

North Iowa Volleyball 2023

Players and parent(s)/guardian are required to read this together and understand the requirements for participation in the volleyball program at North Iowa. You are role models to underclassmen and are a direct representation of North Iowa Community School District. Therefore, all players must try to be superior representatives, demonstrating good sportsmanship and team effort always.

Handbook: All players are expected to comply with the rules stated for athletes in the NICS student handbook. This includes grades, attendance, and following the good conduct rule. The good conduct rule is violated if any of the following occur:

1. Using habits and/or conduct in school or at a school activity that are such as to make the athlete unworth to represent the ideals, principles, and the students of the school.
2. Being convicted of a crime or comes under the jurisdiction of the court for juvenile delinquency.
3. Using or possessing tobacco, nicotine, alcohol or any controlled substance. This applies to any athlete at ANY TIME. Anyone seen by a member of the staff or other reliable sources or admits to the use of any substance listed above will be ineligible.
4. Being in attendance at a function or party, in a car, etc, where the athlete knows or has reason to know that alcohol or other drugs are being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so.

Coaching Staff: Head Coach - Ashley Bingham, Assistant Coach Rebekah Jensvold

Team Selection: You are not guaranteed a starting position or playing time. You will be expected to perform in practice to earn your playing time. Teams will be selected based on the athletes skill level, work ethic, effort level, sportsmanship and knowledge of the game.

Practice: During the school year, practice will be from 3:45 PM until 5:15 PM. Please be on time! *Practices are mandatory unless previously arranged with one of the coaches.* Weight room will be Monday, Wednesday, Friday from 6:30 AM-7:30 AM during the school year

with Andrew Hanna. Weight room is also mandatory unless previously arranged. We expect each athlete to put their best foot forward and maximize their effort at practice. We will not tolerate put-downs, bullying, foul language, or any disrespectful behavior on the court, in the classroom, or locker room.

- Clothing:** Proper practice/game attire should be worn by all players. Proper attire includes volleyball practice/game clothing (spandex/shorts/t-shirt), volleyball court shoes, knee pads, arm sleeves (if desired), ankle braces (if desired), hair pulled back, and no jewelry. Cut off shirts that show your sports bra will not be allowed. Reminder that ALL white varsity jerseys will be washed at the school after away games to avoid staining from hard water.
- Communication:** All players are expected to use proper channels of communication. For team announcements, we will use Google Chat. Parents will be notified through email. If you have problems, questions, or concerns, bring them to your coach immediately so they can be resolved in a timely manner. If parents have suggestions or complaints, they should be directed to the coaches and not through others. However, we do have a 24-hour rule. This means we ask parents to wait 24 hours after a game to approach the coach on any matter unless it's positive! **NOTE:** We will NOT discuss any other player's playing time, stats, etc other than your own with you.
- Cell Phones:** Cell phones will not be allowed during practices, team bonding activities, in any locker room, before or during volleyball games, or while watching other volleyball matches. We want you to cheer on your teammates!
- Injuries:** All injuries must be reported to Coach Bingham or Coach Jensvold at the time they occur. If you see a doctor about the injury, you are required to bring a note stating you are able to participate again.
- Locker Room:** Please keep the locker room clean and be considerate of your teammates. Do not touch or take things that are not yours. You bring valuables into the locker room at your own risk. On away games, please represent NICS well and be responsible for picking up after yourself. Leave the locker room better than you found it.

- Game Day Dress:** Please dress in nice casual clothes for away games. You are allowed to wear your jerseys for home games if you choose to do so. No sweatpants are allowed for home or away games, with the exception of on the ride home and tournaments.
- Departure Times:** Bus departure times that are stated for our away matches will be the time the bus LEAVES. If you are late for the bus, you will not be allowed to play in the first game.
- Arrival:** When arriving at the playing facility, find the locker room and playing floor as soon as possible, ready to play. JV players will need to be ready shortly after arriving at the facility. Please have your hair “game ready” before arrival as there will not be JJV preceding the JV game. Varsity players will need to help with warm-up of the JV game and possibly help keep stats.
- Matches:** All players are expected to make every attempt to watch the matches they don’t play in. Varsity players should watch JV and vice versa. Please sit together as a team. Players will be expected to help with stats for both levels, warm ups, and possible video taping for varsity matches. JV players are expected to watch the ENTIRE varsity match. Watching others can only help you improve.
- Sportsmanship:** All coaches, teammates, officials, and fans must be treated with respect at all times. Unsportsmanlike conduct will NOT be tolerated.
- Riding Home:** If you are going to ride with your parents, they must sign you out after the game. You will only be able to leave with your own parents. If there is some reason you must go with another person, please have your parents clear this with the coaches ahead of time.
- School Work:** Your school work comes first. Always strive to do your best in the classroom and to get good grades. Any disciplinary problems in the classroom will have a direct impact on your status with the volleyball team.

Thank you for your support of the North Iowa Volleyball Program. Games can not be won by one singular player - it takes teamwork, dedication, and of course some fun

along the way. We are very excited about the upcoming season and look forward to working with all of you.

Ashley Bingham: 507-525-8326; ashleybingham@northiowa.org

Rebekah Jensvold: 515-250-7303; rebekahjensvold@northiowa.org

Please sign and return the following:

We have read all the rules, expectations, and requirements, and understand what is expected to be a part of the North Iowa Volleyball Program.

Player Signature: _____

Guardian Signature: _____