



7th & 8th Grade Volleyball Rules & Procedure



Welcome to the 2023 & 2024 Minooka Indians 7th & 8th Grade Volleyball Season. My name is Mrs. Berta and I will be coaching this year's 8th grade team and Ms. Larson will be coaching the 7th Grade team. We are looking forward to a competitive and successful season with your student-athletes!

8th Grade Team Philosophy:

The 8th grade volleyball program has a **highly competitive** approach. Skill level, positions, offense, positive attitudes, mental toughness, and defense will be reinforced, and we will begin to learn a higher level of game play. An effort will be made to get each athlete in a match when possible, **but playing time is not guaranteed.** The players who exhibit the desired qualities will start and we will play to win, subbing when possible.

7th Grade Team Philosophy:

The 7th grade volleyball program begins to take a competitive approach towards athletics. This level is to develop skills, learn positions, and learn offense and defense. Although "equal" playing time is not guaranteed, an attempt will be made to have all 7th graders see court time during the regular season matches. In conference games, tournaments, or once the team enters the postseason (IVC, Regionals, Sectionals, State), the players who exhibit the desired qualities will start and we will play for the win, subbing when possible.

*****If you are not starting at the moment, that does not mean you won't ever. Work hard, ask for help when needed, and be patient. Athletes who sit on the bench pouting and looking bored will not improve their chances to play. Remember to be a team player and cheer on your teammates!**

Practice:

See attached schedule for all practices scheduled this season. Please be aware there may be changes made to practice times. Athletes will receive a copy of the schedule after making the team on December 03, 2021. All athletes will be required to have the remind app to communicate any changes in schedule. See attached sheet for information. We will also have morning practices this season starting at 6:15AM due to gym space and events.

Games:

You can check the school's website (www.min201.org) under "Athletics" and select "Volleyball" to see the game schedule for this year. The game schedule should be set, but check back occasionally for any possible changes.

~On game days, athletes are to stay after school. They are to meet in the gym with all of their things. Please make sure to send an after school snack!

~When we have an away game students will be picked up at the Minooka Junior High.

WE WOULD LIKE ALL GIRLS TO MAKE EVERY EFFORT TO RIDE THE BUS HOME AFTER AWAY GAMES TO WORK ON OUR TEAM UNITY!

***If you want to take your child home from an away game you will need to sign the sign out sheet with Mrs. Berta or Ms. after Larson the game. This must be communicated at least 24 hours in advance to coaches.**

Home Games:

All players will either dress up or wear “spirit wear” for home games. All players are to report to the gym as soon as school is out to set up the nets. After a coach has told you the gyms are ready, the athletes may go change and have a snack.

***For all games, athletes are not to leave the match until **BOTH** teams have completed their matches (or in the case of home games, all of the equipment is put away). If the athlete needs to leave before matches are complete, please notify the coach 24 hours in advance (unless an emergency occurs) so that it may be considered excused. Remember, 7th grade the 8th graders must stay during your game, and they need your support during theirs as well!

Away Games:

All players should be ready to go 15 minutes before the bus time when possible. All athletes will wear dress attire for away games–Coaches will inform athletes of specifics. When dressing up this means an appropriate-length skirt or a nice pair of pants and dress shoes. No jeans, t-shirts, or gym shoes.

Any player not riding the bus home from an away match must have a parent/guardian sign them out on a bus release form provided by their coach. If an athlete is going home with someone else’s parent/guardian, the coaches need a letter allowing us to send your daughter home with someone else. *If you would like to, you can write a note stating that your daughter can ride home with certain parents all season.

Equipment:

***IESA has allowed stud earrings as a new rule, but MJHS Volleyball will not be wearing stud earrings to games or practices.

***It is an IESA rule that no clips, barrettes, or bobby pins longer than 2 inches, glitter, hard headbands, etc. be worn.

Uniforms:

Each player is responsible for the uniform issued. Anything lost, stolen, or damaged must be reimbursed by the athlete. As the weather gets colder, you must bring warm clothes to wear outside. DO NOT go outside with just your shorts and shirt! You must also have a good pair of athletic shoes that you only wear inside. The best way to keep uniforms clean and looking new would be to wash them separately in cold water and hang dry them. **Uniforms are not spiritwear** and are not allowed to be worn to school or at any time besides the game.

Practice Clothing:

- Minooka colors or Minooka spirit wear (Blue, white, black or gray) or specified by coach
- Shorts-any color but must cover the gluteus maximus appropriately.
- NO CLUB TEAM SHIRTS TO PRACTICE–(Sport Bags will be fine)

Attendance:

- ~Athletes are expected to be at every practice and on time.
- ~Practices will be excused only with a note from a parent before practice begins. (Exception: illness from school or sent home sick from school.)
- ~Absences from matches **will be excused only for family emergencies or illness from school.**
- ~Three unexcused absences from practices or games will result in the athlete being dismissed from the team.
- ~**If your child cannot make it to practice you can email Mrs. Berta (8th Grade) at cberta@min201.org or Ms. Larson (7th Grade) alarson@min201.org or send a message on Remind ASAP!**

Eligibility:

Players must be passing every subject on a weekly basis in order to be eligible to participate in athletics.

- a. Week 1- practice but no play
- b. Week 2- no practice or play
- c. Week 3- no practice or play, and must participate in interventions (homework club, detention, etc.)
- d. Week 4 consecutively...removed from team

Minooka Volleyball Program Expectations:

- Set up of Gymnasium occurs right at the end of the school day (Coaches will relay all information to all athletes).
- 8th Grade sets up before practice and home games. 7th Grade changes in locker room while 8th grade sets up
- 7th Grade takes down at the end of practices and home games
- Immediately after changing, all athletes will go directly to the gymnasium and begin warm-ups.
- Locker room after practice or games should be cleaned
- Before leaving for matches-athletes will change in the locker room and go directly to there assigned area to wait for the bus to arrive. At that time, athletes will mentally prepare for the match, work on homework and snack. Before leaving-all athletes will make sure that area is cleaned before getting on the bus.
- Cell phones are not allowed at practice. They will need to be left in their sport bags. Athletes are also not allowed to be on cell phones in the locker rooms. If for any reason parents need to be contacted-athletes will speak with a coach for permission.
- **Athletes (if they have social media accounts) will need to make sure they represent themselves, and the program in a respectful manner. If at any time anything that is posted on social media effects a player, other students, the team or coaches-we will have a meeting to discuss the situation.**
- Bench behavior: will be actively involved on the bench by cheering, communicating, and having good body language.
- Stanley cups are not allowed in practice or games. Be sure to have a water bottle that is covered and will not spill on the floor.

Player Expectations

Respect yourself, respect your teammates, and respect your coach on and off the court.

Communicate with your coach, teammates, and parents.

The game we play is a test of attitude! That attitude is the most important ingredient in understanding the process to improve our skill set, learning to make adjustments, maintain emotional stability, and improving our performance. The following are ingredients that allow us to maximize our talents.

- Beliefs lift your talent
- Passion energizes your talent
- Initiative activates your talent
- Focus directs your talent
- Preparation positions your talent
- Practice sharpens your talent
- Perseverance sustains your talent
- Courage tests your talent
- Teachability expands your talent
- Character protects your talent
- Relationships influence your talent
- Responsibility strengthens your talent
- Teamwork multiplies your talent

Code of Conduct:

- ❖ Student-athletes will conduct themselves properly and treat fellow teammates and coaches with respect at practices and games.
- ❖ Student-athletes represent Minooka Junior High School, coaches, and their team. Please act appropriately at all times and proudly represent the above.
- ❖ Equal playing time is NOT guaranteed. Coaches have the responsibility of evaluating players during each practice and during the games. Playing time is earned! It is expected that each player gives their full commitment and 110% of their effort to their team. Failure to do so could result in less playing time.
- ❖ Players must be “coachable” and willing to change technical skills.
- ❖ Players are expected to hustle at all times; during practice and at games/tournaments.
- ❖ Players are expected to be supportive of their teammates on the court and while on the bench. Poor conduct could result in reduced playing time.

Unacceptable Behavior:

- Making Excuses
- Not giving maximum effort
- Not shagging hard during drills
- Negatively criticizing a teammate-talking behind a teammates back
- Poor body language-displaying an "Attitude"
- Not going on the floor for a ball which lands in your area of responsibility
- Not paying attention during explanations
- Being late
- Giving up
- Not communicating

Parent Guidelines and Conduct:

Support your daughter and respect their coaches and teammates. Playing time will not be discussed amongst the coaches and parents. Your daughter must talk with her coach regarding playing time. Believe that referees, just as coaches and players, are attempting to do their best. Display a controlled and undemonstrative attitude toward coaches, players, parents, and referees at all times. Any unsportsmanlike conduct demonstrated during competition will lead to removal from the match.

- ❖ All parents are expected to conduct themselves in a positive fashion while their athlete is participating in the MJHS Volleyball program.
- ❖ During games, parents are asked to be respectful of players, coaches, other parents, officials and the working team.
- ❖ Any negative comments will not be tolerated! If there is an issue, your student-athlete should communicate with the coach first and discuss any concerns they may have. If things are not resolved, then the student-athlete, Coach and Athletic Director will meet. Finally, if the issue is still not resolved, parents will meet with the Coach and Athletic Director. These meetings **will not** take place before or after a game.

Activity Fee:

An activity fee of \$40 must be paid IMMEDIATELY and please make checks payable to MJHS.



2024



Athlete Volleyball Contract

I, _____, the athlete, have read the rules, regulations, procedures and expectations of the Minooka Junior High School volleyball program. I am ready, willing, and able to abide by them. I promise to do my best to contribute 100% to the program.

Athlete's Signature _____

I, the parent/guardian, have also read the rules, regulations, procedures and expectations of the Minooka Junior High School volleyball program. I have discussed them with my daughter, and I understand what is expected from her. I will do my best to see that my daughter fulfills her part of the contract.

Parent/Guardian Signature _____



Parent Volleyball Contract

I, the parent/guardian, have also read the rules, regulations, procedures and expectations of the Minooka Junior High School volleyball program. I have discussed them with my daughter, and I understand what is expected from her. I will do my best to see that my daughter fulfills her part of the contract.

Parent/Guardian Signature _____