

2022
Brook Hill Volleyball



Player Handbook

BROOK HILL VOLLEYBALL

2022 TEAM HANDBOOK

Table of Contents

Table of Contents	2
Welcome Letter	3
Coach Hubbard’s Coaching Philosophy	4
Inspiration: Hold the Rope	5
2022 Brook Hill Volleyball Season Schedule	6
Commandments of Volleyball Athletes	7
Commandments of Volleyball Parents	8
General Rules Governing the Brook Hill Volleyball Program	9
Coaches’ Expectations of Team Members	10
Practice Attitude	11
Brook Hill Volleyball Practice Rules	12
Brook Hill Volleyball Team Philosophy	13
Discipline in the Classroom	15
Brook Hill Volleyball Consequences	16
Things to do to be Successful	17
Commitment to Excellence	18

WELCOME TO BROOK HILL VOLLEYBALL

The 2022 volleyball season is upon us, and we hope that you are ready for an exciting season. We are looking forward to a great season to begin our quest in developing a winning tradition. We know that with dedication and hard work, we can make this happen!! We are so excited to have you as part of our program. We are confident that you will find your experience positive and enjoyable.

Our volleyball program requires a strong level of commitment and determination to master the skills necessary to compete against other high performing teams. The experience gained by this journey will benefit you throughout your life. A great work ethic, analytical thinking, self-discipline, time management, and improved physical health are just a few of the benefits you will receive from this great sport.

Volleyball is a demanding sport that takes the commitment of both athlete and parent as well as a strong commitment from your coaches and team family. This is our volleyball program handbook which will explain our policies and program procedures. It includes other valuable information not limited to the season competition schedule, practice policies, and required forms.

We are requiring all athletes to establish their volleyball team commitment, just as you would a lease on a home, so we are asking you to review all information in this handbook, sign necessary forms, and make a commitment for this year. Please note, all volleyball team members are expected to attend and participate in all applicable matches, tournaments, or any other scheduled events.

Things will be tough, but a true champion does not give up!! Make sure you stay positive and keep negative attitudes out of the gym. We will not allow anyone to bring us down...remember: Our goal is to HOLD THE ROPE for our teammates!!

“If you don’t invest very much, then defeat doesn’t hurt and winning doesn’t matter.” It matters to us and we do not like to lose...do you?!? Believe in yourself and work with each other. The coaches are your biggest fans and will always be here for you. District, watch out here we come!

COACH HUBBARD'S COACHING PHILOSOPHY

A coach is afforded a rare opportunity to shape the lives of young people in an extremely influential manner. It is because of this reason that coaching must be taken on responsibly. I have to teach students the game, skills, and strategy that I want them to use. I cannot suppose they know anything, or I set them up for failure. I must nurture their growth as individuals and as a team by providing feedback and encouragement. I have to provide knowledge, require discipline, instill respect, and elicit positive interaction. I must also provide athletes with opportunities to be successful, while also teaching them to accept defeat by learning from it.

Coaching requires me to model behaviors. I must be organized. I must show respect for my peers and athletes. I must prepare for competition and practice. I must be positive. I must learn from my own mistakes and teach athletes to learn from theirs. Coaches must model how to set goals and realize those goals. I must expect 100% from myself and no less from my athletes. I know my role as a coach, and I must explain individual roles to athletes, so they may accept theirs.

Athletics, especially volleyball, has been a positive influence in my life. I have learned life skills that have been invaluable in my life thus far. I want to share those moments of experience and learning with young people so that they may take with them the positive influence of competition. I hope to teach them not only the game, but also the intrinsic values that are so necessary in life such as dedication, respect, discipline, determination, heart, perseverance, teamwork, and resilience.

For these reasons, I coach. I challenge each coach and athlete to commit themselves to excellence in pursuit of victory.

INSPIRATION

My high school coach shared this story called **HOLD THE ROPE** to our volleyball team when I was a senior, and it became a major motivation for us during our season. I still relate to this story, and when taken to heart, it can change a team.



HOLD THE ROPE

Every year a professional football team wins the championship. Every year a college football team wins the NCAA title. Every year the best high school team in Division A on down wins the state crown. All these teams have one thing in common: **No matter how tough it became throughout their season, they did one thing — they held the rope!**

What is “holding the rope?” Imagine that you are hanging from the edge of a cliff with a drop of twenty thousand feet. The only thing between you and an fall to your death is a rope, with the person of your choice on the other end. Who do you know that has the guts to pull you to safety?

Who will hold the rope?

Who do you know that is going to let that rope burn their hand and not let go? How many people that you know are going to withstand the burning pain and watch the blood drip from their hands for you?



If you can name two people, that’s not good enough, because those two people might not be around.

The next time your team is together, look around and ask yourself, “Who could I trust to hold the rope? Who is going to let their hands bleed for me?”

When you can look at every member on your team and say to yourself that they all would hold the rope, you are destined to win a lot of ball games. You see, the team that holds the rope when the going gets tough are winners. When you are down by four points with thirty seconds to go, don’t give up. Yell at your teammates to “hold the rope — let it burn but don’t let go!” Every year there are winners and losers in all sports. Every year the winners hold the rope. You don’t have to have the best team on the field to win the game.

If you play with poise and do what your coaches ask of you, and most of all — hold the rope — you will be successful. No matter what sport you play, in order to win, you have to have a commitment to your team. If you are supposed to run three times per week, do it.

If you have to lift weights three times per week, don’t miss. **Once you start letting up at practice or start missing your workouts, you’ve killed the team because you didn’t hold the rope!**
Don’t let your team down! You’ve got to hold the rope!

Insert Schedule

Ten Commandments of Brook Hill Volleyball Athletes

1. *Thou Shalt Be on Time*

Everyone will be on time for all scheduled events (e.g., practice, rehab (if needed), games, and team meetings) **If you're early, you're on time; if you're on time, you're late.**

2. *Thou Shalt Be in Class*

Everyone is expected to be in class during school hours

3. *Thou Shalt Display Brook Hill Pride*

Team members represent The Brook Hill School everywhere they go—whether it's out to eat, to the mall, or to the grocery store. Each player should conduct herself in a manner that well-represents The Brook Hill School, the Volleyball team, and her family. Everyone is expected to be polite and courteous at all times. When you do see people out in town let them know you are a Brook Hill Volleyball player and invite them to come watch us play... build team and program support!

4. *Thou Shalt Study*

All players need to stay on top of their grades. If any player has an average below a 75, they should seek help before they find themselves failing! Grades will be monitored on a weekly basis!

5. *Thou Shalt Get Rest*

It is very important that each player get enough sleep to be at her best each and every day.

6. *Thou Shalt Eat Right*

Each player should do their best to make sure they are eating a proper diet!

7. *Thou Shalt Avoid Drinking, Drug Use, and Smoking*

We discourage the uses of these for each player's success now and later in an athlete's life. If a team member chooses to participate in such activities she will face consequences.

8. *Thou Shalt Dress Appropriately*

Do not dress to draw negative attention to yourself. Remember, you never have a second chance to make a first impression.

9. *Thou Shalt Take Pride in Our Facilities*

We take pride in keeping athletic facilities neat and clean, as you should and will do. The teams have good equipment, uniforms, travel bags, etc... **Take care of them** and do not steal from the program.

10. *Thou Shalt Believe in Excellence and Commit to Excellence*

If you believe you can, you will! We can go all the way to the top! I believe this, do you?!?

Ten Commandments of Brook Hill Volleyball Parents

1. Be **POSITIVE** with your daughter; let her know she is accomplishing something by simply being part of the team. Lift her up!
2. Encourage her to work hard and do her best. Don't offer excuses if she is not playing. There is usually a reason for it and she should discuss it with her coach.
3. Be loyal to the team and to the coaches. The coach represents the "boss", "authority", and the "parent." If parents constantly put down the coaches, how can we expect your daughter to play for them? Teach your daughter to be a **DOER** not a complainer!
4. Encourage your daughter to follow the **TEAM RULES**. Whether she is a first stringer or a seventh stringer, players must follow rules pertaining to the Brook Hill Volleyball Program!! Volleyball is a very demanding sport and a coach must concern themselves with a player's off the court activities in order to get the maximum physical and mental performances 100% of the time out of the players.
5. Insist on **GOOD GRADES!** Check the number of hours your daughter spends on homework. It is the duty of the parents/guardians as well as the coach to see that their daughter/athlete is working in the classroom. No matter how good a player she is, if she doesn't pass – she doesn't play!
6. Be POSITIVE toward ALL other players in the program. Please do not carry bad feelings toward players because of incidents that may have occurred between players. Volleyball is a kids' game...let them play it and have fun! Negativity rubs off on your daughter and it can devastate the team.
7. Be a good fan in the stands. Please don't be a **know-it-all!** The coaches work with the players on a regular basis and they know what each kid can do and what she cannot do. As a fan, you are entitled to **cheer your head off**, but don't become negative toward players, coaches, or officials. Athletes make mistakes...they are amateurs! Coaches know each athlete's talents. Please, respect that!
8. Insist on your daughter's **respect for team rules, school rules, game officials, and sportsmanship**. We will not tolerate any athlete back-talking an official...they will be removed from the rest of the game/match and possibly the following match. Remember this, **self-respect begins with self-control!!**
9. Encourage your daughter to improve her self-image by **believing in herself**. For some reason, the great players (pro, college, etc...) have a lot of **faith not only in their own abilities but also in their teammates**, and for this reason, they are successful in their sport. Refrain from comparing your daughter with previous children who have played or other players on her team.
10. Encourage your daughter to **play for the love of sports**. Enjoy her and her play! If there is a problem, have your daughter see her coach. Almost all concerns can be handled at this step. Coaches are here because they love coaching and love working with your children. There are many times they don't realize your daughter has a problem, so let them know.

General Rules Governing the Brook Hill Volleyball Program

1. Cell phones will be prohibited during practice and before and during every game. This is to ensure that our players are getting their minds right and focused to play volleyball. It is inappropriate to leave practice to check phones or to have them at practice at all. Likewise, it is inappropriate to be checking your phone right before a match. Remember: **We need to get focused!**
2. If your hair is long, you must pull it back away from your face. If your hair is down, it can affect your vision and could possibly interfere with the execution of skills of the sport.
3. All athletes will ride with the team to and from the contest. The ONLY exception is if you have made prior arrangements (AKA bringing a note from your parent explaining the extenuating circumstance in which you have to leave). Players will only be allowed to leave with a parent and they must be signed out before leaving.
4. NO JEWELRY OF ANY KIND WILL BE ALLOWED IN PRACTICE, GAMES, CONDITIONING, WEIGHTS, ETC. NO EXCEPTIONS!!!
5. The athletic lockers should be used for athletic equipment only. Please do not use it as a book locker. The athletic dressing rooms will be locked except during the athletic periods, athletic workouts, or scheduled events. Always remember that if you leave valuables outside your locker, the chances of them being stolen are very good. Always lock up valuables and money. KEEP OUR AREA NEAT! Items left out will be picked up and you will have to work to get each item back.
6. Workout clothes are to be provided by each athlete. You will wear these clothes to athletic workouts and scheduled matches. The athlete may leave them for washing at the end of the day/practice.
7. The coaches will give you an approximate time that we will be home from trips. Hopefully this time will be within 20 minutes of arrival time, so please inform your parents of this time schedule. Your coaches have put in long days and would like your parents to be ready to come and get you. Please ask your parents to make arrangements if they cannot pick you up.
8. When you are on a trip, you will stay with your team. You will ask your coaches for permission to leave the group for any reason at all. If you leave without permission, you may not be allowed to go on another trip. You are our responsibility!
9. All teams will sit as a team only! No boys, or friends not in volleyball... when preparing for a match. WE MUST MAINTAIN FOCUS!!!
10. Each athlete is required to be in the athletic period during the season and during off-season if not playing another sport.
11. When an athlete has missed a scheduled practice, she will be required to make up that practice immediately upon her return. Athletics should be treated like an academic course with a grade based on participation, and any participation missed must be made up!

Coaches' Expectations of Team Members

- 1. Follow all directions and rules... no matter how minute it may seem.**
- 2. Always be on time to practices, matches, and tournaments.**
- 3. Strive to work up to your fullest potential during practice sessions and matches.**
- 4. Eliminate wasted time during practice sessions. Always HUSTLE during practice.**
- 5. Develop your mental concentration and maintain it during practices and matches.**
- 6. It is important to strive for perfection in all aspects of the game. ALWAYS attempt to improve your weaknesses.**
- 7. Respect teammates, coaches, opponents, and officials. In return gain and demand their respect.**
- 8. Have pride in our Brook Hill Volleyball Program, your grades, and yourself as an individual.**
- 9. Always strive to be in the best possible physical, mental, and emotional condition for competition and practice.**
- 10. During practice sessions, do your job while you are in the drill and also while shagging.**
- 11. Always maintain a positive and supportive attitude whether you are on the court or on the bench!!**
- 12. Have FUN!!**

PRACTICE ATTITUDE

Practice does not make perfect,

Perfect practice makes perfect!!

No matter what you do, if you practice long enough, it will become a part of who you are. Practice a BAD habit, and you will become great at that BAD habit. Practice SECOND class, and you will be SECOND class. PRACTICE BEING FIRST CLASS, AND YOU WILL BE FIRST CLASS!! The choices you make in your daily life will be the habits you develop for life. When you choose a habit, you also choose the end results of that habit.

Our practice attitude is the key to our success as a team. Remember, “WHAT YOU DO SPEAKS SO LOUD THAT OTHERS CAN’T HEAR WHAT YOU SAY!” Albert Einstein once said, “Examples are not the best way to teach, it’s the ONLY WAY.” Leaders are Leaders because of what they do...NOT what they say they are going to do. Every player must strive to be the example of “Brook Hill PRIDE.” When teams see Brook Hill Volleyball on their schedule, we want – CLASS, LOYALTY, DISCIPLINE, DEDICATION, AGGRESSIVENESS, and TOTAL EFFORT to come to their minds.

When you practice, work to accomplish something – WORK TO GET BETTER! Many people confuse activity with accomplishment – putting in time or attending workouts ensures nothing. It matters not where you start! What really matters is where you finish! Every practice, every workout, every game is an opportunity for you to get better as an individual and as a team. The way we practice as a TEAM will be the way we play as a TEAM!!

Brook Hill Volleyball Practice Rules

1. Always be on time to class/practice and get dressed quickly. Do not waste time!
2. The training room is never an excuse for being late. You need to make arrangements for ANY treatment you may need BEFORE any court time.
3. ALWAYS wear the appropriate practice gear unless otherwise instructed.
4. If you know you need them, ALWAYS wear your ankle braces! I DO NOT like to take CHANCES!!
5. DO NOT wear jewelry during practice. There will be consequences for this!!
6. Be detail-oriented. Learn the drill and the name of the drill. Ask questions if you do not fully understand...but listen—with your eyes as well as your ears. Time is limited, so we don't want to waste it!!
7. Accept criticism as constructive. You should be more concerned if we provide you with no criticism. The coaches are trying to help each team member become the best player possible. We all want to win, and so should you!
8. Be helpful to your teammates. Volleyball is a team sport, and we can only win as a team. Each player is expected to compete against her teammates every day to help each player reach her maximum potential.
9. Look coaches in the eyes during instructions. (Listen with your eyes!)
10. Do not argue with teammates, coaches, etc. at any time.
11. Respect coaches and teammates; and earn their respect as well.
12. Hustle from one drill to another and shag balls if necessary. DON'T WALK!!!!
13. Use appropriate language. Address teammates and coaches with respect at all times.
14. Strive to work to the fullest potential during practice time; eliminate wasted time.
15. Leave all problems out of the locker room; certainly do not take them on the court.
16. Do not gossip or plan social events during practice. This is a BIG NO-NO!
17. Be intense and enthusiastic about each day of practice. Practice is what makes the difference in your ability to succeed.
18. Enjoy the time on the court! Time is precious and limited, make the most of it!!

Brook Hill Volleyball Philosophy

Our Philosophy: KISS method “Keep It Simple Stupid”

1. Fundamental skills are the most important!! If we cannot get these, we cannot play a match!
2. Offensively, we want the players to know the positions on the floor. They must know where “base” is! We want to be able to fundamentally pass, set, and attack a volleyball. We must become consistent servers. Everyone must know their team’s specific rotations: options allow the game plan to be successful!
3. Defensively, all players should have a good knowledge of reading opposing hitters. We want the ball to get to the target with good footwork. The player should get both feet to the ball in **RELENTLESS** effort to dig every ball! They must not be afraid to hit the ground!

Practices:

1. **Intensity:** We as your coaches expect nothing but complete and total effort at all times from every athlete. We will always practice at game competition level. NO EXCEPTIONS!
2. **Compete in Practice:** We will do as many competitive drills as possible. We will use the game scoreboard (or some form of scoreboard) to simulate game-like situations. Competition is a good thing...not negative.
3. **We will Enforce the Rules on EVERYBODY:** If an athlete is late or breaks a team rule, we will not let it slide. We must be consistent with EVERYBODY!
4. **Teach the Skills:** We will make sure the athletes do things fundamentally correct! We cannot afford to let an athlete’s athleticism be the reason we win. We will win because the teams are fundamentally sound and athletic, “a deadly combination” to competitors.
5. **Be Tough, But Fair:** We will tell the athletes from the beginning what our expectations are and will hold them accountable for it.
6. **Be Positive:** We will always praise the athletes when they do well, correct them when they do not! Correcting their mistakes is not being negative. It is COACHING!

Brook Hill Volleyball Team Philosophy

Parents/Guardians:

1. **Documentation:** We will document everything that occurs while on the job concerning volleyball or any related matters. This will provide back-up for us and the athlete should anything occur! We are requesting that you provide any medical documentation to us regarding medical requests, appointments, and/or any other information that is vital to the athlete's participation.
2. **Be Honest:** We will always answer your questions honestly even though it is not what you always want to hear. In the end, I want you to be able to respect us and our decisions.
3. **Avoid Confrontations in Public...Especially After Games.** We will not discuss a negative situation with any parent after a game. We can schedule a time, preferably during our conference period the next day, where cooler heads can prevail.
4. **We will NOT discuss play time or another parent's child with another parent!!** However, we will defend each and every one of your children with positive comments and praise to all!!
5. Offensive language and the berating of players, coaches and officials are unacceptable. Please maintain your composure and respect at all times!!
6. **Support:** If you decide that you want to schedule a meeting with me or any of my assistant coaches, we will set up a time when at least two coaches are in on the meeting. This is to ensure that the meeting runs smoothly and stays on task.

Commitment:

1. **The Team:** We understand you have other commitments as well as volleyball. What we ask is that you give your volleyball team your dedication and full attention when you are at practice. We are willing to work with you as long as you work with us.
2. **Commitment to Volleyball:** We expect full commitment from each player, so if any player chooses to quit a team early, mid, or late-season, then she will not be allowed to participate in any other sport until volleyball season is complete. If they choose to participate in volleyball the following season, there will be consequences in order to reenter the program.

Discipline in the Classroom

Should a disrespectful problem with a Brook Hill Volleyball Athlete occur in the classroom, that athlete will fill out the following form and abide by its stipulations based on our decision on how to handle the situation. Differing situations call for different forms of behavior modifications. Each Brook Hill Volleyball Athlete will be held accountable for her actions and will not be allowed to act inappropriately. The following contract binds the student to “remember” what went wrong and how they should fix the situation. I expect each of you to behave yourselves, act like young ladies, and always take care of your business. This is a serious matter and will be monitored!

Brook Hill VOLLEYBALL BEHAVIOR AGREEMENT

Date of Contract: _____

Dear: _____:

I want to apologize for the way I’ve been acting in your class. Because of my poor behavior, Coach Hubbard has put me on a reminder program until you decide my behavior has improved. Once you feel it has improved, please sign this sheet and return it to Coach Hubbard.

Thank you very much,

Instructor Signature: _____

Receiving Contract Date: _____

Contract Completion Date: _____

Teacher/Instructor Comments:

Consequences & Make-Ups

BURNER (subject to change):

- 1 Set of volleyball lines (timed)
- 100 wall blocks
- 1 Set of volleyball lines (timed)
- 30 Burpees
- 1 Set of volleyball lines (timed)
- 30 volleyball rolls
- 1 Set of volleyball lines (shuffling; timed)

MISSING PRACTICE (with Notification) or Late:

- 1 Burner

MISSING PRACTICE (without Notification): must complete before play

- 2 Burners

LOST EQUIPMENT:

- You must purchase new equipment before it will be replaced
- If end of season, must purchase before you are released from sport
- If found by coach – 1 Burner per item to get it back

ELIGIBILITY/BEHAVIOR REPORTS (random weekly checks):

- Failing Grade(s): 1 Burner for Each Failing Grade
- Teacher Comments (Negative): 2 Burners Failing for Progress Report: 3 Burners
- Failing for Six Weeks: 6 Burners

INAPPROPRIATE DRESS: (Includes no jewelry at practice and games!!)

- Out of Dress Code: 1 Burner

CLASSROOM DISCIPLINE:

- Behavior Contract; Daily Reminder Established by Coaches, Written Apology to Classroom Teacher
- 2 Burners

DISCIPLINE RESULTING IN ISS, DETENTION, SATURDAY SCHOOL, etc.:

- 2 Burners and possible 1 Game Suspension

CHEATING:

- In Class: 2 Burners, Written Apology to Teacher
- In Practice: Redo Activity; 2 Burners (after practice)

PROFANITY:

- 1 Burner (on the spot)

THINGS TO DO TO BE SUCCESSFUL...

WORK HARD to be the best you can be.

CARE about your team and what we want to accomplish this year.

SHOW RESPECT to your parents, teammates, coaches, teachers, and school, ALWAYS.

RESPECT YOURSELF.

ALWAYS REMEMBER: YOU REPRESENT Brook Hill VOLLEYBALL.

BE A CLASS-"A" PERSON AND PLAYER.

If you are a **PLAYER**, play and play hard.

If you are a **COACH**, coach.

If you are a **SUPPORTER**, support.

If you are a **MANAGER**, manage.

ALWAYS LOOK FOR THE GOOD.

BE DEDICATED.

BE PURPOSEFUL.

MATURE both as a player and as a person.

GET BETTER. Improve every day, every practice, and every game.

PLAY WITH CONFIDENCE.

BE POSITIVE about everything. Positives win.

DON'T EXCUSE MISTAKES. CORRECT THEM.

BE A WINNER in the classroom, on the court, and everywhere you are.

BE A FRIEND.

DREAM.

BE BRAVE. Have the courage to work hard, sacrifice, discipline yourself, be honest and stand up for what is right.

Be the type of person you know you should be.

Be the type of person you would want to be remembered by.

The Commitment to Excellence

2022-2023

I have read the rules and expectations and understand the policies of the Brook Hill Volleyball Program and the athletic program. I realize that I am a vital part of the Brook Hill Volleyball success; therefore, I understand that if I do not live up to the following agreement, I can be removed at any time from the volleyball program.

I will without any questions:

1. Follow all The Brook Hill School rules, and TAPPS rules.
2. Follow all training rules in order to train myself to be physically and mentally alert to the best of my ability.
3. Be sincere, loyal, and honest at all times to my coach, team, and school.
4. Cooperate with and respect my coaches.
5. Work hard each and every day to strive for excellence and improvement.
6. Put my team's success ahead of my own individual glory.
7. Maintain good sportsmanship at all times.
8. Be responsible for all athletic equipment trusted to my use and return it to the school in the best possible condition.
9. Make opponents respect us, wish they were a part of us, and not hate us.
10. Set a good example in school, in my classes, at home, and on the court so others will look up to me, and respect me so that I will add something positive to this volleyball program.
11. Strive to excel academically.
12. Not lie, cheat, or steal.
13. Not use alcohol, illegal drugs, tobacco, or other harmful substances.
14. Give my best effort at all times.
15. Remember winners never quit and quitters never win.
16. Never look back and say I wish I had worked harder. Chances are if you do, you didn't.

I hereby state that I have received, read, and understand the policies and agree to abide by these policies in all respects. This commitment to excellence has been written with the purpose of allowing me the privilege and honor of being a part of the Brook Hill Volleyball Program.

Athlete Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Coach Signature: _____

Date: _____