

# Charter Stars (Great River/Twin Cities Academy HS) Volleyball

Hello, my name is Samantha Berg. I am the Head Volleyball Coach at Great River/ Twin Cities Academy. I graduated from the University of Minnesota – Duluth with a B.A. in Applied Science and a Minor in Coaching. I am currently teaching middle school science at Twin Cities Academy. This past year I coached middle school volleyball in Ely, MN and at TCA. I grew up in Illinois where I played several sports including softball, swimming, basketball, and volleyball. I love playing almost any sport and I also love coaching. I enjoy outdoor activities like hiking, kayaking, biking, and running. I am looking forward to a fun and successful volleyball season.

## Team Rules

**-Attendance:** All practices and games are mandatory. Work is not an excuse for missing practice or games. Please schedule any appointments around your volleyball schedule. You will not start a game if you had an unexcused absence from school or practice the day before. If you are going to miss practice please stay in contact with me by phone or email to let me know when and why you will be missing practice.

**-Practice clothes:** The appropriate attire for practice includes: shorts, t-shirt, tennis shoes, and knee pads. There will be no tank tops, shirts with cleavage, or shirts with inappropriate logos. You will not practice if you are dressed inappropriately. I suggest keeping a spare shirt and pair of shorts in your locker.

**-Be on time:** If practice starts at 4:20 that means you are ready to go at 4:20 on the dot. You are dressed in appropriate practice clothes, you have gone to the bathroom, and your water bottle is full.

**-Be focused:** When you are at practice you are completely committed to what we are doing. You will try your hardest at everything we do because everything we do has a purpose. When you are asked to do something you run, you do not walk. Practice is not a time for socializing. You can socialize before or after practice but not during. We only get so much time to work on things so it is important to use that time as best we can.

**-Be respectful:** Respect comes in many forms and it is vital that every person on this team is respectful of all of the players as well as the coach. There is no room for “drama” on this team. You will be supportive of everyone that is part of this team both on and off the court. Part of respect is using appropriate language. There will be no profanity, harassment, inappropriate gestures or remarks.

**-Sportsmanship:** Every single person associated with the GRS/TCA volleyball team will exhibit sportsmanlike qualities. There will be no negative comments to anyone on our team, the opposing team, or to the officials from anyone. This includes players and family or friends that are there to cheer for our team. If another team is being unsportsmanlike or if there are any issues with the officials the coach will handle the situation. If a player or fan from GRS/TCA is disrespectful to anyone during a game or practice they may be asked to not return to future volleyball events.

**-Keep your grades up: SCHOOL COMES FIRST.** There will be grade checks for volleyball players every Wednesday. You will get a grade slip for each week. It is your responsibility to go to all of your teachers and have them sign off on your grades. No player with an F will start for this team. We will run for D's and F's weekly if need be. You are a scholar before you are an athlete. If you let your grades slip then you are letting yourself and your team down. If you need to make up

schoolwork, schedule it around practice times. If you need help to improve your grades ask your teachers or the coach to help you. Do what you need to do to succeed in school.

**\*\*Note these are not official grade checks, these are specifically for the volleyball team\*\***

**-Take responsibility:** As a member of this team you need to make sure that you come to practice prepared and on time every day. If you forget something at home it is not your parents fault. If you are late to practice it is not your parents fault. You need to take responsibility for your actions and you need to learn how to organize ahead of time to make sure you are prepared.

These rules are in place to help us grow as a team and more importantly for you to grow as individuals. The skills that you learn during this season are to help you be prepared for life on and off the court.

### **Varsity Lettering in Volleyball**

To letter in volleyball you must meet the following requirements:

- Attend practice everyday
- Attend all matches
- Maintain eligibility (C- or better with official grade checks every 2 weeks)
- Maintain a positive and respectful attitude towards yourself and others
- Show dedication to the team
- Show discipline at practice
- Follow all team rules
- Be on Varsity for the majority of the season

Any special circumstances that arise during the season will be taken into consideration

### **Team Rule Consequences**

If a player breaks a team rule it could result in one of the following:

- Extra conditioning for the entire team
- Removal from a starting position
- Suspension from 1+ games
- Removal from the team

The team rules are to help ensure that all players maintain conduct that is respectful to everyone including themselves. They are also to help players start building skills that will help them in other aspects of life (punctuality, organization, preparation, etc.)

### **Parents and Guardians**

Parents and guardians are NOT to approach the coach with issues or concerns during or immediately following a match. If a parent or guardian has any concerns throughout the season I recommend scheduling a meeting with the coach. This is to help the coach and players stay focused during a match and to allow parents and guardians time to think about issues and concerns before approaching the coach.

I expect all parents, guardians, and friends that attend games to follow the team rules as well. There is no room in the stands for anyone who is disrespectful to our team, the opposing team, or the

officials. Parents and guardians are to be positive role models and will not be welcome if they cannot be respectful and show sportsmanship to everyone.