



TEAM HANDBOOK

Rick Marcellino, Athletic Director

Coach



*“We are what we repeatedly do.
Excellence then is not an act, but a habit.”*

--Aristotle

Mission Statement

As teachers and coaches our mission is to develop balanced individuals who reach their athletic potential through sport and interaction.

Purpose

As an athletic program of Yeshiva High School, the purpose of the Volleyball Team is to represent the school and our program with excellence, grace and loyalty. The team gives athletes an opportunity to enhance their skills, knowledge and enjoyment of the game, and provides a competitive athletic experience that promotes teamwork, self-discipline and respect. Furthermore, the team allows athletes to build friendships that will unite students within the school and promote school spirit.

Goals

Coaches: To teach patiently, train creatively and improve continually.
Athletes: To learn aggressively, train passionately and improve continually.

TRYOUTS

- ❖ Tryouts are held two weeks before school starts, and include a skills test on the last day.
- ❖ Attendance at all tryout sessions is mandatory. Absence from a tryout session without prior approval from the Coach will automatically disqualify a athlete from the team.
- ❖ Athletes desiring to be on the team must participate in all activities.
- ❖ Athletes are judged on proficiency in basic skills, the demonstration of a positive, winning attitude, and behavior and focus during drills. Current skill and experience are also considered. Additionally, athletes are evaluated on coach ability, willingness to be a team athlete, athletic potential, work ethic, drive, and competitive attitude.
- ❖ A final roster is determined on the last day of tryouts.

SCHOOL REQUIREMENTS

- ❖ All athletes seeking to be on the team **MUST** have a current Physical Form and Medical Emergency Form on file.
- ❖ Athletes who do not have the appropriate forms on file will not be permitted to participate in practice or tryouts.
- ❖ Athletes chosen for the team must pay a participation fee to cover the expenses team, such as referees, equipment, etc. The fee must be paid prior to the first game in order to play in the game.

ACADEMIC EXPECTATIONS

- ❖ Academics take priority over Volleyball.
- ❖ Athletes are to maintain passing grades in all classes in order to participate on the team.
- ❖ It is your responsibility to apply yourself and manage your time well.
- ❖ Classroom conduct: understand that you represent your team and coaching staff in the classroom. Teachers and fellow students should have nothing but good things to say about your interaction with them.
- ❖ When you miss all or part of a class due to a game, it is your responsibility to obtain your work from your teachers.

ATTENDANCE

- ❖ All team practices are mandatory. Any anticipated absence warrants notice from athlete to coach prior to practice (by the end of lunch, 12:55 p.m., unless there is an emergency).
- ❖ Only an illness, serious enough to keep the athlete home from school, or a significant family emergency are legitimate excuses for missing practice.
- ❖ Regardless of the reason for an absence, the Coach will have the final say on playing time for an absent athlete. Typically, a athlete who misses practice will not play in the next game immediately following her absence, though she must still dress out and sit on the bench to support the team.
- ❖ In case of inclement weather, the Coach will call your designated number to notify you of a practice cancellation. If you are in doubt about a practice or game cancellation, please contact the Coach.

PRACTICE

- ❖ Scheduled practice time *is start time* and *not arrival time*. Athletes must be on time –practice begins at 4:45 p.m., Monday-Thursday. Additional practices on Sunday will occasionally be necessary.
- ❖ Athletes are expected to work their hardest in every task and drill, and give their very best effort.
- ❖ Athletes must be coachable, and willing to change technical skills in order to master or improve a skill that is critical for the success of the team.
- ❖ Athletes are to display a positive attitude toward practice, teammates, and coaches.
- ❖ Athletes are to wear no jewelry (including earrings) in practice
- ❖ Athletes to wear clean, comfortable court shoes.
- ❖ Hair is to be pulled back out of face.
- ❖ Athletes must help to maintain the cleanliness of the facility. Place all empty water bottles in the proper receptacles before leaving the building.
- ❖ Horseplay is strictly prohibited at all times.

COMPETITION

- ❖ Athletes are to display YA and personal pride at all times.
- ❖ Athletes are to be courteous to officials, opponents, and coaches at all times.
- ❖ Athletes will not wear jewelry during matches.
- ❖ Athletes will wear uniforms/warm-ups at all times during competitions, and will sit together as a team when waiting to play.

PLAYING TIME

- ❖ Equal playing time is not guaranteed in any game.
- ❖ An athlete's attendance, attitude, effort and performance determine her playing time.
- ❖ Decisions about court time are, at all times, at the sole discretion of the Coach.
- ❖ The coaching decision is not up to debate or question. Athletes are encouraged to ask what they can do and how they can improve to get more playing time.

ATTIRE

- ❖ Athletes are expected to dress modestly at all times.
- ❖ Attire for school on the day of the game is the team polo shirt and a khaki skirt.
- ❖ Attire for games is the team uniform supplied by the school.
- ❖ Athletes are to wear no jewelry (including earrings) during games, or during the warm-up period before the game.

BONDING

- ❖ All successful teams have chemistry. The best way to create chemistry is to be together in different kinds of situations.
- ❖ Athletes should interact with one another as much as possible outside of practice, to develop camaraderie and friendship.
- ❖ On game days, athletes are strongly encouraged to eat lunch together as a team as a show of unity and spirit.
- ❖ This is a coaching staff value and we will sacrifice time and resources to facilitate this process.

CONDUCT

- ❖ During competition a athlete will always address the officials, the other team, her teammates and her coaches with respect.
- ❖ Bench Behavior: when you are on the bench, you must be focused on the game and cheering on your team.
- ❖ Athletes deemed to have been blatantly disrespectful will be penalized with the loss of playing time. If necessary, parents will be contacted and the athlete will be referred to the principal for disciplinary action.

COMMUNICATION

- ❖ Most announcements will generally be made at the beginning and the end of practice.
- ❖ Occasionally there may be last minute e-mails or phone calls. Check your e-mail and Renweb frequently.
- ❖ Don't expect your Coach or Mom to handle everything. Find out as much as you can on your own.

FAMILY SUPPORT

- ❖ All successful teams have great parent/family support. Each athlete on the team is strongly encouraged to invite parents, grandparents, siblings, etc. to games
- ❖ Attending matches, cheering positively, and working fundraisers are encouraged.
- ❖ Parents should only speak positively of their athlete and others on the team. Nothing will kill team morale and chemistry like negative comments from authority figures.
- ❖ Parents are welcomed and encouraged to make donations to the program to offset team expenses and assist in the purchase of new equipment.
- ❖ Competitive team athletes, by their very nature, create situations where everyone may not be happy all the time. Knowing when and how to communicate with the Coach is a concern for almost every parent at some time during the season. Most often the concern is how to inquire about issues surrounding playing time.
- ❖ At YA, we encourage our athletes to take responsibility for their participation. We expect the athlete to talk to the coach first when (s)he has a problem concerning his/her playing time, or is unclear about what the Coach expects in practice or competition. The appropriate way to do this is for the athlete to ask the coach what (s)he needs to do to get more opportunities to play in matches. Often the athlete knows why (s)he may not be playing as much as a teammate when the parent may not.
- ❖ Parents can best help their athlete by helping him/her set some goals to achieve more opportunities.
- ❖ When a parent has a problem that is specific to his/her child, they should speak directly with the Coach. However, the coach will not be required to defend his/her judgment and decisions about playing time. It is improper for a parent to request that. Coaching decisions will not be discussed with anyone other than the Athletic Director .. These coaching decisions include, but are not limited to, specific match decisions such as who played when, where, and how long and who was subbed out and when.

GRIEVANCES

- ❖ An athlete with questions or concerns should first take her concerns to one of the captains for an answer or resolution. If the captain cannot resolve the concern in a reasonable or timely manner, the captain will bring the concern to the Coach. Team mates that have grievances with one another are strongly encouraged to resolve their differences amongst themselves with one of the captains.
- ❖ If the Coach cannot resolve the concern, the Athletic Director will be consulted. In extreme cases, the Principal will be brought in address a concern if the Athletic Director or the Coach cannot address the concern.
- ❖ Parents who have concerns are to contact the Coach directly for a resolution.
- ❖ It is inappropriate for a athlete or a parent to approach other team members or parents about a problem the athlete or parent is having with another athlete or with the coach, about objections to coaching decisions, or about disagreement with an administrative decision. Asking people that are- not directly involved to take sides in an issue is unfair to the third party and to the team. For the psychological health of the athletes and the team as a whole, grievances need to be handled by the parties involved and in the proper manner. If the grievance cannot be satisfactorily resolved, the Athletic Director and/or Principal will address the concern and render a decision.

TRAINING

- ❖ Good physical condition of the athletes is essential for the success of the team.
- ❖ Athletes must adhere to the YA policies regarding drug and alcohol abuse.
- ❖ Athletes must try to get at least 8 hours of sleep each night and be in bed in time for 8 hours of sleep prior to a match.
- ❖ Athletes must try to eat balanced meals and drink lots of water, milk and juices; refrain from soft drinks and snack foods.

WINNING PHILOSOPHY

- ❖ Whenever we step on the gym floor, we play to win, whether we are in practice or a game.
- ❖ There will not be equal playing time on any level.
- ❖ We will not penalize athletes who work harder than the rest by sitting them to give other athletes who've not worked as hard a chance to play.
- ❖ Playing time is earned and kept by those who master the skills taught in practice, maintain a high level of intensity and are continually coachable and positive.
- ❖ You will not always agree with the coach, as we all question coaching moves in sports of all levels. As a member of the team, you must still support the team, even when you do not understand the decisions of the coach.

CONTACT INFORMATION

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