

**George Ranch High School**



**OUTWORK  
EVERYONE.**

**2023**  
**LONGHORN VOLLEYBALL**

# **LONGHORN VOLLEYBALL**

## **Athlete/Parent Team Handbook**



### **GRHS LONGHORN VOLLEYBALL TEAM HANDBOOK Table of Contents**

• Table of Contents .....	2
• Welcome Letter .....	3
• Coach Forshee's Coaching Philosophy .....	4
• Benefits of Volleyball .....	5
• Commandments of Volleyball Athletes .....	6
• Commandments of Volleyball Parents .....	7
• General Rules Governing the Longhorn Volleyball Program .....	8
• Coaches' Expectations of Team Members .....	9
• Practice Attitude .....	10
• Longhorn Volleyball Practice Rules .....	11
• Longhorn Volleyball Team Philosophy .....	12
• Lamar CISD Athletic Lettering Policy .....	14
• Volleyball Student Trainers & Managers .....	15
• Discipline in the Classroom .....	19
• Longhorn Volleyball Consequences .....	20
• Things to do to be Successful .....	21
• Study Suggestions that Work .....	22
• Commitment to Excellence .....	24



~2023~



## WELCOME TO GRHS LONGHORN VOLLEYBALL

---

The volleyball season is upon us, and we hope that you are ready for an exciting season. We are looking forward to a great season to continue our *winning tradition*. We know that with dedication and hard work, we can make this season a huge success! We are so excited to have you as part of our program, and with your buy-in we are confident that you will find your experience positive and enjoyable.

Our volleyball program requires a strong level of commitment and determination to master the skills necessary to compete against other high performing teams. The experience gained by this journey will benefit you throughout your life. A great work ethic, analytical thinking, self-discipline, time management, and improved physical health are just a few of the benefits you will receive from this great sport.

Volleyball is a demanding sport that takes the commitment of both athlete and parent as well as a strong commitment from your coaches and team family. This is our volleyball program handbook which will explain our policies and program procedures. It also includes other valuable information such as practice expectations, travel procedures, lettering policy, and required commitment form.

We are requiring all athletes to renew their volleyball team commitment, just as you would renew a lease on a home, so even if you signed a form last year, we are asking you to review all information in this handbook, sign the necessary form, and make a new commitment for this year. Please note, all volleyball team members are expected to attend all practices and participate in all applicable matches, tournaments, or any other scheduled events.

Things will be tough at times, but a true champion does not give up!! Make sure you stay positive and keep negative attitudes out of the gym. We will not allow anyone to bring us down. Always remember “Never Me, Always We!” Talent wins games, but TEAMWORK wins Championships! #2023 #OutworkEveryone

“If you don’t invest very much, then defeat doesn’t hurt and winning doesn’t matter.” It matters to your coaches – we do not like to lose...do you?!? Believe in yourself and work with each other. The coaches are your biggest fans and will always be here for you. District 20-6A, watch out here we come!



## **COACH FORSHEE'S COACHING PHILOSOPHY**



A coach is afforded a rare opportunity to shape the lives of young people in an extremely influential manner. It is because of this reason that coaching must be taken on responsibly.

I have to teach students the game, skills, and strategy that I want them to use. I cannot suppose they know anything, or I set them up for failure. I must nurture their growth as individuals and as a team by providing feedback and encouragement. I must provide them with knowledge, require discipline, instill respect, and elicit positive interaction. I must also provide athletes with opportunities to be successful, while also teaching them to accept defeat by learning from it.

Coaching requires me to model behaviors. I must be organized. I must show respect for my peers and athletes. I must prepare for competition and practice. I must be positive. I must learn from my own mistakes and teach athletes to learn from theirs. Coaches must model how to set goals and realize those goals. I must expect 110% from myself and my staff, I and will expect nothing less from my athletes. I know my role as a coach, and I must explain individual roles to my athletes, so they will accept their role.

Athletics, especially volleyball, has been a positive influence in my life. I have learned life skills that have been invaluable in my life thus far. I want to share those moments of experience and learning with young people so that they may take with them the positive influence of competition. I hope to teach them not only the game, but also the intrinsic values that are so necessary in life such as dedication, respect, discipline, determination, heart, perseverance, teamwork, and resilience.

For these reasons, I coach. I challenge each coach and athlete to commit themselves to excellence in pursuit of victory.

# **#2023 - #OutworkEveryone**



# **FIVE GREAT BENEFITS OF VOLLEYBALL**

---



## **General Health**

Participation in volleyball helps children and young adults become physically active and stay fit and healthy. Taking part in any exercise significantly reduces the risk of obesity, heart disease, and diabetes in adulthood. Recent studies have shown that one in three children in the United States are overweight, and the President's Council on Physical Fitness and Sports states that "encouraging moderate and vigorous physical activity among youth is important," as the habits learned as a child are often carried through to adulthood. Regular participation in volleyball can teach children how to live a healthy lifestyle and remain involved in the sport as they grow up into adulthood.

## **Social Benefits - Improve Self-Esteem**

Partaking in volleyball can help children sleep better and equip them with skills to better handle physical and emotional challenges in life. Attending regular volleyball practice provides youth with the opportunity to communicate with people their own age, work within a team, and engage with adults. Volleyball gives children an opportunity to learn about social skills like listening, following directions, taking turns, being quiet when necessary, and respecting others. The discipline and hard work in volleyball helps children achieve goals; achievement helps children gain confidence and self-esteem. Children also have fun, meet new people, develop strong friendships, and learn independence.

## **Commitment and Discipline**

The challenging nature of volleyball requires commitment and good decision-making skills. The structure of volleyball practice teaches children how hard work and dedication pays off. Positive experiences in volleyball can build confidence through achievement and illustrates to children that commitment to sports benefits them. Rules and codes of conduct in volleyball help children learn the importance of rules for safety and teaches respect toward others.

## **Motor Skills, Coordination, and Balance**

Volleyball helps children build a range of motor and coordination skills and assists in developing a good sense of body awareness. A young volleyball athlete will learn how to use different parts of her body in different ways. Volleyball develops body awareness, control, and coordination, which can be beneficial to other physical activities, sports, and in everyday life.

## **Strength and Flexibility**

Volleyball athletes are renowned for their excellent strength, quick feet, and power. Taking part in volleyball can help build the foundations of good all-around muscle strength, endurance, and power. Volleyball athletes get stronger through regular training, which aids in the development of lean, toned muscles, improved balance, and better posture. Through the training of volleyball, athletes also gain flexibility. Flexibility increases good blood circulation, provides better sleep, reduces the risk of injury, prevents muscle soreness, and promotes the length of life expectancy. Everyone including adults should try to work on their flexibility.



# **TEN COMMANDMENTS OF LONGHORN VOLLEYBALL ATHLETES**

---



**1. Thou Shalt Be on Time**

Everyone will be on time for all scheduled events: (e.g., classes, practice, weightlifting, rehabilitation (if needed), study sessions, and team meetings.) Always remember...to be on time is to be late!

**2. Thou Shalt Be in Class and Sit in Front (if applicable)**

Everyone is expected to be in class and sit in the front rows (if applicable). Any unexcused absences will be grounds for punishment. Should an emergency arise, players should contact the coaching office and any other designated office immediately to ensure your absence is excused.

**3. Thou Shalt Display Longhorn Pride**

Team members represent George Ranch High School everywhere they go—whether it's out to eat, to the mall, or to the grocery store. Each player should conduct herself in a manner that well-represents GRHS, Longhorn Volleyball, and her family. Everyone is expected to be polite and courteous at all times. Be outgoing and introduce yourself to everyone you come in contact with and let them know you are a Longhorn Volleyball Player. Invite them to come watch us play...help build team and program support!

**4. Thou Shalt Study**

All players with a grade average below a 75 need to get help from that given teacher before they find themselves failing. Do not let your grades get below an 80, and you will have no worries with this! Do YOUR job - take care of YOUR business! Grades will be monitored on a regular basis!

**5. Thou Shalt Get Rest**

It is very important that each player get enough sleep to be at her best each and every day. Everyone is expected to get rest. Hang up the phone, get off of computer, and go to bed at your earliest convenience so you will be worthwhile the next day...both academically & athletically!

**6. Thou Shalt Eat Right**

Each player must eat the proper foods to perform her best. Remember, the most important meal is breakfast, so get up and eat!!!

**7. Thou Shalt Avoid Drinking, Drug Use, and Smoking**

We as a coaching staff discourage the use of these for each player's success now and later in an athlete's life. If a team member chooses to drink, smoke, or use drugs, she will face serious consequences and could be dismissed from the Longhorn Volleyball Program!!

**8. Thou Shalt Dress Appropriately**

Do not dress to draw negative attention to yourself. Remember, you never have a second chance to make a first impression. On game days, we will either wear team game shirts, theme dress, or dress up in nice clothes (we will dress to look like a team).

**9. Thou Shalt Take Pride in Our Facilities and Equipment**

We as a coaching staff take pride in keeping the athletic facilities neat and clean, as you should and will do. The teams have nice equipment, uniforms, travel bags, etc...Take care of them. Do not steal from the program (we will track you down!!) If it is not your stuff, leave it alone or give it to a coach!

**10. Thou Shalt Believe in Excellence and Commit to Excellence**

If you believe you can, you will! We can go all the way to the top! I believe this, do you?!?



## TEN COMMANDMENTS OF LONGHORN VOLLEYBALL PARENTS

---



1. Be **POSITIVE** with your daughter; let her know she is accomplishing something by simply being part of the team. Do not put her down!
2. Do not offer **EXCUSES** for her if she is not playing. There is usually a **REASON** for it. Encourage her to work hard and do her best.
3. **Do Not Put Down Her Coaches!!** Remember the coach represents the “Boss”, the “Authority”, the “Parent”, the “Law”!! If you are constantly bad mouthing your daughter’s coaches, how can you expect her to play for the coach...**she will shut down!!** By doing so, you are teaching your daughter to be a **complainer**, not a **DOER**. We will take good care of each and every one of our athletes.
4. Encourage your daughter to follow the **TEAM RULES**. Whether she is a first stringer or a seventh stringer, players must follow rules pertaining to the Longhorn Volleyball Program!! Please do not encourage your daughter to go against what we are asking her to do. The coaches have their best interest at heart to help maximize their physical and mental performance.
5. Insist on **GOOD GRADES!** Check the number of hours your daughter spends on homework. It is the duty of the parents/guardians as well as the coach to see that their daughter/athlete is working in the classroom. No matter how good a player she is, if she does not pass – she does not play! Eliminate or minimize the use of the car, phone, television, computers, etc. This cuts in on study time!
6. Do not develop envy toward other players because you do not like their parents, or you think they are playing too much over your daughter. Do not try to live your life vicariously through your daughter. Volleyball is a kids’ game...let them play it and have fun! Do not show any animosity or jealousy towards any of your daughter’s teammates because they get more kills, digs, or even get a write up in the paper. This type of envy rubs off on your daughter and it can devastate the team. Who cares who serves more aces...as long as **everyone does their job to the best of their ability**.
7. Do not pretend to **know-it-all!** The coaches work with the players on a regular basis and know what each kid can and cannot do. As a fan, you are entitled to **cheer your head off**, but do not become belligerent and arrogant toward players, coaches, or officials (this can cost a team a match). Athletes make mistakes...they are amateurs! Coaches know each athlete’s talents. Please, respect that!
8. Insist on your daughter’s **respect for team rules, school rules, game officials, and sportsmanship**. We will not tolerate any athlete backtalking an official...they will be removed from the rest of the game/match and possibly the following match. Do not let her bring shame to her family, school, and team by doing some uncalled-for gesture or incident whereby she will bring this negative portrayal of herself. Remember this, **self-respect begins with self-control!!**
9. Encourage your daughter to improve her self-image by building her confidence so she can **believe in herself**. For some reason, the great players (pro, college, etc...) have a lot of **faith not only in their own abilities but also in their teammates**, and for this reason, they are successful in the sport of volleyball. Do not compare nor contrast your daughter with former family members who played previously. Every individual is different regardless of blood! Do not put added pressure on her by expecting her to be much better than or the same as her “sister”!
10. Encourage your daughter to **play for the love of the game and not for a scholarship**. This alleviates a lot of pressure on an athlete. Scholarships are something that are in the hands of college recruiters, please remember that George Ranch High School does not give them. We promise to do our best to help individuals try to get a scholarship if they truly love the game and give **110% effort every single day**, but we will not waste our time or a college coach’s time on athletes who do not give it their all!





# General Rules Governing The Longhorn Volleyball Program

---



1. Portable sound systems or any device used to play music must be approved prior to out-of-town and in-town road trips...they should not interfere with the athlete's ability to focus and prepare for the match. This includes tournaments, regular scheduled matches, play-off games, etc. Ear buds may only be used when approved and coaches are not talking to the athletes. Any violation of this privilege will result in repeal of any music privileges while traveling. **ALL MUSIC MUST BE APPROPRIATE!**
2. Cell phones are prohibited during practice and during games when you should either be focusing on the upcoming match or supporting another team!!! If an emergency comes up, ask to call before you assume it is ok!! *This includes texting & using social media at inappropriate times.*
3. If your hair is long, you must pull it back away from your face. If your hair is down, it can affect your vision and could possibly interfere with the execution of the skills of the sport.
4. All athletes are expected to ride the bus to the contest. If a situation arises, and the athlete must ride home with parent/guardian, the athlete must get the appropriate travel release form filled out 24 hours in advance. The forms can be found in the handouts section of the volleyball website ([www.longhornvolleyball.com](http://www.longhornvolleyball.com)).
5. **NO JEWELRY** (except earrings) **WILL BE ALLOWED IN PRACTICE, GAMES, WEIGHTS, CONDITIONING, ETC. NO EXCEPTIONS AT ALL!!** UIL has approved wearing earrings.
6. The athletic lockers should be used for athletic equipment only. Please do not use it as a book locker. The athletic dressing rooms will be locked except during athletic periods, athletic workouts, or scheduled events. Always remember that if you leave valuables outside your locked locker, the chances of them being stolen are very good. Always lock up valuables and money. **KEEP OUR AREA NEAT!** Items left out will be picked up and you will have to work to get each item back.
7. Each athlete will be issued workout clothes they will be responsible for and will return at the end of the year and/or season. You will wear these clothes to athletic workouts and scheduled matches **ONLY**. It is a UIL violation to wear school issued gear at any other time.
8. The coaches will give you an approximate time that we will be home from trips. Hopefully, this time will be within 15 minutes of arrival time, so please inform your parents of this time schedule. Your coaches have put in long days and would like your parents to be ready to come get you. ***It is not your coach's responsibility to get you home after a match.*** Please ask your parents to make arrangements if they cannot pick you up.
9. When you are on a trip, you will stay with your team. You will ask your coaches for permission to leave the group for any reason at all and you must always have a teammate with you. If you leave without permission, you may not be allowed to go on another trip. You are our responsibility!!
10. All teams will sit as a team **ONLY!!** No friends not in volleyball...when preparing for a match. We need you to be mentally prepared for your upcoming match or supporting each other. **WE MUST MAINTAIN FOCUS AS ONE!!**
11. Each athlete is required to be in the volleyball athletic period during the season and during the off-season unless the athlete participates in another team sport.
12. When an athlete has missed a scheduled practice, she will be required to make up that practice immediately upon her return. We treat athletics like an academic course with a grade based on participation, and any participation missed must be made up!!





# **Coaches' Expectations of Team Members**



1. **Follow all directions & rules...no matter how minute it may seem.**
2. **Always be on time to practices, matches, and tournaments. Travel Itineraries will be sent out and posted in the handouts section of the volleyball website ([www.longhornvolleyball.com](http://www.longhornvolleyball.com)).**
3. **Strive to work up to your fullest potential during practice sessions and matches.**
4. **Eliminate wasted time during practice sessions. Always HUSTLE during practice.**
5. **Develop your mental concentration and maintain it during practices and matches.**
6. **It is important to STRIVE for perfection by doing your best in all aspects of the game. ALWAYS attempt to improve weaknesses.**
7. **Respect your teammates, coaches, opponents, and officials. In return gain and demand their respect.**
8. **PRIDE is the name of the game...have pride in our Longhorn Volleyball Program, your grades, and yourself as an individual.**
9. **Always strive to be in the best possible physical, mental, and emotional condition for competition and practice.**
10. **During practice sessions, do your job while you are in the drill and also while shagging and/or helping out.**
11. **Always maintain a positive and supportive attitude whether you are on the court or on the bench!!**
12. **Have FUN!!**



# **PRACTICE ATTITUDE**

---



## **Practice does not make perfect, Practice Makes Permanent!!**

**No matter what you do, if you practice long enough, it will become a part of who you are. Practice a BAD habit, and you will become great at that BAD habit. Practice SECOND class, and you will be SECOND class. PRACTICE BEING FIRST CLASS, AND YOU WILL BE FIRST CLASS!! The choices you make in your daily life will be the habits you develop for life. When you choose a habit, you also choose the end results of that habit.**

**Our practice attitude is the key to our success as a team. Remember, "WHAT YOU DO SPEAKS SO LOUD THAT OTHERS CAN'T HEAR WHAT YOU SAY!" Albert Einstein once said, "Examples are not the best way to teach, it's the ONLY WAY." Leaders are Leaders because of what they do...NOT what they say they are going to do. Every player must strive to be the example of "LONGHORN PRIDE" and what it stands for – CLASS, LOYALTY, DISCIPLINE, DEDICATION, AGGRESSIVENESS, and TOTAL EFFORT.**

**When you practice, work to accomplish something – WORK TO GET BETTER! Many people confuse activity with accomplishment – putting in time or attending workouts insures nothing. It matters not where you start! What really matters is where you finish! Every practice, every workout, every game is an opportunity for you to get better as an individual and as a team. The way we practice as a TEAM will be the way we play as a TEAM!!**



# **Longhorn Volleyball Practice Rules**



1. Always be on time to class/practice and get dressed quickly. Do not waste time!
2. The training room is never an excuse for being late. Be there early, as it is necessary to be on the court in a timely manner. Do not waste the trainers' time...they are very busy! If you need treatment, make an appointment for morning treatments, no walk-ins and no skipping class!! Athletes will not be allowed to go to the training room during the athletic period if they did not attend morning treatments! This rule is void in an immediate emergency!!
3. If you have an injury, we prefer that you speak with our athletic trainers prior to going to see a doctor. However, if you go to the doctor for any medical reason or for an injury, you must provide the athletics trainer and your coaches with documentation from your doctor!
4. ALWAYS Wear the appropriate practice gear unless otherwise instructed.
5. If you are prone to ankle injuries, then you need to ALWAYS wear your ankle braces!
6. DO NOT wear jewelry other than earrings during practice. There are consequences for this!!
7. Be detail oriented. Learn the drill and the name of the drill. Ask questions if you do not fully understand...but listen—with your eyes as well as your ears. Time is limited, so we do not want to waste it!!
8. Accept criticism as constructive. You should be more concerned if we provide you with no criticism. The coaches are trying to help each team member become the best player possible. We all want to win, and so should you!
9. Be helpful to your teammates. Volleyball is a team sport, and we can only win as a team. Each player is expected to compete against her teammates every day to help each player reach her maximum potential.
10. Look coaches in the eyes during instructions. (Listen with your eyes as well as your ears!)
11. Do not argue with teammates, coaches, etc. at any time.
12. Respect coaches & teammates; and earn their respect. Always use appropriate language!!
13. Hustle from one drill to another and help shag balls. DON'T WALK!!!!
14. Strive to work to the fullest potential during practice time; eliminate wasted time.
15. Leave all problems out of the locker room; certainly do not take them on the court.
16. Do not gossip or plan social events during practice. This is a BIG NO-NO!
17. Be intense and enthusiastic about each day of practice. Practice is what makes the difference in your ability to succeed.
18. Enjoy the time on the court! Time is precious and limited, make the most of it!!



# Longhorn Volleyball Team Philosophy



## Our Philosophy: KISS method "Keep It Simple Silly"

1. Fundamental skills are the most important!! If we cannot get these, we cannot play a match!
2. Offensively, we want the players to know the positions on the floor. They must know where base is! We want to be able to fundamentally pass, set, and attack a volleyball. We must become consistent servers. Everyone must know their team's specific rotations and offensive options to be successful!
3. Defensively, all players should have a good knowledge of reading opposing hitters. We want the ball to get to the target with good footwork. The player should get both feet to the ball in RELENTLESS effort to dig every ball! They must not be afraid to hit the ground! Remember "FEET TO THE BALL - HIPS BELOW THE BALL!"

## Practices:

1. Intensity: We as your coaches expect nothing but complete and total effort at all times from every athlete. We will always practice at game competition level. NO EXCEPTIONS!
2. Compete in Practice: We will do as many competitive drills as possible. We will often use the game scoreboard (or some form of scoreboard) to simulate game-like situations. Competition is a good thing...not negative.
3. We will Enforce the Rules on EVERYBODY: If an athlete is late or breaks a team rule, we will not let it slide. We must be consistent with EVERYBODY!
4. Teach the Skills: We will make sure the athletes do things fundamentally correct! We cannot afford to let an athlete's athleticism be the reason we win. We will win because the teams are fundamentally sound and athletic, "a deadly combination" to competitors.
5. Be Tough But Fair: We will tell the athletes from the beginning what our expectations are and if they cannot meet those or are unwilling to attempt to try then they need to find something else to do.
6. Be Positive: We will always praise the athletes when they do well, correct them when they do not! Correcting their mistakes is not being negative. It is COACHING!

## Competition:

1. No equal playing time on any level. We will play to win! We will try to get everybody in at the appropriate times (not equal) and play to win. **This matter will only be discussed with the student athlete and not the parent!**



# Longhorn Volleyball Team Philosophy



## Parents/Guardians:

1. **Documentation:** We will document everything that occurs while on the job concerning volleyball or any related matter. This will provide back-up for us and the athlete should anything occur! We are requesting that you provide any medical documentation to us regarding medical requests, appointments, and/or any other information that is vital to the athlete's participation.
2. **Be Honest:** We will always answer your questions honestly even though it is not what you always want to hear. We will always listen to you and value what you have to say. In the end, we want you to be able to respect us and our decisions.
3. **Avoid Confrontations in Public - Especially After Games.** We will not discuss a negative situation with anyone after a game. We can schedule a time, during our conference period the next day, where cooler heads can prevail. **(48 Hour Rule)**
4. **We will NOT discuss play time or another parent's child with another parent!!** There is no exception to this rule what-so-ever, so please do not waste your time or our time with these two matters! However, we will defend each and every one of your children with positive comments and praise to all!
5. **Offensive language, and the berating of players, coaches and officials are unacceptable.** Please always maintain composure and respect!!
6. **Support:** If you decide that you want to schedule a meeting with one of the coaches, we will set up a time when at least two coaches are in on the meeting. This is to ensure that the meeting runs smoothly and stays on task.

## Commitment:

1. **Team Needs:** Each volleyball player will purchase a game day shirt selected by the seniors and coaches. All volleyball athletes need to purchase game spandex (black Nike only) and practice spandex (black, any brand). White game socks. (and) Any other equipment decided upon during season (within reason-we will limit the girls on the amount they "try" to spend). Varsity athletes are required to purchase white Nike volleyball shoes at the beginning of season. SubVarsity athletes are encouraged to purchase new court shoes at the beginning of season which can be any brand but should be white. Please note that all self-purchased items are theirs to keep!
2. **Commitment to Volleyball:** We expect full commitment from each player, so if any player chooses to quit a team early, mid, or late-season, then she will not be allowed to participate in any other sport until volleyball season is complete...they will go to a Physical Education (PE) class until the volleyball season is over! If they decide they want to participate in volleyball the following season, there could be consequences in order to re-enter the program. We stand firm on this policy.



# Longhorn Volleyball Lettering Policy



## VOLLEYBALL ATHLETE:

- I. An athlete must complete the season in good standing (including play-offs) in order to be eligible to receive a letter award.
- II. An athlete must participate in a minimum of 30% of games in order to be eligible to receive a letter award.
  - a. **Exception:** A senior athlete who has continuously participated in the volleyball program for two or more years and has met all other requirements of the lettering policy will be eligible to receive a letter award.
- III. Exceptions to the previously stated requirements may be granted to an athlete due to extenuating circumstances only if the head coach, the athletic director, and the building principal unanimously agree upon the need for such exception.
- IV. In order to receive a Lamar CISD volleyball letter award, each athlete must have fulfilled the requirements of both item I and item II or have been granted an exception as described in item III.

## VOLLEYBALL MANAGER:

- I. A manager or trainer must complete the season in good standing in order to be eligible to receive a letter award.
- II. A student must be a manager or trainer for an entire season in order to be eligible to receive a letter award.
- III. Exceptions to the previously stated requirements may be granted to an athlete due to extenuating circumstances only if the head coach, the athletic director, and the building principal unanimously agree upon the need for such exception.
- IV. In order to receive a Lamar CISD manager or trainer letter award, each athlete must have fulfilled the requirements of both item I and item II or have been granted an exception as described in item III.



# **Volleyball Student Trainers & Managers**



To My Student Athletic Trainer(s) and Manager(s):

We cannot begin to express to you just how important you are to us and this program. You hold a position which requires a great deal of responsibility and being able to react and think quickly. You will have numerous duties to fulfill, and a large number of people will be counting on you. We hope that you will take your job seriously and do all you do with Longhorn Pride. You are an extremely important member of this team—without you, we would all be in a great deal of trouble and turmoil!!

It is part of your responsibility to help the coaches see what goes on with the team. What we discuss with you as coaches, needs to stay between you and the coaches—if the team needs to know, coaches will let them know.

If at any time, someone is mistreating you, let us know. We will handle the situation...do not take matters into your own hands because this will create a bigger problem.

Thank you so much for joining our program and thank you in advance for all you do!!

Longhorn Volleyball Coaching Staff





# Responsibilities of GRHS Volleyball Student Trainers & Managers

---



To a large degree, much of the success we have in our program and season depends on the type of student trainer(s) and manager(s) we have for our teams. This does not mean winning because that is not always a true measure of success—it is however our objective!! The individuals we choose for student trainer and manager must have the following qualities:

- Good Personality
- Respect of Team
- Hard Working
- Kind and Courteous
- Neat and Organized at All Times

Some of the duties are listed below...this may not be all that you will be asked to do.

1. You are **NOT a PERSONAL SERVANT** to anyone, especially the team. You will gain more respect from the players if you do your job and treat everyone the same. The coaches will be there to help the team and you come closer together.
2. During the matches, you will have a big job. It is your responsibility to help keep the stats, scorebook, and/or film (share the duties). These are important not only to us as coaches, but to the girls as well.
3. You will have all equipment ready to go prior to all home matches. Water, clock, towels for chairs, water for the officials, etc... The teams will help set up...you will help and mainly facilitate!
4. You will have all equipment ready to load prior to all away matches. The coaches will assist in this matter. Medical kit, water bottles, ice chest with ice and ice bags, ice chest with drinks, balls, filming equipment, towel bag, etc... The freshman team will load and unload the bus!
5. You will, at all times, show respect to the coaches, chaperones, or anyone else you may come in contact with. This goes for other teams as well.
6. Throughout the season, you will become close with the girls and vice versa. I ask that you let the coaches know if anyone is not feeling well or is hurting. They will eventually come to you for EVERYTHING!!!
7. You are expected to attend all practices and games (home and away) unless you are ill. You are required to let us know (**in advance**) if something comes up and you are unable to attend.

8. You will show no one the stats or discuss the stats with anyone until the coaches have looked at them. We will discuss the stats with the team and others as we see necessary. This means the media as well! We do not want you to get in the middle of this and it end up being a bad situation for you!!
9. These are our girls. We are interested in each and every one. It is your job to keep the coaches informed. This goes for each and every player in the volleyball program (you included), not just the "varsity" girls.
10. Student Trainer(s) will check the medicine kit. Always have one with us for all games. Towels will also be needed during games & practice.
11. You must make sure the floor is swept before games if needed. I suggest this be the first thing you do prior to setup. You are responsible for getting all practice and game equipment in the gym with the help of the athletes. (medical kit, balls, towels, water, cones, jump ropes, clock, etc.) The coaches will help with this! Please make sure we are on task...communicate with all coaches!
12. On out-of-town game days, report to the gym 15 minutes prior to departure time. This will allow you enough time to help get all of the equipment on the bus. When we arrive home, you are responsible for making sure all of the equipment is off the bus and back to the equipment area and is locked away as needed. Athletes will be required to help you move equipment, but you are responsible for the equipment.
13. At no time shall there be any bickering among you and another manager(s) or another player(s). Let coaches solve the problem(s)!!
14. Count all balls before and after games. We pay for our equipment, so make sure we take care of it. Report any missing items to us ASAP.
15. Do not leave the gym unless you have a coach's permission to leave. Keep yourself busy. If you know that something needs to be cleaned or reorganized, ask. You may work on homework if there's NOTHING else to be done for the team or coach.
16. In the case of an injury, stay with the athlete. Apply the medical attention needed until we have a chance to look at it which will ASAP!

If you feel that you are unable to complete these duties, let the coaches know so we can help you out the best we can. We want to have the best student trainer(s) and manager(s) around. You will receive as much credit as we can possibly give you! In our eyes, you are a member of this team and an important one at that. We only expect the best from each individual associated with our program. We ask that you do the BEST job you can. If you are not satisfied, then we won't be either.

Teams and coaches who have good student trainer(s) and manager(s) are very lucky. It is the trainer(s) and manager(s) who handle many of the details that make the games and practices go smoothly. STUDENT TRAINERS AND MANAGERS ARE VERY IMPORTANT, NEVER LET ANYONE TELL YOU THAT YOU DO NOT MATTER!!



# Volleyball Student Trainers & Managers Job Description

---



## Practices:

- Prepare gyms by checking with coaches
- Help Coaches sweep the floors (if needed)
- Get water and towels ready for players
- Check all equipment and balls for proper maintenance
- Air up balls as needed every Wednesday
- Assist with practice as directed by coaches
- Store all equipment at the end of practice (lock the doors)

## Home Games:

- Check with coaches for special preparations
- Make a list of all needed equipment for the match
- Help Coaches sweep the floors (if needed)
- Straighten the storage closets and equipment areas if needed

## Away Games:

- Make a checklist of equipment needed on the road; you are responsible for this equipment while traveling (athletes will help you ...you will not do it alone!!)
- Load and unload equipment (athletes will help)
- Ensure equipment is placed in proper place when we return—NEATLY

## Pre-Game Duties:

- Get water ready for players (both benches)
- Make sure we have towels for score table (4 total)
- Get warm-up balls ready for both gyms (2 carts with 20 balls for each side of the court)
- Get game balls ready (2 - big gym and 1 - small gym)
- Check that the video is set up properly and in a secure place
- Assist with pre-game warm-up if needed
- Write opposing teams' lineup in score books
- Gather balls after completion of warm-up (count balls...20 balls per cart...2 carts per gym)

## Duties During the Game:

- Pay close attention to the game
- Keep Score (pay attention to score especially when we go to away games)
- Keep Stats (learn stats program to help as needed)
- Keep Book (learn how to keep book to help as needed)
- Film (make sure video equipment is functioning between sets and/or games)
- Help during timeouts (water/towels)

## Post-Game Duties:

- Store all equipment (balls, net, scorebooks, stats, etc)
- Check for any items left behind by our players or opponent
- MAKE SURE COACHES HAVE STATS AND VIDEO IN THEIR HANDS



# Discipline in the Classroom



Should a disrespectful problem with a Longhorn Volleyball Athlete occur in the classroom, that athlete will fill out the following form and abide by its stipulations based on our decision on how to handle the situation. Differing situations call for different forms of behavior modifications. Each Longhorn Volleyball Athlete will be held accountable for her actions and will not be allowed to act inappropriately. The following contract binds the student to “remember” what went wrong and how they should fix the situation. We expect each of you to behave yourselves, act like young ladies, and always take care of your business. This is a serious matter and will be monitored!

## LONGHORN VOLLEYBALL BEHAVIOR AGREEMENT

Date of Contract: \_\_\_\_\_

Dear \_\_\_\_\_:

I want to apologize for the way I have been acting in your class. Because of my poor behavior, Coach Forshee has put me on a reminder program until you decide my behavior has improved. Once you feel it has improved, please sign this sheet and return it to Coach Forshee.

Thank you very much,

\_\_\_\_\_

Instructor Signature: \_\_\_\_\_

Receiving Contract Date: \_\_\_\_\_

Contract Completion Date: \_\_\_\_\_

Teacher/Instructor Comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Longhorn Volleyball Consequences



## **BURNER:**

- 100 wall blocks
- 2 wind sprints (1 = down and back)
- 1 squat thrust (1 = down and back)
- 2 wind sprints (1 = down and back)
- 1 set walking lunges (1 = down and back)
- 50 roll backs

## **LATE TO PRACTICE:**

- 1 Burner (with notification/excused... these are for non-school, non-medical, or non-UIL related events)
- 2 Burners (without notification/unexcused)

## **MISSING PRACTICE: must complete before play**

- 2 Burners (with notification/excused... these are for non-school, non-medical, or non-UIL related events)
- 4 Burners (without notification/unexcused)

## **MISSING GAME: must complete before play**

- 5 Burners (with notification/excused... these are for non-school, non-medical, or non-UIL related events)
- 10 Burners (without notification/unexcused)

## **LOST EQUIPMENT:**

- You must purchase new equipment before it will be replaced
- If end of season, must purchase before you are released from sport
- If found by coach – 1 Burner to get item back

## **ELIGIBILITY/BEHAVIOR REPORTS:**

- **Late or Missing Assignments Reported:** 1 Burner
- **Failing Grade(s):** 1 Burner for Each Failing Grade at Random Grade Check
- **Teacher Comments/Emails (Negative):** 2 Burners
- **Failing for Progress Report:** 3 Burners
- **Failing for Six Weeks:** 6 Burners

## **INAPPROPRIATE DRESS:**

- **Out of School Dress Code:** 1 Burner
- **Out of Longhorn Volleyball Workout Dress Code:** 50 roll backs

## **USE OF ALCOHOL, DRUGS, TOBACCO (depending upon the severity, consequence can change):**

- We as a coaching staff discourage the use of these for each player's success now and later in an athlete's life. If a team member chooses to drink, smoke, or use drugs, she will face serious consequences and will possibly be dismissed from the Longhorn Volleyball Program!!

## **CLASSROOM DISCIPLINE:**

- Behavior Contract, Daily Reminder Established by Coaches, Written Apology to Classroom Teacher
- 2 Burners

## **DISCIPLINE RESULTING IN ISS, DETENTION, SATURDAY SCHOOL, etc.:**

- 5 Burners and 1 Game Suspension

## **CHEATING:**

- **In Class:** 2 Burners, Written Apology to Teacher
- **In Practice:** Redo Activity; 1 Burner (after practice)

## **PROFANITY DIRECTED AT TEAMMATE(S), COACHES, SUPPORT STAFF, ETC:**

- 2 Burners (after practice)

## **STEALING:**

- Automatic dismissal from Volleyball Program; District procedure will be followed; charges may be filed.



# THINGS TO DO TO BE SUCCESSFUL



**WORK HARD** to be the best you can be.

**CARE** about your team and what we want to accomplish this year.

**SHOW RESPECT** to your parents, teammates, coaches, teachers, and school, **ALWAYS**.

**RESPECT YOURSELF.**

**ALWAYS REMEMBER: YOU REPRESENT LONGHORN VOLLEYBALL.  
BE A CLASS "A" PERSON AND PLAYER.**

If you are a **PLAYER**, play and play hard.

If you are a **COACH**, coach.

If you are a **SUPPORTER**, support.

If you are a **MANAGER**, manage.

**ALWAYS LOOK FOR THE GOOD.**

**BE DEDICATED.**

**BE PURPOSEFUL.**

**MATURE** both as a player and as a person.

**GET BETTER.** Improve every day, every practice, and every game.

**PLAY WITH CONFIDENCE.**

**BE POSITIVE** about everything. Positives win.

**DON'T EXCUSE MISTAKES. CORRECT THEM.**

**BE A WINNER** in the classroom, on the court, and everywhere you are.

**BE A FRIEND.**

**DREAM.**

**BE BRAVE.** Have the courage to work hard, sacrifice, discipline yourself,  
be honest and stand up for what is right.

**Be the type of person you know you should be.**

**Be the type of person you would want to be remembered by.**



# **STUDY SUGGESTIONS THAT WORK**



A new school year is upon you, with all its possibilities and promise lies ahead for us all. The grades you make this year can pay you well in helping you enter the college you want, in bringing you nearer to the lifework of your choice...perhaps you will have a chance to get college scholarships.

## ***AT THIS MOMENT THE YEAR'S AHEAD – MAKE THE MOST OF IT!!***

Efficient ways of study are not a matter of guesswork. Psychologists have been working for years on how to study. Research on the best methods of study has been conducted at the top universities including Stanford, Ohio State, Penn State, Duke, Rice, and Chicago. Their careful experiments with groups of students have thrown light on ways to study that are best. By using these techniques, you should learn more easily, remember longer, and save hours of study time.

The suggestions that follow are based on the results of the aforementioned experiments:

### **1. MAKE AND KEEP A STUDY SCHEDULE**

Set aside certain hours each day for homework. Keep the same schedule faithfully from day to day. The amount of time needed to study will vary with the individual student and the courses on her schedule.

### **2. STUDY IN A SUITABLE PLACE – THE SAME PLACE EACH DAY**

Is concentration one of your study problems? Experts tell us that the right surroundings will help you greatly in concentration. Your study desk or table should be in a quiet place, as free from distractions as possible. You will concentrate better if you study in the same place every day!

### **3. COLLECT ALL THE MATERIALS YOU NEED BEFORE YOU BEGIN**

Your study desk or table should have certain standard equipment – paper, pen, pencil, an eraser, and a dictionary. For certain assignments you'll need a ruler, paste, a compass, a pair of scissors, or a calculator. With all your materials at hand, you can study without interruption.

### **4. DON'T WAIT FOR INSPIRATION TO STRIKE – IT PROBABLY WON'T**

We can learn a lesson about studying from observing an athlete. Can you imagine seeing an athlete who is training for a mile sitting on the field waiting for inspiration to strike before she starts to practice? She trains strenuously day after day whether she wants to or not. Like the athlete, we get in training for our tests and examinations by doing the things we are expected to do over a long period of time.



## **5. A WELL-KEPT NOTEBOOK CAN HELP RAISE YOUR GRADES**

Guidance counselors tell us that there is a definite relationship between the orderliness of a student's notebook and the grades she makes. Set aside a special section for each of the subjects on your schedule. When your teachers announce important dates for tests and examinations, you will find how priceless orderly notes can be.

## **6. MAKE A CAREFUL RECORD OF YOUR ASSIGNMENTS**

Why lose time messaging everyone all over town to find someone who knows the assignment? Put it down in black and white – in detail – in a place in your notebook. Knowing just what you are expected to do and when you are expected to do it is the first step toward completing important assignments successfully.

## **7. USE “TRADE SECRETS” FOR SUCCESSFUL STUDY**

Flash cards are “magic helpers!” On the front side of a small card write an important term in History, Biology, English, etc.... and on the back write a definition or an important fact about that term. Carry your flash cards with you. At odd times, take them out and ask yourself the meaning of the term. If you do not know it, turn the card over and review the answer.

The “divided page” is another trick of the study trade. Make a dividing line down the center of a sheet of notebook paper. Then write the “self-recitation” method of study. Cover the right side and try to give the answer. Then check and re-check until you are sure you know the material.

A simple, but effective study device is a “cover card.” As you are studying, look at your notebook or textbook and read what you are trying to memorize. Then use your “cover card” to conceal what you have just read and try reciting or writing the facts from memory. Check until you are sure you have mastered these facts.

## **8. GOOD NOTES ARE YOUR INSURANCE AGAINST FORGETTING**

Learn to take notes efficiently as your teachers stress important points in class and as you study your assignments. Good notes are a “MUST” for just before the test reviewing. Without notes, you will often need to reread the whole assignment before a test. With them, you can recall the main points to mind in just a fraction of the time. The time you spend in taking notes is not time lost, but time saved when it comes time to study.





# THE COMMITMENT TO EXCELLENCE



## 2023-2024

I have read the handbook and understand the policies of the Longhorn Volleyball Program and the athletic program. I realize that I am a vital part of the Longhorn Volleyball success; therefore, I understand that if I do not live up to the following agreement, I can be removed at any time from the volleyball program.

I will without any questions:

1. Follow all GRHS school rules, LCISD district rules, and UIL rules.
2. Follow all training rules in order to train myself to be physically and mentally alert to the best of my ability.
3. Be sincere, loyal, and honest at all times to my coaches, team, and school.
4. Cooperate with and respect my coaches.
5. Work hard each and every day to strive for excellence and improvement.
6. Put my team's success ahead of my own individual glory.
7. Maintain good sportsmanship at all times.
8. Be responsible for all athletic equipment trusted to my use and return it to the school in the best possible condition.
9. Make opponents respect us, wish they were a part of us, and not hate us.
10. Set a good example in school, in my classes, at home, and on the court so others will look up to me and respect me so that I will add something positive to this volleyball program.
11. Strive to excel academically.
12. Not lie, cheat, or steal.
13. Not use alcohol, illegal drugs, tobacco, or other harmful substances.
14. Give my best effort at all times.
15. Remember winners never quit and quitters never win.
16. Never look back and say I wish I had worked harder. Chances are if you do, you didn't.

I hereby state that I have received, read, and understand the policies and agree to abide by these policies in all respects. This commitment to excellence has been written with the purpose of allowing me the privilege and honor of being a part of the Longhorn Volleyball Program.

Athlete Name (PRINTED): \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name (PRINTED): \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_