

BENSON

VOLLEYBALL

PHILOSOPHIES &
HANDBOOK

REVISED 08/19

BENSON VOLLEYBALL TEAM PHILOSOPHIES

Varsity and Junior Varsity (A & B Teams)

The Benson Girl's Volleyball program will actively promote fair play and good sportsmanship. It is the top priority that our athletes treat teammates, officials, coaches, opponents, and fans with respect. It is a goal of this program to instill attitudes in our athletes that will be used long after they are done playing volleyball at Benson High School. These attitudes include but are not limited to the following: teamwork, discipline, respect, loyalty, dedication and competitiveness.

The Benson Girl's Volleyball program will give each athlete an equal chance to EARN playing time. Playing time is not a right and no single athlete is guaranteed playing time. The varsity and junior varsity coaching staff will coach competitively and put the athlete on the floor that gives the team the best chance to be successful. It is the goal of this program to create a situation that is fun and rewarding, and the best way to have fun and be rewarded on the volleyball court is to be successful.

C Squad

The priority at this level is learning the Varsity system and developing the skills and attitude needed to be a successful player and team member. It is important at this level to instill a winning attitude and the C-squad will be coached competitively. At this level, participation is important and every effort will be made to play as many girls as possible in each match. However, equal playing time is not guaranteed. Going in to serve and returning to the bench is considered playing time.

Junior High

Emphasis is again on individual skill development and fun. Playing time should be as equal as possible. However, in a tournament situation, players with higher skill development will be given more playing time. If a player is considerably advanced, they may be asked to move up to a more competitive level of volleyball**.

Elementary Volleyball

Emphasis is on individual skill development and fun. The goal is to get as many students involved and interested in volleyball. Whenever possible, high school players and parents will be involved with instruction.

** When a younger athlete is moved up to play at a higher level, that athlete is moved up to play, not sit. This may interfere with the playing time of older athletes. Parents can request that their daughter NOT be moved up if they feel it is not in the best interest of their daughter.

BENSON ATHLETICS HAZING POLICY

1. Benson has ZERO TOLERANCE for hazing
2. No student, athlete, teacher, coach or volunteer shall plan, direct, encourage, permit, or engage in hazing.
3. Apparent permission or consent by a person being hazed does not lessen the prohibitions of hazing.
4. This policy applies to behavior that occurs on or off school property and during and after school hours.
5. The school district will act to investigate all complaints of hazing and will discipline and/or take appropriate action against any student, athlete, teacher, coach or volunteer who has violated this policy.

PENALTY FOR HAZING

Students and athletes participating in hazing may be required to forfeit participation in one half or more of the season in which he or she is participating. This penalty is at the discretion of the school administration and the coach.

DEFINITION OF HAZING

“Hazing” means committing an act against a student or coercing a student into committing an act, that creates a substantial risk of harm to a person in order for the student/athlete to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to:

- Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
- Any type of physical activity such as sleep deprivation, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental health or physical health or safety of the student.
- Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental health or physical health or safety of the student.
- Any activity that intimidates or threatens the student with ostracism, that subjects a student/athlete to extreme mental stress, embarrassment, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
- Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

REPORTING PROCEDURES

1. Any person who believes he or she has been the victim of hazing will report the incident to the coach or school administration.
2. There shall be no retaliation against any person who makes a good faith report of hazing. Any retaliation shall result in further punishment.

BENSON VOLLEYBALL TEAM POLICIES

1. Minnesota State High School League rules apply to ALL athletes.
2. Maintain good academic and behavioral standards in school.
3. Unexcused absences will not be tolerated. Contact your coach ahead of time if you are going to be late or miss practice or game. TEXTING A COACH IS NOT ACCEPTABLE – PLEASE MAKE EVERY ATTEMPT TO VERBALLY CONTACT YOUR COACH! Just because a coach understands your absence that doesn't necessarily mean it is excused.
 - a. 1st unexcused absence = 1 game suspension.
 - b. 2nd unexcused absence = 2 game suspension.
 - c. 3rd unexcused absence = coach's discretion.
4. Excused Absences: Excused absences may have consequences depending on the nature of the absence. The consequences will be at the discretion of the coaching staff.
5. Be on time for practices, games and bus departures. Tardiness will not be tolerated. Late for bus, could mean loss of starting for the night or playing time. Late for practice, may result in disciplinary action as well.
6. ALL PLAYERS must ride the bus to and from games unless you live along the way home. From weekend tournaments, if you choose to ride home with a parent, you must have a signed note and you must ride with your parents. Riding with a friend's parent is not an option.
7. On the day of a contest, you must be in the school no later than the beginning of 5th hour and remain in school for the remainder of the day. Any exceptions must be cleared in advance, by the head coach, athletic director and principal. See student handbook for more on this.
8. Conflicts, problems, or concerns should be brought to the coach as soon as possible. If there are issues, have your daughter talk to the coach first. All parent conversations will be by appointment. Talking to the coaching staff about your daughter after the match is inappropriate. The 24-Hour rule will be enforced for parents.
9. Remember you are representing Benson High School. Your conduct and dress should be exemplary.
10. Athletes are responsible for their towels and uniforms for each game.
11. Lettering Guidelines/Captain:
 - a. Managers & Statisticians
 - i. Game Statisticians have to manage for two years in order to letter or have been continually involved with the program in other roles prior to being a statistician.
 - ii. Player Managers may letter after 1 season if expectations have been met at the discretion of the Head Coach.
 - b. Players: Seniors & Juniors on the Varsity Roster, will letter regardless of playing time if they have made it to all practices & games, and have exhibited team first characteristics. Sophomores & Underclassmen will letter if they play in 20% of all varsity sets and/or matches played, have attended all practices and games and exhibit team first characteristics. Lettering for those who miss practice/game, will be at the discretion of the coaches,

depending on what the absence was for. At the Head Coach Discretion, Anyone who "STARTS" a match is eligible for lettering.

- c. Athletes with unexcused absences or substance violations will not letter. If they are a captain, they will also lose that honor.

BENSON ATHLETIC CUT POLICY

1. Cut policy: We have a cut policy in place in the Benson Athletic Policy which reads as follows:

Reduction of the Squad Size:

Reduction of the Varsity Squad size is necessary at some time in almost all sports. In many cases this reduction in squad size is necessary at the end of the season for tournaments and comes naturally due to head to head challenges in practices and in meets. In other cases, these decisions must be made by the coaching staff based on practice and game observations. Coaches/advisors must do what they feel is best for the success of the team and choose players who will be best able to help the team.

In some team sports such as basketball, volleyball, baseball and softball, only a limited number of players may be used during the entire season. This is necessitated by rule, staff and/or facilities. In these instances, a two week tryout period will be conducted, after which, the coaching staff may reduce the squad to a desired number. This procedure will be spelled out to all students wishing to tryout for the team before practice begins. Students not making the squad will be met with individually by the coaching staff and reasons for their not being retained will be given.

2. Benson Volleyball Program may be using this policy for the upcoming season in the following way:

- I. Benson Volleyball Tryout and Team Placement

- a. Any players in grades 9-12 & invited 7th & 8th graders, may tryout for a Varsity squad position.
- b. Seniors not making the varsity squad will be cut.
- c. Juniors not making the varsity squad will be cut or may be placed on Junior Varsity at the discretion of the coaching staff..
- d. Sophomores not making the varsity will be placed on B team, JV or C squad based on their abilities and depth at their position at the discretion of the coaches.
- e. Freshman not making the varsity will be placed on C-squad or may be placed on Junior Varsity at the coaches discretion.
- f. Foreign exchange students may tryout for varsity but will not be placed on the Junior Varsity.
- g. The Varsity Volleyball Post-season tournament team will consist of up to 15 athletes. Injuries will be dealt with at the coach's discretion.

- h. Options for players being cut can include becoming a manager, statistician, videographer, etc

BENSON VOLLEYBALL SEASON

Dear Parent/Guardian,

The purpose of this handbook is to establish the philosophy and policies of the Benson Girl’s Volleyball Program. We believe that it is important for our players to understand what is expected of them. We believe that it is equally important for the parents to understand these expectations.

We ask that you read the handbook carefully and support us in our efforts. Coaching involves making tough decisions that never please everyone. As a coaching staff, we will work hard and run this program to the best of our abilities. In order for this to be a successful program, we need the full support of our athletes and their parents.

Please sign this form to indicate that you have read and understand the philosophy and policies of this program and return to your coach the first day of practice.

Sincerely,

Shannon Schmidt
Head Coach

Laura Mitteness
JV Coach

Mackenzie Dokkebakken
C-Squad Coach

TBD
8th Grade Coach

TaiAnna Moe
7th Grade Coach

Athlete signature date

Parent/Guardian signature date

(revised 8/19)