emergency. The desired method of communication is via email.*

**If players are being mistreated by any person in the program, coaches need to know.*

Game Day

- Expectations: Be prepared: Fuel you body (eat healthy). Mentally ready (focused), Physically strong (get sleep), Play hard (competitive). Support your teammates. Good sportsmanship. Ride the bus. Be Positive (thoughts, verbal/body language)
- Responsibilities: Members of all teams will be expected to be present and cheering on the other NP level teams. In addition, teams are expected to help shag when their team is not playing (TBD). Teams not playing are EXPECTED to sit AS A TEAM and cheer them on. Do homework on the bus and during down times.
- *9th grade*: Put up nets in both gyms, main court, ref stands, 2 ball carts each court, 15 balls in each cart, line judge/book for the B-Squad game.
- *B-Squad*: Line judge/books for 9th A/B game, take down auxiliary gym net and ref stand after varsity warm-ups, put away all ball carts and warmup balls, shag for varsity warm ups
- *JV*: Line judge/books 9th A/B games, shag for varsity warm-ups.
- *Varsity*: Line judge/books 9th A/B games, shag for B-Squad/JV warm-ups, take down net/ref stand main gym after varsity match.

Uniform

During tryouts and normal practices, players are expected to wear t-shirt, shorts/spandex, socks, indoor court shoes, mask and knee pads and bring a clean labeled water bottle. Do not wear spaghetti tank tops. *Do not bring jewelry (including earrings, watch or friendship bracelets) to the gym.* Do not get a piercing during the season. Taping the earrings is not considered acceptable. If you have a nose ring, must put a clear plug.

During matches you are expected to wear the agreed upon uniform. Each player is to dress according to team guidelines. Make sure uniforms are washed properly (cold water, no bleach, air dry). Players are also responsible for all checked out items and must turn in all items checked out by agreed upon date or will be charged accordingly for replacement.

Travel

- ALL players MUST BE in their uniform prior to leaving for away matches and should wear NPVB or another type of NP gear for all bus rides.
- Athletes are to ride home on the bus with their teammates. Only in unique situation are athletes to ride home with their parents and the athlete *must in advance have a note signed by the athletic office.*
- No cell phones on the bus. You may either do homework or enjoy conversation with teammates. Coaches will let you know on the way home, when you may turn them on and call parents for a ride--15 minutes out.
- Bus, locker room, meeting areas will be left in a "better state" than when the team arrived.

Social Media/Online (facebook, twitter, instagram)

- No tweeting, posting or publishing negative comments/derogatory language directed toward any player/team/coach/ref in our program or opponent is prohibited.
- Rule, if you think it will cause drama, hurt someone, even if “just a joke” or you *might* get into trouble or someone could read it wrong - DON'T post it!
- Don't post things on your sites or even other “friends” sites that will get you trouble. Players, you represent NPVB.
- Negative posts may result in possible dismissal from team.

Requirements for Lettering

- Follow MSHSL, and ISD #721 rules without any rule violations.
- Complete entire varsity season.
- Participate in 5 varsity matches.
- Make the post-season roster.

Post Season Awards

To be eligible for a post season award, players must to be good standing with team and school rules.

Updates/News

NPBS Activities website: <https://nphsathletics.sportngin.com/page/show/878958-high-school>

NPVB Website: <https://nphsathletics.sportngin.com/page/show/815114-volleyball-2014->

Wright County: <https://nphsathletics.sportngin.com/page/show/887272-schedules>

Twitter: @NPVBTrojans

Instagram: newpraguevolleyball

FAQ's

Please take time to read before tryouts.

Fundraising

NPVB Booster Club has fundraising items that all players/parents need to support so the program extras can be experienced regardless of the COVID pandemic. Please support their fundraisers and offer your help with their various needs.

End of Season Banquet

TBD

****SIGN and PRINT OR EMAIL TO COACH ANGIE ANDERSEN AT trojanvolleyball@hotmail.com

Player and Parent Commitment

I have read and agree with what has been outlined at the 2020 New Prague Trojan Volleyball meeting and handbook. We, the player and parent/guardian, have decided and are willing to commit to the team. Every rule is for the benefit of the team, and we deciding in advance to follow them. By signing, we understand what is expected and in addition, will abide by all NPHS and MSHSL rules. I also give permission that photos taken during practice/matches/other events may be submitted to requesting newspapers or persons and/or posted on social media.

Athlete	Parent/Guardian
Print Name	Print Name
Signature	Signature
Date	Date
Phone	Phone
Email	Email