

Chisago Lakes Wildcats

Volleyball Program Handbook

VOLLEYBALL PROGRAM PHILOSOPHY

We play volleyball to develop strong work ethic and discipline, experience growth through challenges, develop high standards of success, create lasting relationships and memories, exhibit sportsmanship, compete, have fun, and to exercise an absolute love for the game! We strive to represent ourselves, our team, our program, our school, and our community with positivity and strength of character.

PROGRAM & TEAM COMPOSITION

The Chisago Lakes Volleyball Program is composed of 5 teams: Varsity, Junior Varsity, B-Squad, 9A, and 9B. As per Mississippi 8 guidelines, the Varsity team can be composed of players grade 7-12, JV can be composed of players grade 7-11, B-Squad can be composed of players in grades 7-10, and 9A/9B can be composed of players in grades 7-9. Middle school students are occasionally invited to try out for our high school program, if we see them continually outperforming our middle school program. The Chisago Lakes Volleyball Program strives to keep team rosters of 12 or fewer players for the regular season, with 9A and 9B ideally smaller since they have a single coach.

SETTING ROSTERS

It is our philosophy to offer as many students as possible the opportunity to play while still maintaining the quality and integrity of the Chisago Lakes Volleyball Program. In the event that the number of athletes at tryouts would compromise the quality of the program, cuts will be made. This is done to ensure we can offer optimal training at all levels. Historically, we have been able to offer roster spots to about 90% of those who tryout.

Rosters will be set by the end of tryouts (the first two days of pre-season). Players will be scored on the following criteria to determine cuts and team placement: ball control, serving, serve receive, defense, volleyball IQ, positionality, and intangibles such as effort, integrity, coachability, attitude, hustle etc. Especially for players at the B/JV/V level, positionality will also be a larger factor in determining team placement and cuts. All players will have an important role on their team- whether they are a regular competitor, a practice player, a communicator, etc., they are necessary for their team's success!

Game line ups will be determined by coaches based on skill, performance, and program contribution. Stronger players will receive more game time play and experience. At the 9th grade, B-Squad, and JV level, coaches will make every effort possible to provide every player an opportunity to play during each match. However, playing time will not be equally distributed. At the Varsity level, playing time will be at the coach's discretion based on skill, performance, program contribution, and what creates the most competitive option against opponents. Playing time will not be equally distributed. It is our philosophy that athletes will show the maturity to discuss their role with their coaches to come to an understanding if questions arise.

Team managers will be full-time or part-time members of our program. Their role will be to assist in the success of our teams- they do this by managing equipment, assisting in practice effectiveness, scouting teams and preparing stats, keeping records, and more. They are valuable members of our program and will meet lettering requirements at the discretion of the head coach.

COACH'S COMMITMENT

As coaches, our purpose is to facilitate our athletes' development into young women who show a strong sense of determination, integrity, discipline, team work, and self-respect. We will do this by teaching high-level volleyball skills, sharing the love of the game, modeling principled behavior, and teaching our athletes to be positive and supportive teammates. Our program often includes volunteer coaches to assist in this effort- all coaches have had background checks through the District Office and go through the same required training protocol through the Minnesota State High School League as contracted coaches.

ATHLETE EXPECTATIONS

We have four fundamental expectations of all athletes in our program:

- **Full Commitment**: We expect our players to be fully committed to the success of our entire program. Athletes should do their part to fulfill their role to the best of their ability, adhere to the program requirements, and prioritize the team's needs above their own.
- **Full Effort**: We expect all of our athletes to give their best effort at all times in the classroom, during practice, in their relationships with their teammates, and during competitions. Play must always show focus, intention and purpose, whether it is in practice or a game.
- **Full Support**: We expect our players to positively support their teammates, coaches, and the Chisago Lakes Volleyball Program by showing respect, encouragement, and commitment at all times. This support is essential in and out of the gym.
- **Fully Coachable**: We expect our players to seek feedback and have a growth-mindset when training. Athletes should do their best to obtain optimal performance by applying techniques taught by our coaching staff.

SPORTSMANSHIP

We require that all coaches, athletes, and their families show exceptional sportsmanship at all times. Don't hate the opponent – rather, love the game. We will play with class and respect our opponents, the crowd, and the officials. We will focus on our play and on that of our teammates. We will come together on the court as a team after every play to celebrate good plays and solve problems. Language will be positive, encouraging, and free from swearing or foul words. Captains are expected to thank the officials following each match. Poor sportsmanship will not be tolerated- athletes who do not display our standard of sportsmanship will no longer be offered the opportunity to compete, and families who do not display sportsmanship will not be allowed to attend competitions.

CAPTAINS

The Varsity team will be the only team in the program with designated captains- they will serve as captains for the entire program. All other teams will rotate captain responsibilities. In order to be considered for Varsity captain, the athlete must meet application criteria, complete the captain application, be selected by the coaching staff, and fulfill the expectations of a captain in addition to the fundamental expectations of the program. Captains are expected to be leaders in our program and have many obligations- completing a leadership study with the head coach, leading the program through developmental curriculum, planning team bonding activities, etc. Once applications are submitted, the coaching staff will decide on captains for the season. Captains will apply in the preceding spring and will be notified via a conversation with the coach whether they are chosen or not. The number of captains will typically be between 2-4, but may vary year-to-year based on the leadership skills of athletes, team needs, and the coach's discretion.

AWARDS

Players and parents will be invited to celebrate the season at an end-of-season banquet. We will make every effort to include all players and family members at this event. At that time, awards will be given to recognize the following:

- Mississippi 8 All Conference and All Conference Honorable Mention: these awards are for Varsity players only and are decided by a vote of conference coaches at the season end.
- MSHSL and Mississippi 8 Academic Awards: these awards are for Varsity players with exceptional academic performance and are decided by the state high school league and M8 conference AD, respectively.
- CLHS Letter Winners: all players on the Varsity playoff roster will receive a Varsity letter.
- Team Awards: the specific awards given will be chosen by each team's coach and will be voted on by teammates and coaches. The awards include Most Valuable Player, Best Offensive Player, Best Defensive Player, and the Wildcat Award.
- Please note that awards will be withheld to any athletes with MSHSL violations during the season.

LINE OF COMMUNICATION

1. If an issue arises or if an athlete has questions about her role on the team, it is the player's responsibility to first discuss the issue with her coach. No conversations with parents or the AD can be had until this first step is complete. Our coaches pride themselves in being transparent, approachable, and building intentional relationships with student-athletes to foster regular communication.
2. If the issue can't be resolved between the player and the coach, a meeting will be scheduled with the coach, player, and parent.
3. If the issue still cannot be resolved, the player, parents, coach, and Athletic Director will meet to resolve the issue.
4. Parents- do not approach or contact a coach for 24 hours after an issue arises. Only contact the coach if the player has first met with the coach and the issue could not be resolved. Parents and players, please do not approach a coach before, during, or following a match to discuss issues.

5. Parents- some concerns are appropriate to discuss with a coach, and some concerns are not. Coaches will be happy to discuss issues that arise in regard to the mental/physical wellbeing of your child, ways to help your child improve, and your child's behavior. Parents may not discuss playing time, line up decisions/strategy, or other athletes with coaches at any time. Please understand coaches are making decisions based on the needs of the whole team, and although situations may not always go the way you or your child wishes, those decisions must be left to the coach's discretion.

PRACTICE & GAME DAY GUIDELINES

1. Be dressed and have the nets set-up at least 5 minutes prior to your scheduled practice time.
2. Take care of all personal and training/treatment needs before or at the start of practice. No athletic trainer is currently on staff- any icing, heating, stretching, rolling, taping, etc. will need to be handled by the athlete. Coaches can help as necessary and as they are available.
3. Come to the gym every day with your necessary equipment (shoes, knee pads, water bottle, etc). No jewelry can be worn other than small studs above the chin. No tank tops or crop tops can be worn. Shorts must be long enough to allow proper coverage and not need to be regularly adjusted. Hair must be tied back and out of the way of training. Knee pads and elbow pads should be washed/bleached regularly.
4. Athletes are expected to give their full effort at all portions of practice- including warm ups, cool downs, weight training, position training, group training, team training, and film/classroom-focused training.
5. If you have a failing class grade, you will not be able to play in a match until you are passing. Your coach will likely redirect your practice time to homework or meeting with your teacher to assist in this effort.
6. All players will wear "Wildcat gear" to school and on the bus on the days we have away matches. All players will "dress up" to school on the days we have home matches. "Dressing up" is defined as skirts/dress pants/dresses of appropriate length, sweaters, blouses, and clean shoes (no jeans). This is an effort to unify as a team, notify the community of game days, and earn respect from those around us. All clothes should follow the school dress code and be in exceptional taste. We follow the motto of, "dress well- test well!"
7. All athletes must take care of their borrowed program gear. Warm up shirts, backpacks, shorts, jerseys, and anything else passed out by the program must be kept in pristine condition during the season. Jerseys should be washed regularly with mild detergent, bleached/whitened as needed, and laid flat to dry. Materials that are returned damaged will result in a fine for replacement.
8. Come to practice and matches physically and mentally prepared by getting the proper rest and nourishment.
9. Communicate with teammates and coaches. There is no way to resolve a problem if we don't know it exists. Coaches are available before and after practices for discussions as needed.

ATTENDANCE & PLAYER COMMITMENT

1. All players are required to attend the entirety of tryouts to be eligible to make a team.
2. All players are expected to attend all practices and competitions. Missing practice or competition will impact yourself and your team. As a part of a team, it is extremely important that players do not miss practices or competitions. Competition time is affected by missing program commitments.
 - a. Students should make every effort to retake tests/get homework help during PAWZ/WIN Time and before school.
 - b. If students have any conflicts in attending practice, they must talk to the coaching staff beforehand. It is not acceptable to have another player talk to a coach for them. All absence-related communication should come from the player to their direct team coach.
 - c. Conflicts like illness, emergencies, funerals, college visits, religious commitments, or school-related events such as the ACT test are handled on a case-by-case basis with the coach.
 - d. Conflicts like travel sport practices, shopping trips, babysitting, non-academic or non-medical appointments, or social activities are not tolerated.
3. All athletes must be present at school all day to participate in practice or competition. If you have a necessary doctor's appointment that will require missing school during the season, a copy of that doctor's note must be sent to Jodi Otte for approval to practice/compete.
4. All athletes must be in good academic standing. Failing classes will result in loss of competition time and practice time being redirected to studying. We are students before we are athletes!
5. 9th Grade, B-Squad and Junior Varsity players must attend the Varsity home matches, sit with their teammates, and stay until the end of the Varsity match. This is where we learn the most- by watching those above us! This is also where we build core values as a team- your encouragement of other players in the program is vital to our success and cohesion.
 - a. 9th Grade and B-Squad players will be assigned to be a ball girl for at least two home Varsity matches.
6. Varsity players must attend the matches prior to their own match (whether home or away) in order to support their teammates and will help do book, keep score, or line-judge.
7. All players must be willing and able to help with at least one of the Monday night LARA sessions. Varsity will be expected to help with at least two LARA volleyball sessions.
8. All players must fully participate in our community pledge-drive. This includes completing at least 15 hours of community service in one calendar year from the start of our season and reporting those community service hours to the Head Coach through the form on our website.
 - a. Coaches and captains will do their best to offer options for athletes to complete their hours of community service. If an athlete doesn't meet their hours from what is offered by our program, they must search out community service hours on their own.

- b. Any work that is done at the benefit of someone else without receiving monetary compensation is considered community service.
- 9. All players must fully participate in program fundraisers. This ensures we are able to offer excellent resources to our athletes that are not provided by the district.
- 10. All events organized and offered by the program captains are optional and designed for program cohesion and enhancement. These events are not required for participation in the program and are not sponsored by the coaching staff.

PARENT INVOLVEMENT

- 1. Parent involvement is a vital part of our success as a program. Parents are asked to partner with us in ensuring a positive, challenging season of growth for all athletes. Please encourage your athlete to follow all school and program guidelines and foster excitement for full and complete involvement in our program.
- 2. Parents are encouraged to regularly engage with their athlete in a positive manner by asking supportive questions (How was practice/your game? What did you learn? How did you improve? What are your goals? Did you have fun? Why do you play?). Parents are asked to encourage, support, and love their athletes, team members, coaches, program, school, community and to listen and help problem solve.
- 3. Parents are asked to avoid unsupportive behaviors such as coaching or critiquing their performance, their teammates, their coach, their refs, etc.
- 4. Parents are expected to be positive additions to matches. Inappropriate spectator behavior will result in being removed from competitions.
- 5. Parents are expected to communicate directly with team coaches through email and Remind.
- 6. All family members are expected to adhere to the school's communication policy with coaches and athletic directors should issues arise.
- 7. Parents are asked to be involved in the functioning of our program through volunteering:
 - a. Please consider hosting or helping with special events like team dinners, community service, and "team bonding" activities.
 - b. We may need parents to help with match duties such as line judging, score keeping, libero tracking, and book keeping. Please be prepared to assist your athlete's team with these responsibilities. Coaches will coordinate these work shifts ahead of time and will provide all training.
 - c. Varsity parents will be asked to help with providing home game meals and coordinating events like senior night/pink out/youth night, etc.
 - d. If you have a particular skill or interest that our program could benefit from, please do not hesitate to reach out to your team coach. We appreciate all the help we can get!

GENERAL SCHOOL POLICIES

- 1. You will represent yourself, teammates, the team and the school with the highest level of respect and maturity when in the public eye. By being a member of this program, you have made a commitment to excellence. The choices you make have an impact on those around you, so make sure that the impact you have is a positive one.

- a. All student athletes have read and signed the MSHSL Student Code of Responsibilities. If an athlete is found to be in violation of this code of conduct, consequences will apply at the discretion of the coaches, dean of students, high school principal, and athletic director.
 - b. Consequences incurred during the school day by teachers or administrators will extend to the volleyball program as well. Avoid failing classes, academic dishonesty, disrespectful behavior, cell phone use in class, and all other instances of misbehavior at school. Being sent to structured study or receiving in/out of school suspension will result in loss of competition time.
2. Treat self and all others (including students, coaches, managers, officials, fans and teachers) with respect.
 - a. Actions such as hazing (see number 3), bullying, intimidation, and harassment (in person or via social media) are strictly prohibited and will not be tolerated. If an athlete engages in any of the above behaviors, they will be subject to punishments based on the discretion of the coaches, dean of students, high school principal, and athletic director. Because of the severe impact such violations have upon the wellbeing of other student athletes, such consequences may include suspension or dismissal from the program.
3. The act of hazing by any group at Chisago Lakes is never allowed. Hazing is defined as any activity expected of someone joining a group that humiliates, degrades, abuses or endangers that person regardless of the person's willingness to participate. Any student found hazing will be suspended from volleyball and is subject to dismissal from the program.
4. No student shall possess, use, sell, distribute, deliver, supply or be under the influence of alcohol or any illegal, controlled, or mood altering substance or possess, use, sell, distribute, deliver or supply drug paraphernalia, or misuse prescription drugs at any time, at any place, on or off school property. In addition, any athlete knowingly in the presence of illegal use of substances who does not remove themselves immediately from the situation will be held to the same consequences. This applies in and out of season. This includes being in the vicinity of these actions- even if the athlete doesn't participate themselves ("guilty by association").
 - a. First Violation: (1) Suspension for two matches (or two weeks, whichever is more severe) of the current season or the next season of participation. This applies to games, competitions or performances. It does not apply to practices nor does it prevent a student from being a member or a team or group during the season in question. (2) Ineligible for any awards for the current season.
 - b. Second Violation: The student will be dismissed from the volleyball program for the remainder of the season.
5. The penalties for violating the rules involving sportsmanship and respect will be consistent with the Minnesota State High School League rules. Based on the severity of the incident, the Administration may impose stricter sanctions.
6. Athletes should follow the Chisago Lakes High School dress code at all times.
7. Refer to the Activities Department Handbook for further details of school policies for student-athletes.

CONTACT INFORMATION

Varsity: Hannah Lindstrom

Varsity: Beth Carlson

Junior Varsity: Nicole Graeve

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REMIND

Text the message @clvb2025 to the number 81010 to join our Remind group. This is our main form of communication and announcements!

WEBSITE

www.chisagolakesvolleyball.com

FACEBOOK

Search: Chisago Lakes Volleyball and “like” our page

TWITTER

@ChisagoVolley

INSTAGRAM

@chisagolakesvolleyball

PLEASE DETACH AND RETURN:

I have read and understand the philosophies and policies listed above in the Chisago Lakes Wildcats Volleyball Team Handbook for the 2025 season:

Player name (printed):

Player name (signed & dated):

Parent name (printed):

Parent name (signed & dated):
