

# Portage Northern Volleyball 2021

## Practice Protocol

- \* Setters traing from 3-3:30pm at Doghouse
- \* All other players arrive by 3:10 (V and JV)
- \* Freshman arrive by 5:10 to start warm up
- \* Set up courts and get equipment out
- \* Make sure you have your waterbottle
- \* Ball & Partner, start your ball control sequence
- \* No jewelry, no gum, no crazy finger nails
- \* Daily practice shirt / based on team
- \* After practice help put equipment away

## Attendance

- \* Your attendance at practice is mandatory
- \* If you miss practice due to an unexcused absence your playing opportunities will lessen at the next competition.

### \*Excused Absences:

Previously schedule appointments, dental and doctor are excused absences as long as you let your coach know BEFORE practice that you will be late or missing.

### \*Unexcused Absences:

Missing practice without letting coach know BEFORE you miss is an unexcused absence.

- \* Two unexcused absences will mean immediate dismissal from the team.

### \* Full day of attendance for participation

This applies for practice and games

## Academic Eligibility

- \* Eligibility checks are reported to coaches
- If you are on probation you are able to participate
- If you are ineligible you are not able to participate until you improve your grade to passing

## Transportation

### Weeknight Matches:

All teams travel from PNHS by bus - schedule TBA  
Players will ride to and from competitions as a team

### Saturday Tournaments:

Teams travel from PNHS by van - schedule TBA

Some trips are round trips, some are drop off only...TBD

## Communication

Players and coaches will have ongoing communication throughout the season regarding each athletes role and how it may change. Questions about playing time are always between a player and the coaching staff. If you would like to request a meeting, coaches need 24 hour advance.

## Sportsmanship

We will treat all teammates, coaches, opposing players and coaches,officials and spectators with respect.

As a member of the PNHS Volleyball program you are representing yourself, your family, and your school.

We ask that you do so humbly and with integrity.

## Competition Protocol

### HOME GAMES -

- \* Help set up nets, ref stands, balls out
  - \* Change into game attire
  - \* Follow coach instructions for pre game
- Varsity - works lines and table for JV and Freshman home games  
JV and Freshman - help shag during Varsity warm ups  
JV - 3 players work table and score during Varsity game  
Freshman - work the ball running crew during Varsity match

### AWAY GAMES-

- \* Change and get ready for bus
  - \* Follow coach instructions for pre game
  - \* JV and Freshman teams play at same time
- Varsity watches JV and Freshman games  
\* Varsity plays approx. 30 min. after JV and F teams finish  
JV and Freshman stay for Varsity game and sit together as a team during the match

## Playing Opportunity Philosophy

### \* Freshman

Playing opportunities will be as even as possible  
Some positions require more court time than others  
Coaches will do their best to get players as much court time as they can at this developmental level.

### \* JV

JV level begins to become much more competitive.  
We are looking for a competitive edge and the players who offer that and who are able to perform at a higher level are given more playing opportunities if they are working hard at training, being supportive teammates and continuing in the skill development process.

Playing time at the JV level is not equal. Players may not get in every set, but they should get in the match on a weeknight.  
Saturday Quads you may not play in every match.

### \* Varsity

At the Varsity level playing opportunities are not guaranteed  
A performance based starting rotation is put together according to what the coaching staff feels is the teams best chance for a successful competition outcome.  
Every player has an important role on this team and was placed here because they can contribute to the competitive culture at practice. This promotes individual and team growth and potential success. By accepting a position on Varsity, your daughter has agreed to this Team First Philosophy and is excited to be part of this team no matter her role

## Coaching Staff

Varsity	Erin Onken	(269) 366-0229
V. Assistant	Marybeth Messenger	(269) 330-1470
V. Assisitant	Kelsey Swoboda	(269) 370-6889
JV	Rachel Parker	(269) 903-5549
Freshman	Nikki Hackworth	(269) 370-9288