

Warrior Volleyball 2016



“Faster Higher Stronger”

Parent and Player Handbook

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COACHES CONTACT INFORMATION

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Jennifer Breedlove	JV White Volleyball Assistant Girls Soccer	Jennifer_breedlove@roundrockisd.org	(512) 565-5650
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Food for Thought: Lessons to make you SUCCESSFUL in Volleyball and Life

From Interview with USA Volleyball's Olympic Libero, Stacy Sykora:

SYKORA'S TOP FIVE TIPS TO SUCCESS

1. **Pursue Goals** – Players always seem to listen to the negatives and the positives get forgotten. People's opinions don't mean anything, it's all about what you think. If you have a goal, GO FOR IT!
2. **Watch and Learn** – I watched all the best liberos in the world when I was young. I wrote down all the things that they did great and all the things they did bad. I would master their greatness, and what they did bad I would never do. You can't go wrong with that. You can learn from everyone, even the worst person on the bench.
3. **No Excuses, No Regrets** – If you don't have any excuses, you can go to sleep at night with no regrets as well.
4. **Why Not You?** – Why LeBron James or Michael Jordan? They were kids with dreams once too. Anything is possible.
5. **Overcome Obstacles** – We all have different backgrounds. It goes back to no excuses, no regrets, but if you want it, do whatever it takes to get there. If someone says they didn't play well because their stomach hurt ... well, what if you have that stomach ache when you're in a gold medal match? What are you gonna do then? You better learn how to do it.

"The greatest mistake you can make in life is to be continually fearing you will make one"

-Elbert Hubbard



2016 Westwood Volleyball Schedule

SCRIMMAGE				VAR	Orange	White	Freshman
AUG	Fri	5	Westwood Scrimmage (Cedar Park, Georgetown, Hays)	TBD	TBD	TBD	TBD
PRE-SEASON MATCHES AND TOURNAMENTS							
AUG	Mon	8	Austin (Varsity @ WW, JV @ Hutto , Flex/Freshman @ Austin)	7:30	6:00	7:00	7:00
	Mon	8	Hutto	5:00	5:00	6:00	6:00
	Thurs	11	Westwood Showcase Tournament	TBD	Host	Host	Host
	Fri	12	Westwood Showcase Tournament	TBD	Host	Host	Host
	Sat	13	Westwood Showcase Tournament	TBD	Host	Host	Host
	Tues	16	Cedar Park	6:30	5:30	6:30	5:30
	Thurs	18	Glenn (A)		6:00	5:00	
	Thurs	18	Fraulein Fest Tournament	TBD			
	Fri	19	Fraulein Fest Tournament	TBD			
	Sat	20	Fraulein Fest Tournament	TBD			
	Sat	20	Round Rock Freshman Tournament			TBD	TBD
	Tues	23	Bowie	6:30	5:30	5:30	6:30
	Thurs	25	Volleypalooza Tournament	TBD			
	Fri	26	Volleypalooza Tournament	TBD			
	Sat	27	Volleypalooza Tournament	TBD			
	Tues	30	St. Stephens	6:30	5:30		
	Thurs	1	Dripping Springs Tiger Classic JV/Freshman Tournament		TBD	TBD	TBD
SEP	Fri	2	Westlake (A)	6:30	5:30	5:30	6:30
	Sat	3	Dripping Springs Tiger Classic JV/Freshman Tournament		TBD	TBD	TBD
	Tues	6	Lake Travis (A)	6:30	5:30	5:30	6:30
DISTRICT MATCHES AND SUB-VARSITY TOURNAMENTS							
SEP	Fri	9	Pflugerville *Sponsor Night*	6:30	5:30	5:30	6:30
	Sat	10	Stony Point JV Tournament		TBD		
	Tues	13	McNeil (A)	6:30	5:30	5:30	6:30
	Fri	16	Cedar Ridge (A) *WHS Homecoming*	5:30	6:30	5:30	6:30
	Tues	20	Stony Point *Faculty Night*	6:30	5:30	5:30	6:30
	Tues	27	Round Rock (A)	6:30	5:30	5:30	6:30
	Fri	30	Hendrickson (A)	6:30	5:30	5:30	6:30
OCT	Tues	4	Pflugerville (A)	6:30	5:30	5:30	6:30
	Fri	7	McNeil *DIG PINK and Student Night*	6:30	5:30	5:30	6:30
	Tues	11	Cedar Ridge *Future Stars Night*	6:30	5:30	5:30	6:30
	Fri	14	Stony Point (A)	6:30	5:30	5:30	6:30
	Fri	21	Round Rock *Parent Night*	6:30	5:30	5:30	6:30
	Tues	25	Hendrickson *Senior Night*	6:30	5:30	5:30	6:30
	Fri	28	Rouse (A) – Warm-Up Match	TBD			
PLAYOFFS							
NOV	Tues	1	Bi-District Playoff	TBD			
	Fri	4	Area Playoff	TBD			
	Tues	8	Regional Quarterfinal Playoff	TBD			
	Fri	11	Regional Semi-Finals and Finals Playoff	TBD			
	Fri/Sat	18	State Semi-Finals and Finals	TBD			

Westwood Volleyball Weekly Schedule 2016

(Start of School)

<i>Monday</i>	Varsity	Film Team Practice	2:50-3:30pm 3:30-6:00pm
	JV, Flex and Freshman	Study Hall Team Practices	2:50-3:15pm 3:15-5:30pm
<i>Tuesday</i>	Varsity	Study Hall Pre-Game Practice	2:50-3:30pm 3:30-4:30pm
	JV	Pre-Game Practice Study Hall	2:50-3:30pm 3:30-4:00pm
	Flex and Freshman	Study Hall	2:50-4:00pm
<i>Wednesday</i>	Varsity and JV	Study Hall Team Practice Weight Room	2:50-3:15pm 3:15-5:15pm 5:15-6:00pm
	White and Freshman	Study Hall Team Practices	2:50-3:15pm 3:15-5:30pm
<i>Thursday</i>	<i>**Only 9/8, 9/22, 9/29, 10/6, 10/13** (All others follow Monday schedule)</i>		
	Varsity and JV	Study Hall/Film Team Practices	2:50-3:30pm 3:30-6:00pm
	Flex and Freshman	Team Practice Weight Room Study Hall	7:00-8:30am 2:50-3:30pm 3:30-4:15pm
<i>Friday</i>	Varsity	Study Hall Pre-Game Practice	2:50-3:30pm 3:30-4:30pm
	JV Orange	Pre-Game Practice Study Hall	2:50-3:30pm 3:30-4:00pm
	Flex and Freshman	Study Hall	2:50-4:00pm

2016-2017 CALENDAR



Round Rock Independent School District | roundrockisd.org

Last Revised: June 2016

Student Holiday/Staff Development	Elementary/Middle Early Release
Student and Staff Holiday	New Teacher Orientation
First/Last Day of Classes	High School Early Release
Six-Weeks Grading Period	
Nine-Weeks Grading Period	

AUGUST						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER						
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NOVEMBER						
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DECEMBER						
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JANUARY						
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FEBRUARY						
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MARCH						
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MAY						
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28	29	^30	^31			

JUNE						
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18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY						
S	M	T	W	TH	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

- 1-3New Teacher Orientation
- 12-19, 22Staff Development/Preparation
- 23First Day of School for Students

SEPTEMBER

- 5.....Labor Day Holiday
- 28.....Early Release Day (Elementary/Middle School)
- 30.....Secondary Grading Period Ends

OCTOBER

- 10.....Elementary Parent-Teacher Conference Day and Secondary Staff Development
- 21.....Elementary Grading Period Ends
- 26.....Early Release Day (Elementary/Middle School)

NOVEMBER

- 4.....Secondary grading period ends
- 21-25.....Thanksgiving Holiday

DECEMBER

- 13-15..... Early Release Day (High School)
- 15..... Last Day of Classes/First Semester Ends
- 16.....Student Holiday/ Staff Work Day
- 19-30..... Winter Break

JANUARY

- 2.....Student Holiday/Staff Development
- 3.....Classes Begin
- 16.....Martin Luther King, Jr. Day/Holiday

FEBRUARY

- 17.....Secondary Grading Period Ends
- 20.....Staff Dev./Student Holiday/Bad Weather Day #1

MARCH

- 13-17Spring Break
- 24.....Elementary Grading Period Ends

APRIL

- 5.....Early Release Day (Elementary/Middle School)
- 7.....Secondary Grading Period Ends
- 14.....Student and Staff Holiday

MAY

- 29.....Memorial Day/Holiday
- 30-31..... Early Release Day (High School)

JUNE

- 1.....Last Day of School for Students/ Elementary Grading Period Ends/ Secondary Grading Period Ends/ Early Release Day (High School)
- 2.....Bad Weather Day #2/ Staff Work Day

RRISD Eligibility Calendar 2016-2017

<i>September 30</i>	<i>End of 1st 6 Weeks Grading Period</i>
<i>October 7</i>	<i>Eligibility Check Gain/Loss (Gain by credits only)</i>
<i>October 28</i>	<i>Eligibility Check Gain Only</i>
<i>November 4</i>	<i>End of 2nd 6 Weeks Grading Period</i>
<i>November 11</i>	<i>Eligibility Check Gain/Loss</i>
<i>December 9</i>	<i>Eligibility Check Gain Only</i>
<i>December 15</i>	<i>End of 3rd Six Weeks Grading Period</i>
<i>January 13</i>	<i>Eligibility Check Gain/Loss</i>
<i>February 3</i>	<i>Eligibility Check Gain Only</i>
<i>February 17</i>	<i>End of 4th Six Weeks Grading Period</i>
<i>February 24</i>	<i>Eligibility Check Gain/Loss</i>
<i>March 24</i>	<i>Eligibility Check Gain Only</i>
<i>April 7</i>	<i>End of 5th Six Weeks Grading Period</i>
<i>April 14</i>	<i>Eligibility Check Gain/Loss</i>
<i>May 5</i>	<i>Eligibility Check Gain Only</i>

Warrior Creed

1. I AM TRUSTWORTHY
2. I HAVE COMMITMENT
3. I CARE

Warrior Expectations

1. BLAME NOBODY
2. EXPECT NOTHING
3. DO SOMETHING

WIN TODAY!!!

What it will take to win a WARRIOR

STATE CHAMPIONSHIP

1. **TOTAL COMMITMENT** to the program, each other, your coaches, your school and yourself. You must believe in the system, your coaches, your teammates, and yourself to truly give yourself the best chance for victory. Everyone from coaches to parents, and players must function together as one to get the job done. Life is about choices – make the correct ones! You make choices, and your choices make you!
2. **SETTING PRIORITIES** for being a STATE CHAMPION must be one of yours for the next 5 months; from July to November. It is all about volleyball. Face it – you cannot kid yourself – the return is in proportion to the investment. You must learn to budget and organize your time so you can fit volleyball into your daily routine. The decision to set priorities needs to come from your self-discipline.
3. **TAKE PRIDE** in how you do things. Give a great effort in every drill, on every play, every weight you lift, and every sprint you run. That means do your best all of the time; it will become a good habit. Remember, it is not necessarily what you do; it is how you do it that wins championships. IT'S GREAT TO BE A WARRIOR!
4. **HAVE CLASS.** Class is – respect for others, having manners, treating others as you would want to be treated, never making excuses, helping others and never bragging. If you have class, everyone will know it and you will have self-respect. Take care of your facilities as well as when we visit an opponent.
5. **DISPLAY SPORTSMANSHIP.** No trash talking. Keep your head and control your temper. When an opponent does this to you – don't retaliate. It can only come back to hurt us.

6. **BE COACHABLE.** Pay attention to meetings and at practice. We want players whose attitude is “Coach, I will do whatever you want me to do. I want to be a STATE CHAMPION.”
7. **BE EMOTIONAL.** We don’t want robot volleyball players. Practice and play with fire in your eyes. STATE CHAMPIONS get fired up!
8. **HUSTLE.** On and off the court. No sitting at practice – be invested in every drill. This is a STATE CHAMPION’S attitude.
9. **BE COURTEOUS TO OFFICIALS.** If you disagree with a call, don’t argue. Just play the game. Do not direct anything to the officials or line judges. That is the responsibility of the coach and floor captain.
10. **NEVER, NEVER, NEVER GIVE UP** on a weight rep, sprint, drill, play, game, season or life. Sometimes momentum will go against you – keep your spirit and poise. Anyone can play well when things go well; a STATE CHAMPION finds a way to win and overcome adversity.
11. **ATTACK** every practice, play and game. Make something happen.
12. **PLAY AS A TEAM** and encourage each other. NEVER say a bad thing about a teammate. Volleyball is the ultimate team game. You must first respect each other before you can be a team.

What We Expect of YOU as a Player

We can only achieve success through your cooperation in all rules and regulations laid down by the coaching staff for your physical and mental condition. Physical conditioning is one of the most important factors affecting the performance of a volleyball team.

1. You are a STUDENT-ATHLETE. Your education comes first, then volleyball. For eligibility, you must pass all of your classes with at least a 70. However, we have a reputation in volleyball of working hard to get EVERYONE on A/B honor roll as well as Academic All-District and Academic All-State. Work hard, tutor other players, and use your study hall time productively since your time will be limited. We expect your conduct to be first class in the classroom. Show respect to your teachers. You must go to class – skipping will not be tolerated.
2. Have character and spirit.
3. Be more aggressive than your opponent at ALL times.
4. Don't wear your feelings on your sleeve. We will coach you with enthusiasm. If you don't do something right or at full speed, we will make you do it over again until you get it right at full speed. Don't take criticism personally – we are trying to make you successful.
5. Make progress and strive to improve every day.
6. HUSTLE! Run when you are told to bring it in, switch drills, to and from breaks. We want to maximize our time on the court.
7. When a coach is addressing an individual, team or program you are expected pay attention with both your eyes and ears.
8. Know your assignments for practice and game day. The coaching staff will give you instruction and expect you to be responsible for your duty. No slacking on your job or delegating your job to someone else because of class structure. Everyone will do something regardless of age. If everyone does there little part, no job is too big!

What We Expect of YOU as a Player

9. We expect you to respond with respect; “Yes Ma’am/Sir” and “No Ma’am/Sir” or “Yes Coach” and “No Coach”
10. Be on time. If you are on time then you are late, if you are early then you are on time. Always follow the “15 minute Rule” by arriving 15 minutes prior to all practice and departure times as well as team meetings.
11. To be a champion you must pay the price. Make practice and off-season workouts without exception. You must sacrifice some things that others get to do.
12. Should missing practice become a necessity, notify your coach via email/phone call in a timely manner.
13. Be dressed and ready for practice on time (the training room is not an excuse).
14. Be fundamentally sound. The team that has the best technical skills will win. Coaches will instruct the process correctly. They want you to not only work for perfection but also to compete in every drill. Both are important to becoming a State Champion. Small details take you from being “good” to #1!
15. Give your BEST EFFORT at all times.
16. Every player must think in terms of TEAM success instead of individual glory. For example: not every player can be an outside hitter – some must set or be a middle blocker to have a volleyball team. We will try to let you play the position that you would like to play, however sometimes, we as coaches must make decisions and change your position to what will help the team be most successful.
17. Maintain personal fitness and hygiene. Get rest, eat right and train hard!
18. Play by the rules.

What We Expect of YOU as a Player

19. Only coaches and speaking captains (when directed by the coach) may speak to officials. No players may complain or talk to line judges.

20. Be a leader off the court. Set the example for the rest of the school.

21. Have self-discipline. Do the right thing all the time, especially when no one is looking. You cannot fool yourself. You know right from wrong. Do not give into peer pressure.

22. Have FUN!!! “If you don’t love it, stop doing it”

Injuries

The procedure to be followed if you are injured in practice is as follows:

1. Notify the coach and trainers immediately and do not leave practice without talking to your coach.
2. To improve communication, report the injury to your coach BEFORE seeing a doctor.
3. If you are seeing a doctor about your injury, you must bring a note back to the athletic trainers to return to play or share your injury limitations.
4. Rehab treatments for injuries should be done before school. If you are unable to make morning treatment, talk with the athletic trainers and they will arrange time during lunch or at the beginning of the athletic period.
You will not receive rehab treatments during practice.
5. If you are missing treatments, you are telling us that you are well enough to practice.

Locker Room, Training Room and Coaches Office Expectations

1. Keep the locker room clean. Trash goes in the trash can. Be responsible.
2. Do not leave any equipment or clothing out or on the floor.
3. Always lock your locker.
4. No Food in the locker room. All food should be consumed in the cafeteria or gym foyer.

What We Expect of YOU as a Player

5. Do not steal from your teammates. It will result in immediate dismissal from the team.
6. Stay out of the equipment room, coach's office and training room unless you are with a coach/trainer.
7. Do not enter the coaches' office unless you knock and get permission to enter. Be respectful of the coaches' space. There are multiple coaches that use one office space.

Game Day Expectations

Conduct yourself on game day in a manner so that you will be emotionally and physically ready to play. Show class at pep rallies.

If you are assigned to ISS on a game day and you are supposed to leave on the team bus before the school day is over, you will serve the full day of ISS and not be allowed to travel with the team. Take care of how you act in school and you will not have a problem.

If you miss class because of a game, it is the responsibility of you, the athlete, to get the assignment before leaving for the contest. This will allow the athlete to turn in the assignment on time. Please contact your teacher for each absence and get all necessary assignments/notes. Also contact a fellow classmate to make sure you know what happened in class.

Violations

Offenses that involve alcohol, drugs or tobacco will be dealt with according to the athletic code (refer to RRISD athletic code of conduct for more information). You are an athlete. Prepare like a CHAMPION!

Unexcused Absence from a Game

You will be released from the team if you have an unexcused absence from a game. (i.e. you do not communicate your absence with the coach or the absence is not valid/accepted)

What We Expect of YOU as a Player

School

You MUST attend class. If we get a report from a teacher or administrator that you are skipping class, we will check on it, and if it's true, you may not play the next match and will have five 20 in 1's.

Playing Time

All of the coaches want you to be happy and succeed both in the classroom and on the court. Some players will be starters, some come off the bench, and some may rarely play. Each player determines her amount of playing time by her skill level, the needs of the team, and her willingness to follow the directions of the coaching staff.

If you are unhappy about the playing time you are getting on the court, we encourage you to respectfully discuss the situation with your coach. Your coach will provide feedback on what skills you need to improve to be able to better compete for more playing time. Following this discussion, we encourage you to discuss that feedback with your parent. The coaches will never discuss playing time directly with a parent.

Every player will eventually have a night off and it is important that you are prepared when your name is called to get your chance on the court. Volleyball is very competitive here at Westwood.

Accountability Rules

“Discipline is the bridge between goals and accomplishment” – Jim Rohn

Parents: Discipline and structure are centerpieces of our program. Your daughter will be held accountable for her actions on and off the court, during and after the volleyball season, and particularly at school and school events. Evaluation of your daughter takes place twenty four hours a day, seven days a week, and three hundred and sixty-five days a year.

Players: Attendance at volleyball practices, meetings, games and program events is mandatory. This obligation is vital for you to learn the skills and the strategies that make both yourself and the team successful. Missing meetings and practices jeopardizes this success and reflects a clear lack of commitment. For these reasons it cannot be tolerated without consequence. If you must miss, communication is mandatory. Your coach needs to be notified, preferably by you, prior to missing a team event. We ask that all doctor’s appointments be made around practice and games if possible.

INFRACTION	DISCIPLINE
Unexcused Absence	Five 20 in 1’s (must make all in time limit)
Excused Absence	Three 20 in 1’s (must make all in time limit)
Late to Practice/Study Hall	30 Burpee’s (will be disciplined at time of infraction)
Player Misconduct	Subject to disciplinary action by Head Coach

Excused Absence: Doctor’s Appointments, Family Emergencies, College Visits

Practices/Games missed due to injury do not need to be “made up”, so long as the athlete is attending treatments for rehabilitation

UNEXCUSED ABSENCE

- No phone call/communication made with coach prior to missed practice/meeting/game.
- Or, the reason for the absence is not valid/acceptable.

EXCUSED ABSENCE

- A coach is notified, preferably by the player, prior to missing practice.
- And, the reason for the absence is valid/acceptable.

LATE TO PRACTICE/STUDY HALL

- A player is not present at the start of study hall (2:45pm) or practice. This includes regularly scheduled meetings and those designated by the coach.

PLAYER MISCONDUCT

- A volleyball player who violates Team, School, or District rules and policies is subject to the following types of discipline: conditioning, suspension, or termination from the team.

PARENT/COACH COMMUNICATION PLAN

Both parenting and coaching are extremely different vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication that you should expect from your child's coach:

1. Expectations the coach has for your daughter as well as all the players on the team
2. Locations and times of all practices and contests
3. Team requirements i.e., practices, team meetings and events, departure times and apparel
4. Discipline that may result in the denial of your child's participation

Communication coaches expect from parents:

1. Concerns expressed directly to your daughter's coach
2. Notification of any schedule conflicts well in advance
3. Notification of any health concerns pertinent to athletics

As your child becomes involved in the program at Westwood, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those following, must be left to the discretion of the coach.

Issues inappropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

If there is a concern to discuss with a coach, the procedure should follow:

1. Your daughter should speak with her coach directly, many times this can take care of the problem
 2. Call or email to set up an appointment with your daughters coach and Coach Nelson
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

When you find it necessary to contact a coach, we ask that you respect the fact that they are teaching professionals. We ask that you give coaches time to do their non-coaching duties and still respond in a reasonable time. We also ask that you respect the fact that coaches need to live their lives outside of their teaching and coaching responsibilities. They should never be approached to discuss a player concern outside of the "dome of Westwood".

Westwood Volleyball Game Day and Travel Policies

****Athletes MUST travel on the team bus****

School Night Games (i.e. Tuesday night when school begins)

Sub-varsity teams are required to stay for Varsity matches. Sub-varsity athletes will have two academic passes they can use to miss a varsity match on school nights ONLY. Should the night they choose to use an academic pass be an away game, athletes will only be permitted to ride home with their parent/guardian. Academic Passes cannot be used on Senior Night.

Non-School Night Games (i.e. Friday night or prior to the start of school)

Sub-varsity teams are required to stay for ALL Varsity matches that do not fall on a school night. All teams are required to ride the bus home from away games on non-school nights.

Tournaments

All athletes are required to ride the team bus to tournaments. At the conclusion of the tournament athletes will be allowed to ride home with their parent/guardian. Should you want to arrange transportation for your daughter to ride with another parent, please provide your daughters coach with written permission prior to the day of the tournament.

Playoffs

Sub-varsity teams are expected to attend all varsity playoff matches and will travel on the team spirit bus for away playoff matches.

BUS EVACUATION

R.R.I.S.D. Transportation Department

1. Student in aisle seat #2 will take students out the front door.
2. Students in aisle seats #23 and #24 will go out the back door and help students jump out the door.
3. ALWAYS leave by alternating seats to prevent crowding and to keep the aisle clear.
4. First students in line lead students 100 feet from bus.
5. Leave all personal belongings on the bus (books, equipment, ect...).
6. In EMERGENCIES, where both doors are blocked or the bus is on fire or under water, exit the bus through windows with pop-out glass. They can be identified by the black molding around the window. Remove these windows by kicking or pushing at the corners or break using the fire extinguisher.
7. Locating safety equipment on Bus
 - a. **Fire Extinguisher** – Near front door or left of driver’s seat.
 - b. **First Aid Kit** – Left of driver’s seat or above driver’s head.
 - c. **Air Brake** – Gold knob in center of dash. Pull to secure bus.
 - d. **Hydraulic Brake** – Lever to left of driver’s leg, push down to lock.
 - e. **Red Triangle Reflectors** – Red box located left of driver’s seat, under dash or under rear left seat.
 - f. **Pop-out Windows** – Front and rear windows of the bus. Black molding around each window will identify pop-put windows.

Front Door Evacuation – Students will leave the bus alternating from right to left, starting with the front right side.

Rear Door Evacuation – Students will leave the bus alternating from right to left, starting with the right rear seat.

Both Front and Rear Door Evacuation – students leaving by the front door alternate from right to left side, starting with the right front seat. Students leaving by the rear door alternate from right to left, starting from the right rear seat.

THINK SAFETY FIRST!

RRISD Extracurricular Code of Conduct

I. Extracurricular Activities

The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, school approved clubs, extra curricular fine arts performances, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of the District. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the Board of Trustees and the school district and sponsored by the district or a campus. All extracurricular activity participants, including elected and appointed officers of all campus organizations, will be subject to the provisions of this Extracurricular Code of Conduct.

II. Jurisdiction

Student participation in extracurricular activities is encouraged. Round Rock ISD makes extracurricular activities available as an extension of the regular school program, with this important difference: participation in the regular curriculum is a right afforded by law to each student, while participation in the extracurricular activities is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Round Rock ISD students. For this reason, their behavior must be exemplary and reflect the finest attributes of the total Round Rock ISD student body at all times and places. Important goals of the extracurricular activities are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Because participation in extracurricular activities is a **privilege and not a right**, Round Rock ISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, this *Extracurricular Code of Conduct* extends beyond the *Round Rock ISD Student Code of Conduct* not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. In case of a conflict between this Code and the activity or sport specific campus handbook, the Code will prevail.

This *Extracurricular Code of Conduct* will be enforced with all students grades 7th-12th participating in extracurricular activities:

- regardless of whether school is in session;
- regardless of whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- regardless of whether the extracurricular activity is in-season; and
- regardless of where or when the conduct occurs.

It is possible that a student who violates the *Round Rock ISD Student Code of Conduct* will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities could violate the *Extracurricular Code of Conduct* and be subject to discipline by a coach or sponsor without having violated the *Round Rock ISD Student Code of Conduct*.

III. Prohibited Conduct

Round Rock ISD students who participate in extracurricular activities are prohibited at all times from:

- any conduct resulting in arrest and/or citations from law enforcement officers; this does not include minor traffic violations.
- Social media misconduct will be addressed in the handbook in the area of Athletics and Fine Arts. All extracurricular activities fall under the RRISD Student Code of Conduct.

IV. Procedures

The coach, director and/or sponsor will determine whether an *Extracurricular Code of Conduct* violation has occurred. Upon determination of an *Extracurricular Code of Conduct* violation, the following individuals will be notified:

1. student
2. student's parent(s) or guardian(s);
3. campus administrator
4. appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

V. Disciplinary Action

Coaches, directors, campus administrators, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Campus administrators may remove a student who violates the *Extracurricular Code of Conduct* from the extracurricular activity.

Violation of any of the above-mentioned rules by a student participating in extracurricular activities will be subject to the following disciplinary action:

- **Suspension from all extracurricular activities as outlined below:**

First Offense:

The first offense will result in a three-week suspension from the extracurricular activity (ECA) that the participant is currently enrolled in. The suspension becomes effective immediately following the *notification, review and confirmation* of a violation. Suspension includes travel in a school vehicle to and from competition. The suspension does not include practice; however the campus administration may also impose a suspension on practice.

Second Offense:

Removal from all extracurricular activities for one calendar year.

A student who is cited for an offense while not in-season (off-season) or over the summer will receive “one strike”, with a second offense resulting in removal from extracurricular activities for one calendar year.

Re-admission into the extracurricular activity is at the discretion of the coach, director, or sponsor. Nothing in this *Extracurricular Code of Conduct* limits the authority of a coach, director, or sponsor to impose reasonable sanctions, including extra workouts, and/or community service for students who breach team or organization conduct expectations but do not engage in prohibited conduct.

VI. Appeals

Questions or complaints from parents regarding disciplinary measures should be addressed to the campus administration, in accordance with Policy FNG (Local). A copy of this policy may be obtained from the principal’s office or the central administration office or through Policy On Line at the following address: www.roundrockisd.org

Disciplinary consequences will not be deferred pending the outcome of an appeal.

COMMUNITY SERVICE RECORD FORM

Name of Student			
Campus		Sport/Activity	

Grade Level		Required Hours	
Student ID Number			
Parent/Guardian Name			
Street Address City/Zip			
Coach/Director/Sponsor			
Campus Counselor			

RECORD OF COMMUNITY SERVICE

(One Form Per Agency)

Name of Agency	
Contact Person	
Email Address	
Date of Contact w/RRISD	

Location of Activity	Date	Start Time	End Time	Service Period

Signature of Student: _____ Signature of Parent Guardian: _____ Signature of Agency/Contact: _____ Signature of Coach/Director/Sponsor: _____
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Abuse of Alcohol, Drugs and Tobacco

1. This policy is intended to be a minimum punishment for the students in athletics involved in the misuse of alcohol, drugs (non-prescription) or tobacco.

2. Any athlete involved in using drugs or tobacco at any athletic event or trip in which he or she represents RRISD will be immediately suspended from that particular team and any other athletic team for one (1) year.
3. Any student involved in using alcohol, drugs or tobacco during the school day or any function other than an athletic event in which he or she is under the school supervision (i.e. lunch, school dance) will not be allowed to participate in any school-sponsored athletic event for a minimum of six (6) weeks. Any student guilty of a second offense will be suspended for one (1) year from athletics.
4. The punishment and/or dismissal of athletes involved in the misuse of alcohol, drugs or tobacco at times other than at school or under school supervision will adhere to the RRISD Extra Curricular Code of Conduct (see addendum).
5. The above stipulations are strictly a minimum. They are not intended in any way to affect the individual coach's right to make a decision as to the punishment and suspension of the athletes directly involved in his or her particular program. Other punishments might include certain physical punishments such as running extra laps, extra work in the morning or evening, loss of right of letter jacket or other awards, or anything else the individual coach might deem necessary to protect his or her program and other participants from those who insist on being involved with the use of alcohol, drugs or tobacco.

ATHLETE/PARENT AGREEMENT FORM

"I have read the parents/player handbook and I agree to abide by these policies and rules contained in the handbook. I understand the procedures for proper communication with the coach and will encourage my daughter on and off the

court to follow team rules and have her discuss with the coach any concerns that she has for her volleyball skill/leadership improvement.”

Player Signature

Date

Parent Signature

Date

“My daughter and I read and understand all of the information in the RRISD Athletic Code of Conduct concerning the use of illegal and controlled substances. We agree to abide by the rules and regulations of this code.”

Player Signature

Date

Parent Signature

Date

Student Email Address: _____

Parent Email Address: _____

Parents – If you have any questions concerning this handbook or any other questions concerning your daughter within this program, please feel free to contact Coach Nelson by email (tara_nelson@roundrockisd.org) or phone (512-464-4140)