



Dear Mountain Pointe Parents and SAND Volleyball Players,

Our staff would like to take this opportunity to welcome you to the Mountain Pointe Girls' Sand Volleyball Program. We are working extremely hard to build tradition and success. Through the season, players and teams will evolve into being the best that they can be.

We are looking for:

- 1. Players working extremely hard both throughout the season and out of season.**
- 2. Players willing to make sacrifices.**
- 3. Players and coaches coming with extremely high levels of expectation.**
- 4. MP program as a whole committing to excellence throughout.**

The key to success of our program is the push for improvement. Your support and help is greatly appreciated.

The contract is an outline of our program's expectations for your daughter. It was created to help clarify what it means and takes to play Sand Volleyball for Mountain Pointe High school.

Please read through the contract with your daughter. If you have any questions, please call your daughter's coach and discuss your question with him/her. After reading through the contract, please sign the back page as well as your daughter and return it to Coach Slemmer. I look forward to a fun, exciting, and rewarding season.

Sincerely,

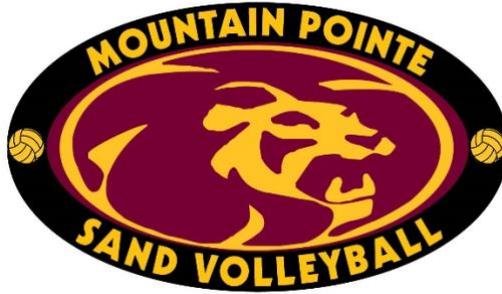
Audra Slemmer

Mountain Pointe High School

Head Coach

MOUNTAIN POINTE

GIRLS SAND VOLLEYBALL



COACHING PHILOSOPHY

- The main goal is to impact the lives of young student athletes in a positive manner, leading by example, demonstrating and teaching good character on and off the playing field.
- To help young female athletes develop confidence within themselves and understand the importance of showing good character in all situations.
- To teach the fundamental skills of volleyball to young athletes and help prepare them for the next level of competition.
- Teach and exercise the 6 Pillars of Character using Pursuing Victory with Honor program.
- Coaching staff goal- Make a positive difference and impact in student athletes lives on a daily basis.
 - ✓ The Mountain Pointe Sand Volleyball program will be based on the following 4 dimensions:
 1. Play Hard- Physical Dimension-> Give 110%, go all out!
 2. Play Smart- Mental Dimension -> Make smart plays.
 3. Play Together- Social Dimension -> Play for your teammates.
 4. Play True- Spiritual Dimension-> Be honest, truthful and play with integrity.
 - ✓ I want every girl to exemplify and demonstrate these 4 dimensions in volleyball and in life. I hope that these 4 dimensions will carry on with them long after they leave this program. I invite you as parents to work with me accomplishing and fulfilling this philosophy throughout the season.

“Good coaches teach respect for the opposition, love of competition, the value of trying your best, and how to win and lose graciously.” Brooks Clark

ROLES IN THE MOUNTAIN POINTE HIGH SCHOOL PROGRAM

There are **four basic roles** in the Mountain Pointe Girls Sand Volleyball Program. It is very important that these roles do not get confused, because confusion will limit the program’s opportunities for success. These roles are:

1. **Players**- the individuals who wear uniforms and play the games.
2. **Coaches**- the people who implement the philosophy and direct the team.
3. **Officials**- the individuals who wear the solid shirts and administer the game.
4. **Parents**- the players’ biggest fans who come to the games and cheer.

In order for our teams to have the greatest opportunity for success, these roles **must never become confused**. Players will not be allowed to officiate, parents will not be allowed to coach, and coaches will not just come to games and cheer. One cannot and will not be allowed to perform the other's role.

Your daughter's coach will be more than willing to talk to you about what areas your daughter needs to improve upon in order to become a better player and even set up an improvement program for your daughter to work on to become a better player.

Coaches will be happy to discuss an individual's skill development. A coach will not discuss with a parent how much play time an individual is receiving or who is receiving playing time. Your daughter's coach is a professional in his/her field and has prepared many years for the art of coaching.

As an experience coach, I have both witnessed and been a part of situations where an individual (parent) has tried to unduly influence a coach in term of playing and/or philosophy. The vast majority of players understand their role on the team and accept it. Conflict occurs many times when a parent cannot accept their daughter's role on the team. **Remember at all times, it is your daughter's game not yours. It is not at all easy to watch your daughter not play.**

It may be difficult to cheer for a team when the daughter isn't playing; it takes a special player and parent to continue to support the team. Parents need to be supportive and interested and want succeed for their daughter. Parents have to remember that when a coach tell them their daughter is performing great on Tuesday; come Thursday, the situation may have changed. **Coaches are the same coach they were on the other days. Like all heads of business or teams, the coach has to make the best decision on his/her team.**

PLAYER-PARENT STAFF MEETING

If player have questions on how to improve and gain more playing time, she is encourage to communicate first with the coach. Athletes in the program are being treated as young adults; this is one of the lessons implement during season.

If a parent-coach meeting is to occur after following protocol, the following will need to occur:

- Arrange a time for the meeting with the coach.
- Should not immediately following a match.
- Should not occur during practice time.
- Will not be about regarding player's playing time
- Player must be present at the meeting.
- Administration will be present if requested by coaching staff.

PRACTICES

All high school practices are closed to the public, unless invited or previously approved by a member of the practicing volleyball staff.

PARENT'S ACADEMIC RESPONSIBILITIES

Your daughter's academic success is the number one priority in our program. As a coaching staff we will assist you in monitoring your daughter's academic progress. Obviously one coach cannot effectively monitor each player closely. As a coaching staff we can assist you by:

1. Offering mandatory study tables for your daughter before or after school.
2. Speaking directly to teacher concerning your daughter's progress.
3. Writing letters and making phone call home communicating concerns.

With the combined efforts on your part and the coach's part, your daughter's progress can be monitored and can assist in any way possible. **Most players, who struggle academically, struggle from poor time management not lack of academic ability.**

Studies have proven that students who participate in extracurricular activities have higher G.P.A. (Grade Point Average) than those who do not participate. Athletes specifically have a higher G.P.A. when they are in season versus out of season.

EQUIPMENT

****An athlete will be required to reimburse the school for the replacement cost of any equipment or uniforms lost or damaged, due to abuse or negligence by the athlete.**

When fees are collected for lost equipment, it will be assumed that the item(s) has been lost or stolen. If the item(s) is seen again it will be confiscated immediately or handled as a theft by the individual in possession of the school's equipment.

- Game uniforms must be clean.
- Uniforms are not to be worn at practice.
- Practice shirts will consist of a t-shirt. Bottoms should be spandex or running shorts. ALL athletes have to wear a t-shirt.

ABSENCES AND LATENESS

Due to most athletes playing club volleyball, there will be flexibility with the sand schedule. Please communicate with Coach Slemmer if you are missing a practice or a match.

Communication is the key.

If situations with extenuating circumstances arise, the coaching staff will hand each case on an individual basis. The absence and late policies are set as a guideline, but if common sense dictates that a deviation needs to be made, it will be made.

TAX CREDIT & ATHLETIC FEE

- ✓ **\$50 Athletic Fee- Volleyball- To be paid in bookstore by Friday, February 21st**
Receipt needs to be given to your daughter's team coach.
- ✓ **\$400 per married couple**
- ✓ **\$200 per single profit**
- ✓ **Note: If we can get each parent to donate at least \$50, we could raise about \$1800.**

OFF THE COURT

PUBLIC IMAGE

The fact that you are a member of Mountain Pointe High School Sand Volleyball program automatically puts you in the spotlight. Your actions are closely scrutinized by youngster, fan, peers, teachers, coaches, and the public. There are people who are not always positive toward athletes. You are not only expected to follow the rules of Mountain Pointe High School, but set a proper example at school and in the community.

Academics

Academics are your priority; extracurricular activities are a privilege, not a right, so take care of your schoolwork. Being able to play sports and complete class assignments takes time management skills. Please refrain from asking to miss volleyball practice to work on a class assignment. If the athlete has an “F” in a class (es), the athlete will not play in games, but will be able to practice.

- Please keep in mind your actions, attitude and respect for others will reflect the Mountain Volleyball Sand program, Mountain Pointe and the community. Please keep this in mind on the court and off the court.

Manner

The use of appropriate title when addressing teachers, elders, and coaches will be demanded. *Under no circumstance are you ever to address a teacher or coach by their first name.* Please address coaches by their last name. Example, Coach Slemmer, etc. The words, PLEASE and THANK YOU and “Yes, Coach!” shall be used when appropriate.

Social Media

Any type negative or inappropriate posting via text, Facebook, twitter, Instagram, vine, email or any other form of social media will not be tolerated and may result in suspension or immediate removal from the team. Any infraction and course of discipline is at the discretion of the Varsity Head Coach and/or Administration.

Volleyball athletes will not engage in any type of inappropriate actions including but not limited to, using profanity, smoking, drinking alcohol, offensive/disrespectful or bullying social media or any serious act at any time during the season, on or of school grounds. If any infraction occurs, the athlete will be suspended from game(s) and possibly removed from the team. If an athlete sees a fellow teammate partaking in these act, they will notify the coach immediately (you may notify anonymously).

Please be aware of how social media plays a part in today’s society. If you have to think twice about posting a picture, video or status, than you probably should not be posting it. Posting something today may affect your future. Remember, you are representing the MP Sand Volleyball program, Mountain Pointe and YOURSELF!

Body Language

The coach will not tolerate negative body language. This is inclusive of practices, games, meetings and classroom. Always look the person who is speaking to you in the eye. Stay focused on the speaker.

Punctuality

You are expected to be on time for all scheduled meetings, games, buses, etc. Being punctual shows your teammates how much you truly care about them and our program. (The bus may leave without you.)(Late for practice, start running.)

Language

Student-athletes should not use inappropriate language. Profanity is a sign of immaturity and a lack of self-control. Learn to express yourself in an appropriate and mature manner. Consequences will occur if an athlete is using inappropriate language.

Coach's Office

The coach's door is always open if you have any questions, problems or concerns. Please remember, it is not necessarily a lack of communication if a coach fails to agree with your position; but hopefully clarity will occur. Calls and text sent to a coach should be sent at a time that respect the coach's time. Our coaches are educators, students, or have other jobs.

PRACTICE PROCEDURES

1. Practice attire includes, spandex or running shorts, t-shirt.
2. Hair will be pulled up and out of face and no jewelry is allowed.
3. Be dressed in all practice attire and at the assigned location at least **10 minutes** before the assigned time.
4. If you need attention from the **trainer**, it is your responsibility to allow enough time to be treated and to be on the court at the assigned time. **Practice time is for practice, not the time for receiving your treatments!**
5. Lines, pads, antennas, and other equipment need to be ready for practice. No balls will be touched until nets are set up. **ALL PLAYERS must help with set-up!!! ALL PLAYERS WILL HELP TAKE DOWN EQUIPMENT AT THE END OF PRACTICE!!**
6. **HUSTLE** with enthusiasm from one drill to the next, or shagging balls.
7. Pay **careful attention** to instructions.
8. Remember, coaches are here to help you become a better volleyball player and athlete. We can only help coach, encourage and motivate you so much. At the end of the day, you are the only person who can be accountable for yourself and how much effort you put into learning, practicing and performing. **WHAT YOU PUT INTO IT, IS WHAT YOU WILL GET OUT OF IT.**

GAME DAY PROCEDURES

DRESS

Player will be given a standard to meet in regard to dress. The team decides what to wear to school and contests, as long as it meets our program's standards and school dress code. Dressing, pre-determined by each respective team, helps reinforce team unity.

BUSES

All players are required to ride the bus to all games. If a player needs to leave with her parents, and her parents only, they must sign out with Coach Slemmer. If someone else is driving them to practice or taking them home from a game, they need to fill out and turn in the transportation paper.

SAND VOLLEYBALL



I _____ have read the MOUNTAIN POINTE Girls Sand Volleyball Player Manual. I understand what is expected as a player and student athlete in the Mountain Pointe High Girls Sand Volleyball Program. I understand I will be expected to make academics and athletics a priority in my life. I will abide by the 'Play Hard, Play Smart, Play Together, Play True' motto of the program. I am committed to the program and willing to work 100% towards becoming the best player and teammate I can be.

Player Signature: _____

Player Printed Name: _____

Date: _____

Parent Signature: _____

Parent Printed Name: _____

Date: _____