



Blue Devil Volleyball
2019 Player Handbook



Coach Contact Information

Head Coach	Tracy Rotert	406-253-4669 wavolleyball@wwps.org
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JV Coach	Gina Eggers	509-301-0321
C Team Coach	Kate Keyes	509-200-6900
Freshmen Coach	Christina Johnson	208-290-2349

Welcome

Welcome to the 2019 Blue Devil Volleyball Program! We are extremely excited to have you as a part of this program and hope that through the season you work hard, learn a lot, and have a great time. I love the sport of volleyball, as it is one of the greatest team sports, as well as the atmosphere of high school athletics. I have an extremely talented coaching staff that is always available and eager to help you in any way they can, and will always support you on and off the court. We will strive to be the best volleyball teams we can be and be as competitive as possible, while also focusing on being a team from the Freshmen to the Seniors. I coach to hopefully have an impact in your life that leads you to be hard workers, team players, gracious winners, intelligent athletes and strong women. Go Blue Devils!

~Tracy Rotert~

Player Expectations

Once you sign this handbook, you become part of the Wa-Hi volleyball program for the entire year.

Academics:

You are a student first, athlete second. Players must attend class regularly and maintain good grades by participating in class, keeping up with homework assignments and studying for exams and tests. If you need help or think you might be falling behind, ASK for help. Your coaches and teammates are there to help or find someone who can. Remember that your attendance and classroom performance are monitored throughout the season. To be eligible:

- You must have passed 5 classes last semester
- You must be passing 5 classes this semester
- You must attend all classes to participate in practice or games
- You must be in compliance with the athletic contract

Conduct:

The overriding principle under which we will always operate is: Conduct yourself in such a manner that you bring credit and honor to yourself, your teammates, the volleyball association, and the community of Walla Walla. Never engage in any activity that might be construed as inappropriate for an athlete and volleyball team member. Once you earn your place on the team it is your obligation that your conduct is to be exemplary at all times.

Attitude:

Respect yourself, teammates, coaches, umpires, opponents and equipment.

Leave everything on the court. Focus on volleyball and your teammates when you are in the gym. Enjoy the game!

Effort:

Always give all you have. Work hard. RUN everywhere.

Attendance:

Practices and matches are mandatory and players are expected to attend all volleyball functions. If a player has a situation (sickness, family emergency, etc) she player must contact their coach DIRECTLY and notify them of the expected absence before such practice or game. Asking a teammate to relay the message is not acceptable and will be treated as an unexcused absence or tardiness. Injured players are still expected to attend practices, unless prearranged ahead of time. See Walla Walla Athletic Handbook for specific absence regulations.

If a player is unable to participate in a pre-match practice, they will not be allowed to play in the first set of the match.

Communication:

As a coaching staff, we are working to make every athlete better at volleyball as well as to grow as a woman, which is why it is the athletes' responsibility to communicate with the coach directly. The following is how communication will be handled if there are questions, concerns, or complaints about playing time, position, etc:

1. Athlete will talk with her coach directly. If required, Coach Rotert will join in the conversation.
2. Athlete, parent, and player's coach will schedule a meeting.
3. Athlete, parent, player's coach, Coach Rotert, and AD Dirk Hansen will meet.

NO meeting will be held on game days or without the presence of the athlete being discussed. Coaches will not talk about playing time, philosophy, or other athletes with any parents outside of the scheduled meeting in steps 2 and 3 or in any form of communication besides face to face. Do not email/text/call about concerns or questions you may have, the coaches will not respond outside of the steps face to face.

Travel:

We will travel to all away games/tournaments as a team. It is encouraged that the girls return on the bus as a team as well. An athlete will only be allowed to return home with a parent/legal guardian after the parent has signed their daughter out with a coach. You must contact the athletic office prior to the games if anyone other than the parent/guardian would like to take the girl home.

Most away games with travel will last from 3-10pm. Please have food and water for your daughter to keep up her energy and strength.

Dress Code:

Practices – As we are one program/team, all players are required to wear the team practice shirts. They are either available for purchase or on loan. Each shirt is \$9 to purchase (which they can keep), or they can be checked out and returned once season is done. Along with the shirt, players are required to wear black/blue/grey spandex, knee pads, and court shoes.

Games – Each team is responsible for determining what they will wear to school on game days whether it be dressing up or wearing team gear.

Cell Phones:

1. Cell phones and other electronic devices must be turned to silent and kept out of sight during practice or game time, unless otherwise directed by individual coaches.
2. Cell phones, cameras, or other devices should not be used to photograph or film others without their consent. Do not use cell phones in the locker room.

3. Athletes who bring cell phones or other electronic devices to practices or contests are solely responsible for the safety and security of those devices.
4. The program accepts no responsibility for cell phones or other electronic devices that are lost, damaged, or stolen at school or while traveling to and from school.

Fundraising

Our program may do various fundraising events during the season to earn funds for the entire program. Each player is expected to put forth a reasonable effort and participation in the fundraisers.

Playing Time:

Playing time will not be equal at any level. Ask yourself “Can I sit the bench and be positive towards my team, my coach, and the game?” While everyone puts in the hard work and time through practices, only 6 athletes will be on the court at a time which means there will be as many on the bench. Playing time is the coach’s decision and will be based on skill, hard work, attitude, teamwork, and positive impact.

Freshman, C-team, and Junior Varsity: Every athlete will play in every match (unless they are ineligible due to academics or attendance). Playing time will not be equal.

Varsity: Playing time will not be equal or guaranteed.

Lettering:

An athlete will receive a Varsity if they end the season in good standing with the program and have suited up for 2 Varsity matches.

Hazing/Harassment:

Blue Devil Volleyball has a ZERO tolerance policy for hazing or harassment.

Hazing activities are defined as any action taken or situation created, intentionally, whether on or off WWSD property, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Any individual or organization suspected of authorizing or tolerating the occurrence of a hazing incident will be subject to an investigation by either the WWSD or law enforcement officials.

Bullying or harassment including email, text messages, and social media could result in expulsion from the team. Our volleyball athletes don’t have to be best friends, but they will RESPECT one another and refuse to engage in any behavior that does not represent WWSD in a positive manner.

There is also a zero tolerance for Alcohol/Drugs/Tobacco. See Walla Walla Athletic Handbook for details.

Competition Rules:

- Be early to the games/bus. Arriving “on time” means you are late. Always be 15 minutes early.
- At home matches, each sub varsity team will set up their net and provide ball carts with at least 10 balls on each side of the net. Freshman will take down their net after matches.
- Varsity will be at the beginning of every sub-varsity match helping to shag and cheering on each team.
- During a match, players on the bench must be ready to go in the game at all times. Be engaged, cheer, and help your teammates on the floor. DO NOT have conversations outside of volleyball, talk with anyone in the stands, or have a poor attitude about being on the bench.
- Only the floor captain will speak to the officials. We will always show good sportsmanship. If you believe a line call was wrong, put the next ball down in the middle of the court; earn your own victories and don't rely on others (besides your teammates) to help.
- Bench will be kept neat at all times. It is the duty of bench players to fold all warm-ups and grab all water bottles between sets.
- Freshman, C-Team, and JV will all share the duty of ball rotation during the Varsity match. The coaches have the schedule.
- We encourage all teams/parents to watch all matches.

Injury:

If you become or are injured, it is your responsibility to meet with the trainer prior to practice or immediately after injury. The Athletic trainer (Kelsey) is here to help athletes, so if you feel you have an injury TALK with her. Her job is to make you as healthy as possible as quickly as possible.

Also realize the difference between being sore and injured. Even athletes who worked out and played throughout the summer will get sore throughout the season.

Parent Conduct

Thank you for providing your daughters an opportunity to play volleyball. This program would not be possible without your guidance and help. This is a fantastic sport, one that all the coaches love as well as your daughters. We will always strive for the most successful season we can have both by our win/loss record and the experience the athletes have. We encourage parent participation both during games and at home. You are as much a part of this team and program as your daughters and as such we ask that you:

- Talk with other parents during the games. CHEER! You are all going to have bleacher butt together for possibly 4 years. Get to know all the parents on your team and enjoy the games

together. Cheer on the entire team. Celebrate another girl's success as you would want them to celebrate your daughter. Make friendships through volleyball just as your daughters are.

- Encourage your daughter to work hard on skills in the off season.
- Encourage your daughter to watch and analyze other volleyball matches. We have some fantastic college programs in Walla Walla that the girls can learn a lot from.
- Encourage them to be team players. Understand that your daughter might not play the position she would like or play as much as she wishes, but help her understand the importance of the entire team and her place in it. Team players do not undermine their coaches, complain about other players, or show poor sportsmanship. Set a good example by not allowing these things in your home.
- Learn the game. Even if you've never played volleyball, try to understand the rules and lingo of the game. You will have a better avenue to discuss with your daughter.
- Understand that practices are closed. No one is allowed to sit and watch during practice. This is a time for the team to work together without distractions from parents or friends.
- Support the coaches. All the coaches in this program are very skilled. They love the sport and want to do the best by your daughters. They may not always be your daughter's favorite person, but show support and respect for them through it all.
- Respect the officials. They are all experienced, knowledgeable, and supportive of the girls and the sport. I will not allow any disrespect, yelling, or abuse towards officials. If I feel you are not representing Blue Devil volleyball well, I will ask you to leave the gym.

I _____(player) have read and understand the expectations of the 2017 Blue Devil Volleyball Program. I agree to meet these expectations on and off the court during the entirety of the volleyball season.

Player Signature

Date

I, _____ (Parent/Guardian), have read and understand the expectations of the 2017 Blue Devil Volleyball Program. I agree to support my Blue Devil athlete as she strives to meet those expectations as well as my parent expectations.

Parent/Guardian Signature

Date