



# COLCHESTER HIGH SCHOOL

## VOLLEYBALL

### Handbook

## CHS Volleyball Handbook

This handbook is an addition to the Student / Parent Athletic Handbook and does not supersede any of its contents. It is meant to define items specific to the Volleyball program and add procedures specific to the sport at Colchester HS.

As of the time of Last Update (noted at bottom of page), this Handbook is pending approval of the CHS Athletics Department.

### Team Mission Statement

The Volleyball Program will work to create an environment where the student/athletes may grow through the sport of volleyball. They will learn how to work with others to accomplish a common goal, to find ways to constantly improve themselves and learn good sportsmanship.

### Coach's Philosophy

My coaching philosophy is to teach the players to be able to coach themselves. The goal is to instill that volleyball is FUN and you want to enjoy it as a player, coach, spectator or parent; work hard and constantly try to improve.

I do this by giving players skills in a progressing fashion, building upon each new skill. Along with the skills, they learn the flow, tactics and strategy of the game. Through practices, the players learn how each piece fits together to make them a better overall player and how to work best with their teammates. The players are told the why and how of what is taught, so they may understand what it takes to keep improving.

I believe in Positive Training. This is accomplished by focusing on what the player has done right, and not on what was done "wrong". Usually when something is not working, there is some underlying skill or technique that needs adjustment. By applying Positive Training, a coach will build on a player's good traits and give them confidence to improve other aspects of their play.

"Just play the best you can, and everything else will take care of itself."

"That was PERFECT! Great job. Do it again."

Rick Codling, Head Coach  
CHS Girls Varsity Volleyball

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- 12 month list of actions needed for program

Not included in this Handbook:

Conduct

Eligibility

Injury/concussion

For details, please see Student / Parent Athletic Handbook.

## **Season highlights - Important Dates**

- Winter: Club teams' Tryouts  
Season review - AD and Head Coaches
- Spring: Fall schedule comes out  
Middle School March Madness (MSMM)  
CHS Intra-mural Volleyball Tournament  
signups for camps begins
- Summer: Camps; various levels  
Summer leagues, tournaments, practices  
Prep for Fall; order equipment, adjust schedule, confirm coaching staff
- Fall: Tryouts in mid-August (Varsity first day, JV next)  
Preseason with scrimmage(s)  
First Match on Labor Day weekend  
Homecoming match (if schedule fits)  
Senior Night (last home match of season)  
JV Jamboree (last Saturday in season)  
Varsity playoffs; finals on first Saturday of November  
Team Dinners and Award Ceremonies

**Practices:**

You are required to attend all practices to play in matches. Exceptions can be made for Family issues or illness, but that may affect playing time.

Exceptions:

- contagious illness
- school note not to attend
- family issues

Other co-curricular activities should not interfere with practice or match schedules.

Please see the school's Student / Parent Co-Curricular Handbook.

You are expected to inform your coach ahead of any time off (except in an emergency as noted above). Failure to give adequate advance notice will result in less playing time. Repeat unexcused absences are grounds for removal from team.

set up and take down

Everyone is expected to help during the season.

Captains will delegate individuals as needed.

**Match protocols and responsibilities**

as Hosts:

- Have net set up and checked by Coach
  - Officials stand set up
- Scorer Table and team benches in place
- Water jug available for both teams
- Greet visiting team and show to locker room and Trainer

as Visitors:

- Dress appropriately for travel and waiting for match
- Behave courteously to everyone at host location
- Be on time for bus
- Have snacks/food for before or after your match
- See Trainer before leaving CHS or first thing upon arriving

## **Tryouts agenda and expectations**

Tryouts are in mid-August (usually 2 weeks before school starts).

Varsity is on first day allowed. There are two time periods (AM and PM). You need to attend both. Results will be posted that evening.

JV (sub-Varsity) is the following day for 1/2 day. Time to be determined by Coach (in July). Results are posted that evening.

You need to complete registration to be able to try out.

There is a Falls Sports Meeting for the entire school earlier in the week, usually the night before, where parents and players may meet the coach(es) and ask questions.

Colchester HS policy on cuts; you must participate in Tryouts to determine which squad you will play on, or if you make the team. Exceptions to missing Tryouts must be prearranged with the coaching staff. Make up Tryouts will only be granted due to hardship exceptions and must be within the first week of preseason.

## **RESPONSIBILITIES - Coaches**

Teach by example - demeanor, fairness, positivity

learn your players - their strengths, areas to work on

reward enthusiasm and excellence

read rule book / codes

discipline evenly / fairly

Be the Secondary “line of defense” for rules violations (e.g.: jewelry, sportsmanship)

## **RESPONSIBILITIES - Captains**

lead by example - follow coaches

assign duties evenly - delegate

encourage teammates on and off the court to:  
    practice good sportsmanship  
    keep a positive attitude

learn drills - be first in line

work on team culture

### Responsible for:

Make sure jewelry is off (all players) before practices and matches

set up equipment - practices and matches  
    and take down / stow

getting water / first aid kit

run conditioning activity

run cool down

help coaches with attendance

read / understand rule book

Clean up trash. Police the gym.

initiate group "cheer", "pep rally cry"  
    encourage input from teammates

LEARN rules (see NFHS Rulebook) as assigned by Coach  
    (see separate sheet)

## **RESPONSIBILITIES - Captains - Rule Book**

### **RULE 1 The Game**

All sections

### **RULE 2 The Court**

Section 2  
Section 3  
Section 4

### **RULE 4 Player Equipment and Uniform**

Section 1 Articles 6,7,8  
Section 2 Article 1:h (1,2,3)  
Article 1:i (1,2)

### **RULE 6 The Team: Composition and Positions**

All sections, especially Section 3

### **RULE 8**

All Sections

### **RULE 9 During Play**

ALL SECTIONS, this is the primary area you need to know

### **RULE 10 Substitution and Libero Replacement**

Section 1 Articles 2, 3  
Section 2 Article 3  
Section 4 Article 2

### **RULE 11 Time-outs and Intermission**

Section 2 Articles 2, 3, 4  
Section 3 Article 1

### **RULE 12 Conduct**

ALL SECTIONS

### **Official Volleyball Signals**

Referees pages 66 and 67

Line Judges pages 64 and 65

## **EXPECTATIONS - Players**

Enthusiasm

Build TEAM spirit. Encourage your teammates.

Build TEAM spirit. Support other squads.

Respect to coaches and teammates

Be on time to every practice and match!

ask to help set up / take down / get water, etc.

visit Trainer before if needed

Goal is to be on the court at the start time

Undivided attention - cell phones off, no talking, be involved

Follow instructions

Know warm up exercises

be SAFE, be fit

When break is over, return to court

Use rest room at beginning of breaks

### Dress Code:

proper attire, including: footwear, socks, shorts/pants, jersey

optional: knee pads, sleeves, etc

### Attendance:

We recognize that players may miss a practice or match for good reason (school, family).

Excused absences are where you know you will be out and request okay from the Head Coach. Inform them as soon as you know you may be out and at least a full day before.

Unexcused absences will result in less playing time. If you miss a practice/match without letting the Coach know, further discipline may be warranted. Also, if found lying to the Coach on why you were out, you may be subject to; benching, suspension, or expulsion from the team.

COMMUNICATION is the key.

## **SKILL REQUIREMENTS TO MAKE SQUADS**

Note from Coach:

There is a recurring theme regarding play that coaches look for in players. Like other sports, there are basic skills that are needed, and the better you are at those, the more your value to the team. Then, there are specific skills needed for certain positions (setting, blocking, etc.) that certain individuals are needed for.

The better you are as a player at any skill, and the more you know, the more playing time you will get.

Players on a Varsity squad will play according to the needs of the team. The Coach will put the best team on the court for that moment. This changes during a match and may also change for a different match.

Players on Sub-Varsity squads will get as much playing time as possible in the pursuit of improving the team and the player's skills. Extra playing time will be based on merit. Sub-Varsity is a learning process.

## **SKILLS: REQUIREMENTS FOR VARSITY SQUAD**

Serving: serve to specific court locations (i.e.: 1, 6, 5)

Passing: consistently pass to the target. Proficient in underhand and overhand passing.

Hitting: Hit to various court locations. Able to make hard hit, roll shot, tip ball and power dink (push).

Blocking: Establish consistent block. Work in tandem with other blocker(s)

Hustle to cover the ball (cover the play)

Quick transition during play

Establish good communication with teammates

Awareness of court positions. Learn each position's responsibility.

Learn more than one skill position

Positive attitude

Have a thorough understanding of offenses and defenses

## **SKILLS FOR JV-A SQUAD**

Serving: consistent servicing

Passing: consistently pass to target

Hitting: demonstrate good approach and swing

Blocking: transition from offense to defense to establish block

Hustle to cover the ball (cover the play)

Quick transition during play

Establish good communication with teammates

Knowledge of court positions

Understanding of offense and defense roles

Positive attitude

## **SKILLS FOR JV-B (DEVELOPMENTAL) SQUAD**

Positive attitude

Willingness to learn & improve skills

Want to learn more about the sport

## **Other Varsity procedures**

selecting a Captain:

If Captain is a Senior: once season is over, the Coach will choose new captain(s) for the next year. During the remainder of the school year, all Captains serve as co-captains.

The Head Coach will choose the Captain(s). At Coach's discretion, the team may vote to choose any additional captain(s). If more than one Captain, they will serve as co-captains that year, with all responsible for all Captain's duties (see Responsibilities - Captain sheet).

Selection to Varsity Squad:

if you are selected to Varsity, you are on the squad the rest of your HS career. If you choose to leave, and want to come back in a future year, you will need to try out again.

A player may be asked to leave due to disciplinary reasons. If not a senior, then you are not guaranteed a position the next season. You may try out again if allowed under the disciplinary determination.

Varsity are required to come to both Varsity and JV tryouts to work with new players while Coaches evaluate them. Varsity players will give input to coaches. Input should include: attitude, working well with teammates, interest in learning. \*\*\*\*

Each season, starters will have to earn their position. This process is done during pre-season training.

## **Varsity vs JV**

from Athletics Handbook

### III. Tryouts & Levels of Participation

In some sports, it may be necessary to reduce the number of participants to a manageable size, particularly when considering safety, fiscal resources, equipment, facilities, and coaching personnel.

#### **Varsity Participation**

The league Colchester High School participates in is a competitive league featuring some of the state's best athletes. The individual's ability, attitude, work ethic, and the team's specific needs or game situation will determine playing time at the varsity level and playing time is not guaranteed.

#### **Position on Freshmen Playing Varsity**

It is **strongly recommended** that varsity team rosters, especially in team sports, not include freshmen players if there is a freshman or JV team available. Exceptions may be made after a coach submits a written justification form followed by discussion with the Athletic Director.

Coaches are responsible for addressing specific questions pertinent to each situation.

Freshmen athletes will be considered by the varsity coaches only if they will be able to be given significant play time, there is a demonstrated need for younger players at the varsity level, and that the coach feels the player can meet the physical demands of varsity competition. In addition to the physical demands, there are also the social and emotional factors that need to be taken into consideration when having freshmen play on the varsity level. A coach must consider what is in the best interests of the entire program presently and in the future for any decision made on freshmen eligibility for varsity participation.

#### **Freshman and Junior Varsity Participation**

The freshman and JV programs within each sport at CHS are both developmental and sequential. JV programs are designed to help student athletes develop skills and teamwork necessary for successful varsity competition.

It is expected that members of the freshman and JV level teams will be given appropriate and quality playing time in each game as long as they comply with their coach's team policies and

work hard in practice. Also, consideration must be given to the physical well-being of the athletes as determined by the coaching staff.

## **Parental involvement**

Parents are encouraged to be involved in their children's lives.

While the coaches will have all say as to what is taught and how skills are taught and what playing time the players are given, parents can help in very many ways.

Needs of the team for volunteers:

- help at matches as part of Officials
- concession stand
- help with transportation (of fans) to Away matches
- Fundraising
- Media work: photography, video, etc

If the coach and parent need to communicate, please see Section VIII of the Student / Parent Athletic Handbook for procedure and responsibilities.

## **Fundraising**

To be done by Team

- may not interfere with school activities
- needs to include and benefit the entire team (Varsity & JV)

Parents help is appreciated

Team Captains will head this function  
(sometimes with Coaches' help)

Large Fundraiser(s)

Summer Camp - Done under the Colchester Parks & Rec Dept.  
90% of net goes to the team

## **AWARDS**

### **VARSITY**

Annual Awards (done every year)

MVP - player who contributes the most on the court to help the team

- best overall statistics
- always energized and ready to go
- leads by example of play - gives all to playing or support from the bench

Coach's choice - overall contributions to the team or sport

- includes: sportsmanship, team (teammate) support, pitches in to get things done

All-State Team

- if Awards Night before selection, note the nominees
- post/honor selections if known
- names will be added to plaque/banner at school

Add these if significant contribution(s) (special awards)

- most improved - over the course of the season (all coaches pick)
- make up some; by team or coach
- Offensive player - based on metrics; kills, aces, pct of hits/serves in, assists, etc
- Defensive player - based on metrics; digs, blocks, pct in

Definition of awards. These are annual awards. Others may be added periodically for any year, but ancillary to these.

MVP - based on overall play. Use statistics for a basis. Best overall player on the team.

- contributions to the team exceed other players'.
- this player represents excellence in play. They also display drive to excel on the court with their play and commitment to teamwork.
- Determined by the coach(es).

Coach's - to the player that exhibits excellent play and inspires their teammates with their court manner and increasing the play of their teammates.

Determined by the Head Coach.

Captain's - I would like to get this part down, then you can pick your awardee.

only parameter: this will apply to future years also, so we should set a guideline at least.  
Determined by the team Captain(s).

## **JV (sub-varsity)**

Awards are discretionary. Generally only fun/small awards by teammates (or coaches).  
Before the season-end gathering, the team and coach will determine how this will be handled.

## **TIMELINE for 12 Months**

Timeline of events during year. (Dates in **bold** are approximate and change each year.)

### **AUGUST**

Run conditioning early in month

- Self / home workouts
- Group at weight room or outside

Captain's or Summer practice

Meet with Trainer

Coaching staff meeting

- Set tryout schedule (Varsity, JV, Freshmen)
- Coordinate schedule for practices
- Coordinate match schedule

Schedule scrimmages

- Get transportation
- Hold both Home and Away
- Have at least one

Tryouts - **August 14/15** (mid-August every year)

- Verify with AD

Preseason starts

### **SEPTEMBER**

Season begins - first match no sooner than **1st**

### **OCTOBER**

Preorder trophies (3) - leave name blank

Contact parents/volunteers - like to help with prep for playoffs?

Playoffs listed on **19th** (Sunday/Monday after season end)

### **NOVEMBER**

Awards - after season party

Coaching staff meeting

- Make budget recommendations
- Review season
  - Notes for following year
  - Things to do in off-season

Talk to Town about camp(s)

### **DECEMBER**

Take a break

Captain's practice

Contact Activities Director at CMS about March

### **JANUARY**

Captain's practice

Get coaches for MSMM

- Contact Varsity players
  - If needed, contact JV
- Contact adult coaching list
  - Ask parents after getting player list

## FEBRUARY

Captain's practice

MSMM practices start last week of February

## MARCH

Middle School March Madness

- Runs til first w/e in April
- Captain's practice

## APRIL

Captain's practice

Contact coach candidates for Fall

- Get preliminary commitments
- Need early commitment on Match officiating

## MAY

Note to players on summer activities

Pass along any info on camps

Contact AD

Captain's practice

Set up Summer practice schedule

- One or two a week
- Single or multi-location

## JUNE

Prepare camp counselors

Set up pickup / clinic dates

Head Coaches meeting (all teams)

- Set player limit for each team
- Coordinate tryout expectations
  - How many of each position needed
- Confirm timeline
- Make budget recommendations

Captain's or Summer practice

As soon as schedule is released -

- Get commitments to work matches
  - Scorer, Libero Tracker, Line Judges
    - Need Varsity and JV matches covered
- Concession stand volunteers

## JULY

Run pickup / clinics

Meet with AD

- Check on gym condition
- Review orders for equipment
- Confirm resurfacing of gym will be early August

Initial meeting with coaches (cookout)

Captain's or Summer practice

Contact St. Mike's coach re: Field Trip to their first Home match

Contact schools to set up a scrimmage and Officials training day