



**EST. 2016**

## **Lady Thunderhawks Volleyball Parent Meeting**

- Coach Introductions
- Cuts/Tryouts - Rubric will be used to judge skills
  - Tuesday, July 31st - Thursday, August 2nd 8:00 am - 9:55 am
  - Message will be sent out via RankOne with the names of team members on Friday 8/3
- Potential Costs
  - Volleyball shoes, PLAIN BLACK spandex, knee pads, Pink Out Shirt, Tournament Hospitality Room
- Team Policies
  - Expectations
    - We expect appropriate behavior from our athletes at school, practice, and at games. Athletes that choose to embarrass the team and the school will have consequences. Misbehavior, tardiness, or late pick up from practice may result in extra conditioning, exclusion from upcoming game(s), or removal from the team.
  - Eligibility
    - We will follow the district policy. Students are expected to practice even if academically ineligible, however, they will not be allowed to compete or attend games with the team. Study hall may be assigned in place of practice.
  - Absences
    - Players are expected to attend all practices and games. Athletes will be dismissed from the team if a second unexcused absence occurs. Parents should email the appropriate coach ahead of time to excuse an absence. While absences may be excused, it is important for players to be at practice in order to know plays and be able to contribute to the team's success. As a result, playing time may be affected. Life happens and we understand that-please communicate.
  - Equipment
    - Practice - Athletes should wear t-shirts with sleeves, shorts or spandex, socks, volleyball shoes and no jewelry of any kind. Athletes may acquire an unexcused absence if they are not prepared to practice with the appropriate gear.
    - Game - Players will be issued a uniform that should be washed regularly and turned in at the end of the season in good condition. Players are responsible for their uniform at all times. They will not be able to play in games without it. In addition to their uniform, players should wear socks, volleyball shoes and no jewelry of any kind.
    - Volleyball Shoes & Knee Pads - Volleyball shoes and knee pads are recommended but not required. Athletes will need a good pair of tennis shoes

that provide good support. Shoes should be green, black or gray. If possible, shoes should only be worn on the volleyball court and not outside.

- Water Bottles - Water bottles ARE RECOMMENDED for practices and games. Athletes will have water breaks at practice but the number of water fountains and time for drinks will be limited. Leaving to go get a drink from a water fountain during games will be prohibited.
- Lockers - Lockers will be assigned to athletes. A code/combination lock is REQUIRED. Athletes will show their coach the combination in order to get a locker assigned to them.
- Playing Time - Coaches are here to help your daughter to become a successful athlete and person. Coachability, effort, attitude, position and skill will determine playing time. Coaches will be happy to speak with your daughter before or after practice about what she can do to get more playing time in games if the concern arises.
- Practice Days/Times
  - Monday/Tuesday/Thursday except for game/tournament days 2:50 pm to 4:25 pm
  - Friday except for game/tournament days 2:50 pm to 3:55 pm
  - JV - There may be days JV does not have practice. The girls will be told ahead of time at practice, via intercom announcements, etc. and you will be notified via RankOne.
- Parent Pick-Up
  - Please be on time (5 minutes after practice ends - 4:30 pm on Mondays, Tuesdays, and Thursdays and 4:00 pm on Fridays) or arrange a ride/carpool
- Missing Practice
  - COMMUNICATE
  - Calling the school to excuse students from the school day DOES NOT mean that coaches will be contacted. PLEASE CONTACT THE COACH VIA EMAIL IN ADDITION TO THE SCHOOL OFFICE.
- Playing Time
  - Varsity - based on coachability, attitude, effort, position & skill
  - JV - equitable - coachability, attitude, effort, and dedication are a factor
- Parent Communication - RankOne - Make sure your information is in RankOne and CORRECT

#### **TO DO:**

- Physical - Turn into Heartland Main Office
  - Thursday, May 10th @ Edmond Memorial HS 6 pm Cost: \$20 CASH
  - Tuesday, May 22nd @ Edmond Santa Fe HS 6 pm Cost: \$20 CASH
- Complete RankOne Registration & Online Forms
  - <https://edmondschools.rankonesport.com/New/Home.aspx>
- Arrange transportation to and from tryouts

We appreciate your support and we are looking forward to a fun and successful season!

Head Coach  
Jessica Langvardt

Assistant Coach  
Isaac McCabe

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