

High School Volleyball Season

Checklist



Athletic Participation Agreement Form

Athletic Trainer Form

Athletic fee \$60 (payable to CUSD #16)

Updated Physical (Jennifer Spann:

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New Berlin High Volleyball 2024-25



Rules and Information

Varsity Coach Alyssa Vignos: avignos@pretzelpride.com

Junior Varsity Coach Kristy Weidhuner: kweidhuner@pretzelpride.com

Freshman/Sophomore Coach Danielle Moon: rister@sased.com

Assistant Coach Ali Pankey: pankey.alissa5@gmail.com

Game Attire

- Navy blue spandex
- Navy leggings (optional purchase/amazon link will be provided)
- White Knee pads
- Elbow pads (optional)
- Gym shoes with good traction
- Uniforms (Bring **All** jerseys to **every** game)
 - Pink Uniforms (required purchase)
- Team shirts must be worn to school and to and from games with dress code appropriate pants.
 - Do **not** wear jerseys to school. Games only.

Player Expectations

Practices

- Practices are **MANDATORY!**
 - Practices will be at the Dome unless otherwise notified
 - Practice is 4-6 every day after school and occasionally on Saturdays
 - Times may vary
 - Calendar is attached but is **subject to change**
 - Changes will be communicated on Heja to the athletes
 - It is important that players have Heja notifications on, and are reacting to important communication to show the message has been received and read
 - Be at practice, **at least** 15 minutes prior to start time
 - Every minute one player is late is 1 down and back for the team
- **EVERYONE** helps set up the net/get balls out for practice
- Practice starts right at the designated time beginning with warm ups. Net setup should be completed **before** practice start time

Games/Tournaments

- Be at the bus for Away games 15 minutes prior to bus time (Location TBD)

- The bus will leave at the scheduled departure time – if a player misses the bus, they must find their own way to the game and will not play the first set
- Bus rides are a time to focus, we will not allow a “rowdy” bus environment.
- Players will stay seated at all times and will eliminate all noise at railroad tracks
- **EVERYONE** needs to be at Home games 45 minutes prior to game time.
 - 6:00pm game= 5:15pm arrival
 - 5:00pm game=4:15pm arrival (Fresh/Soph game)
- Everyone is expected to assist in warm ups for each game. Players are required to wear closed toe shoes, cannot have cell phones on them (not even in a pocket -IHSA rule), and no headphones (per IHSA).
- Jewelry is not allowed for both games and warm-ups.
- Home games: Varsity and JV will set up the net, including pads and ref stand, get the balls out, and set up the scoreboard. Fresh/soph and JV will take down the net, put the ref stand away, gather all of the balls, and put the chairs away.
- **EVERYONE** will check locker rooms and bleachers after games for left behind items, loose volleyballs, and trash.
- **NO ONE IS TO LEAVE UNTIL THESE THINGS ARE DONE**
- All athletes will be **required to stay and watch** all of the games to support and learn.
 - Athletes must sit behind the bench as a team (players only) cheering on their teammates.
 - Cell phones are not to be used during game play. You may use them between games/sets and during timeouts. You are allowed to listen to music **via headphones** during games.
 - You may use the restroom and visit concession stands **between games/sets**.
- Players will maintain a clean bench, bleacher area, and locker room. If you make a mess, clean it up. We do not leave trash for others to pick up at home or away games, or on the bus.
- Bus rides home: Buses will stay for the entirety of the game to provide a ride back to New Berlin after games and tournaments. If you are riding home with a parent, the sign out sheet **MUST** be completed before departure of the gym. If a player is riding home with another family, an email **MUST** have been sent prior to game time to the coaches, the sign out sheet will still be necessary.

Communication

- Coaches will be in contact with the athletes, **not** parents. This includes:
 - Bus times/changes
 - Practice times and locations

Players are responsible for communicating this information to their parents as we are in high school now and a higher level of responsibility is expected.

- We will be communicating with the parents for concession stand workers for home games and The Pretzel Classic.
- Coaches will communicate with parents with any other concerns/issues that might arise
- **Players** should independently communicate any concerns directly to their Coach
 - This includes playing time, absences, etc.
 - We follow a 24-hour rule - Players must wait 24 hours after a game to approach a coach regarding playing time.
 - There will **not** be equal playing time, and players roles are subject to change and flexibility throughout the season.
 - Playing time is based on effort, attitude, skills, attendance, position need, and commitment
 - Skill over Age.
 - Coaches will **not** be discussing playing time with parents
- Players can play Fresh/Soph, Junior Varsity, or Varsity. Teams will be based on skill, team need, and position need. This will be the Coaches decision. Players are encouraged to trust the Coaches on these decisions.
 - Freshman can play Fresh/Soph, JV, and Varsity
 - Sophomores can play Fresh/Soph, JV, and Varsity
 - Juniors can play Fresh/Soph, JV, and Varsity
 - Seniors can play Fresh/Soph, and Varsity
 - Seniors **cannot** play JV

Actions

- **SPORTSMANSHIP MATTERS. I am looking to parents to also model this behavior.**
 - This includes your actions towards referees, coaches, parents, and other players.
- **Respect** your coaches and teammates.
 - **Be COACHABLE and show good work ethic!**
- **BULLYING/VIOLENCE within or outside the volleyball team will NOT be tolerated.** Please be kind and respectful to your teammates, coaches, referees, and opponents. You are representing New Berlin Volleyball on and off the court at all times. Always encourage each other to be positive, no matter your role within the team. This only works if we work together.
 - Disciplinary action, of any bullying or violence on or off the court, will be up to the coach's discretion.
 - If a situation arises - a coach must be notified **immediately**.

- If you see/hear something, shut it down nicely
- We are a family on and on the court and I expect everyone to act as such.

Absences

- Practices, games, and tournaments are **mandatory**. Excused absences include:
 - illness, death in the family, school events (such as band and cheer), or other unforeseen circumstances that are beyond your control.
 - Club volleyball is an unexcused absence
- If a player will not be at a scheduled event, the player **must** notify one of the Coaches a minimum 24 Hours BEFORE the practice or game.
 - As soon as a conflict arises, we need to be made aware right away. School events that are scheduled in advance should not be communicated 24 hours before. These events should be communicated to coaches as soon as they are scheduled to allow coaches to make changes necessary.
 - If you have a school event and do not tell us until the day before it will be noted as unexcused. **BE RESPONSIBLE.**
- Hair/nail/tanning appointments, babysitting, and vacations are considered unexcused. Doctor/Dentist appointments will require a note. Please plan around practices and games.
- An unexcused absence will result in the following:
 - One missed practice = sitting one game of a set
 - 2 practices = 2 sets. 3 practices = 3 sets, etc.
 - One missed game = sitting one game
 - 2 game = 2 games. 3 game = 3 sets, etc.

Fundraisers

- Pretzel Classic
 - This is our biggest fundraiser - a 16-team tournament where all gyms will be in use
 - Date: September 19-20, 2025
 - We will need **ALL** the parent's help (more information to follow)
 - This tournament isn't possible without parent help so we appreciate it!
 - Freshman through Junior Parents are required to work at the concession stand and/or door entry
 - The coaches will provide the candy and drinks for the concession
 - Senior parents are required to provide the hospitality food
 - This includes a main dish, side options, and drinks for referees and visiting coaches

- A schedule informing where everyone will be working will be sent out by the end of August
 - If a parent is not able to attend/help, the Head Coach should be notified as soon as possible. Once the schedule is out it will be your responsibility to find a replacement.
- Fresh/Soph and JV players will be **required** to work Scoreboard and Libero tracking
- Team shirt sales

Parent Help

- Fill out and return paperwork, including uniform/shirt sizes no later than our first practice of the season.
 - Your child **cannot** participate until these things are done.
- We need volunteer(s) to run the scoreboard/clock at Home games. (This is paid)
- We have someone to do the Book at all of the games except a few. If a parent knows how to do the Book and would be willing to cover, please let me know and I will share the dates. (This is paid)
- PLEASE use the sign out sheet if your daughter is riding home with you after an away game/tournament!! I do not want to leave anyone behind because the sign-out sheet was not utilized! If they want to ride home with someone else, I will need an email giving them permission BEFORE THE GAME, before they are allowed to leave with that person.
- We need workers for Concession Stand at Home games.
 - I will send out a schedule for Concession workers at Home games
 - I will have one parent from each team (3 parents) scheduled a night. When your daughter is playing, the other 2 will work. This allows everyone to be able to watch.
- We will need **ALL HANDS-ON DECK** for our Pretzel Classic.
 - We appreciate your help with this tournament!!
 - Parents will organize **Senior Night**.
- Questions/Concerns can be a phone call, email, or face-to-face via pre-set-up meeting. Please do **not** approach any of the Coaches before, during, or after games with concerns (please remember our 24-hour rule). Playing time will only be discussed with the player.