




Pre-Season Fall 2020

Activites Power-Point




Thank you for taking the time to review this information

Please take a little more and fill out the form below

Just click on the link below.

<https://docs.google.com/forms/d/1mZLFom3E9FeRzE8ljA2Yz7dbwmMGDoDGB7-UDmp2pp8/edit>



Here is the information that pertains to all sports here at SSHS this Fall

Practice

1. Before students are allowed to practice they must have a physical and Insurance on file at the school.
2. Each Student/Athlete must have 10 days of practice before they are allowed to enter into a game or contest
3. Practice must be at least one (1) hour long.
4. At least one full squad (varsity team/J.V. team/C squad) and their coaching staff must be present.
5. The athlete must participate in the entire practice. Practice should include the majority of drills and conditioning that are the norm for that team or squad.
6. A practice the day of a game does not count (unless an athlete is practicing with another squad that does not have a game that day, i.e. a varsity team member who stays home and practices with the JV team that does not have a game that day).
7. Warm-ups or walk-throughs with the team prior to a game does not constitute a prac



Absences, Eligibility and Grade Checks

1. No student shall be allowed to practice or participate in an activity if they are absent any period of the day. In the case of unavoidable absence (except for personal illness) the building administrator may allow participation.
2. Students must be passing at Grade check which will be every two weeks.



Code of Conduct Citizenship

Missoula County Public Schools offers a variety of voluntary activities designed to enhance the classroom

education of its students. Students who participate in extracurricular activities serve as ambassadors of the school district throughout the calendar year either away from, or at school. Students who wish to exercise the privilege of participating in extracurricular activities must conduct themselves in accordance with board policies and must refrain from activities that are illegal, immoral, or highly inappropriate. Participation in activities is a privilege conditioned upon meeting the eligibility criteria established by the MCPS Board of Trustees, administration, and individual activity coaches and sponsors. The Activities Director shall keep records of violations of the Citizenship Expectations.



Alcohol / Drug and Other Conduct

A. The Code of Conduct shall be enforced during the school year when a student (regardless of age) is enrolled at MCPS for school-sponsored activities, including summer activities.

B. Any student involved in an extra-curricular performing or competitive activity or athletic program shall not knowingly purchase, possess, use, transmit, or be under the influence of alcohol, tobacco, alternative nicotine product performance enhancing drugs, or controlled substances of any kind during a school year, regardless of the student's age. A student who finds himself or herself in jeopardy because of a substance abuse problem will be referred for professional assistance at the family's expense.



Alcohol / Drug and Other Conduct

C. Any student who knowingly finds himself/herself in the company of persons who illegally possess, use, transmit, or under the influence of alcohol, performance enhancing drugs, or controlled substance (i.e., frequenting of area, places, or sites where drugs and/or alcohol are present) is expected to leave within a reasonable period of time. Failure to do so will result in discipline as if they were in violation of this policy.

D. Any student engaging in an inappropriate or offensive conduct or any act that would be grounds for arrest or citation in the criminal or juvenile court system, excluding minor traffic offenses, regardless of whether the student was cited, arrested, convicted or adjudicated for the act(s).

E. Student Transfers: A student who transfers from one Missoula County Public School to another or from another district will maintain his/her accumulative offense status regarding the Code of Conduct.



Code of Conduct must be signed by both
the Student and Guardian

All Paper -work can be found in the packet.

Please complete and return before the first contest.



Insurance

Insurance is not provided for athletic activities, if you don't have insurance you may purchase a sport specific coverage at:

(<https://www.k12specialmarkets.com/>)



Travel

Riding the bus to activity and getting excused off the bus from activity

- 1. It is expected that every student will ride the bus to an away game, the only excused absence from riding the bus are school related activities.**
- 2. It is expected that every student will ride home from the away game, unless the parent signs the student off in person at the facility the away game is located. If the student needs to be signed off with someone that is not the parent or guardian, a note must be presented to the office 24 hours in advance.**



Activity Fees and Activity Card

Each activity has a fee of \$60.00 with a cap for each family of \$180.00

Each student must pay a \$25.00 Activity Card fee, this allows them into home games and any game held at Missoula County Public Schools.



Communication

A Face -book page is available for Seeley Swan Activities. It is called Seeley Swan High School Activities.

A weekly Email is also sent out, each Sunday, If you would like to receive an email each week, please send me your Email and I will put you on the list.

My Email is sholmes@mcpsmt.org



Dragonfly

Please click on the link below

I would like to have all athletes sign up, parents may sign up also.

<https://static1.squarespace.com/static/59033fcdebbd1a7690b7d53f/t/5ebb701ae1875733ccb09f4c/1589342235536/Signup+Handout.pdf>



Cross-Country

Practice Schedule:

Friday, Aug. 14th, 1:00-3:00

Saturday, Aug 15th, 11:30-1:30

Monday, Aug 17th, 2:30-4:30

Tuesday, Aug 18th, 1:00-3:00

Wednesday, Aug 19th, 1:00-3:00

Thursday, Aug 20th, 1:00-3:00

Friday, Aug 21st, 1:00-3:00

Saturday, Aug 22nd, 11:30-1:30


Monday Aug. 24th 1:00 -4:00

Tuesday Aug. 25th 1:00-4:00

Wednesday Aug, 26th 1:00-4:00

Thursday Aug, 27th 1:00-4:00

Friday Aug, 28th 10:00-12:00



2020-21 MHSA CROSS COUNTRY REQUIREMENTS/CONSIDERATIONS FOR COVID-19

Rules for Students:

- Make each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.



Cross Country

In order for an athlete to letter in cross country they must qualify for State. They do so by being able to run the required time on any course.

State qualifying:

Boys – 30.00 minutes or faster

Girls – 35.00 minutes or faster



Football Practice Times

8/14 8am-10am football practice 5pm-7pm practice

8/15 8am-10am practice 11am-1pm practice

8/17 8am-10am practice 5pm-7pm practice

8/18 8am-10am practice 5pm-7pm practice

8/19 8am-10am practice 5pm-7pm practice

8/20 8am-10am practice 5pm-7pm practice

8/21 8am-10am practice 5pm-7pm practice

8/22 8am-10am practice 5pm-7pm practice

8/24 8am-10am practice 5pm-7pm practice

8/25 8am-10am practice 5pm-7pm practice

8/26 8am-10am practice 5pm-7pm practice

8/27 8am-10am practice



2020-21 MHSA FOOTBALL REQUIREMENTS / CONSIDERATIONS FOR COVID-19

Team Box (Rule 1-2-3g)

- The team box **will** be extended on both sides of the field to the 10-yard lines (**for players only**) in order for more social-distancing space for the teams.
- All must maintain social distancing of 6 feet at all times while in the team box. Ball

(Rule 1-3-2)

- The ball must be cleaned and sanitized throughout the contest as recommended by the ball manufacturer. (See Wilson Ball Cleaning Recommendations)
- The ball holders should maintain social distancing of 6 feet at all times during the contest. Face

Masks [Rules 1-5-1a, 1-5-3c(4)]

- Cloth face coverings are permissible. They must be single solid color and unadorned. Face coverings must be worn per the Governor's directive.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.



Items from Coach Crum

Attendance to play.

Playing time will be based on ability, attendance, aptitude. I will put each player in the position where we feel he can help the team most and have the best personal success. We will work on team building as well as confidence building.

I will not play a player if he does not have a chance to be successful or the potential to get hurt or lose self confidence.

We are hoping to have 2-3 JV games.

We will not tolerate bullying of any kind. Each player should feel confident in talking with any coach with a bullying situation.

Parents should not coach or yell at their players at any games. This will destroy their confidence. That's why we have coaches.



More from Coach Crum

If parents are mad after a game it is best to approach myself the following day. Let cooler heads come together rather than emotions. I can be reached by my school email. I check it numerous times a day.

Players will be issued a team polo to be worn on game days. Each player is responsible for their issued polo. If lost or stolen replacement price is \$35

Lastly I check grades weekly. I am very active with the school staff and will help where I can to keep the kids motivated. Last season we did not have one player turn up ineligible. Grades come first.

2 a days start Friday at 8am. We will be there by 7am to COVID check players and help issue gear

A player must play in at least 3 games in order to letter.



Volleyball Practice Times

Friday, Aug. 14th, 4:00-7:00

Saturday, Aug. 15th, 9:00am-10:30

Monday, Aug. 17th, 5:30-8:00

Tuesday, Aug. 18th, 4:00-7:00

Wednesday, Aug 19th, 4:00-7:00

Thursday, Aug. 20th, 4:00-7:00

Friday, Aug. 21st, 4:00-7:00

Saturday, Aug. 22nd, 9:00am-10:30

Monday Aug. 24th 4:00-7:00

Tuesday Aug. 25th 4:00-7:00

Wednesday Aug. 26th 4:00-7:00

Thursday Aug, 27th Game VS Charlo



2020-21 MHSA VOLLEYBALL REQUIREMENTS / CONSIDERATIONS FOR COVID-19

Students:

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.



Seeley-Swan Lady Blackhawk Volleyball

Get ready for a fun, challenging, and exciting Lady Blackhawk Volleyball season! Be prepared to work hard and focus more than ever before. We are building this program from day one. We have everything to gain and nothing to lose!

We will be striving to give our best every day in practice and matches from August 14th to the last day of the season. Physically and mentally you will grow and develop as a student-athlete. You will find yourself faced with hardship at times and moments of success in others. Through it all, you should feel confident that you are getting better and proud that you are giving your full effort always.

In volleyball you will also be developing a strong work ethic and never-say-die attitude as well as a competitive spirit. You can count on your coaches to request that you are working to get better every day of the season. We hope these goals will transcend into areas of your academic and personal life, too.



Coaches Corner

Coaching Philosophy

As the Seeley-Swan High School Girls' Volleyball Head Coach, the number one priority would be to inspire players to play at their best, game after game and practice after practice. Each player will be coached to embrace their role on the team. To achieve this, the focus of each practice and each game will be on what you can control, your attitude and your effort and the goals that have been set for the year. Each goal will be emphasized to all players throughout the season. From the first practice the tone will be set, to play aggressive, have fun and develop a winning attitude. The fearless mentality the players will buy into will help them be the aggressor on the court.

The ultimate goal as a coach is to teach lifelong skills to each player. Through the relationships built through the season and the positive and professional role model that I strive to be, each player will become a better volleyball player and a better person after the season is finished. The players will prioritize academics above volleyball and each player will learn to advocate for themselves.



Coach Alyssa Harris D.M.D.

Alyssa is a Dentist with Partnership Health Center, a Federally Qualified Community Health Center. After graduating from Hellgate High School in 2003, she attended Oregon State University finishing in 2007 Cum Laude with B.S. in Biology and B.A. in International Studies. She worked briefly in marine sciences, soil sciences, and as a volunteer community outreach program coordinator for junior youth programs. After two years as a stay-at-home mom, she then pursued her professional doctorate at Oregon Health and Sciences University finishing with Honors the Doctor of Medicine in Dentistry in 2015. Alyssa is married to her husband ,Taber Burton, who is a wonderful support to her and their two boys.

Alyssa is excited to assist Coach Holmes and to support the Seeley Lake community in ways that encourage well-being and citizenship. Interscholastic athletics can be a wonderful learning environment to encourage citizenship, well-being and develop better habits at younger ages.



More From Coach Harris

Her coaching philosophy is inspired by her experience playing volleyball at Hellgate then recreationally at OSU and OHSU as well as by her education in a health profession.

“CORE strength” philosophy is based on the idea that our core values support our actions and decisions, just like our core muscles support our body movements. The more we intelligently practice these values, the more we grow and the stronger we become.

Commit-to discipline, doing our best, and citizenship, Oneness-we are one team united, Respect-our deeds and our words align and uplift our community, Excellence-to learn through failure and to strive to improve on and off the court.

Let's Go Lady BlackHawks!



Coaching Goals

1. Teach the awesome sport of volleyball: skills, strategy, rules, and techniques.
2. Create student-athletes to be more physically fit and mentally tough.
3. Develop a strong and positive mental image about oneself and the team concept.
4. Demand hard work so that we are always getting better.



Expectations

- In a nutshell, TOTAL COMMITMENT TO THE SEASON!
- Show up, on time, every time.
- Be prepared to work in order to get better.
- Demonstrate a positive mental attitude and good sportsmanship at all times.
- Treat everyone on the team with respect, how you would want to be treated.
- Follow all laws and school policies
- Players are encouraged to ride the bus home from away games. Players can only ride home with their parents. Other special circumstances must be made with the athletic director ahead of time.



Consequences

Each situation, since most are not always alike, will be considered separately and consequences will be issued on an individual basis. Here is a general idea of what one can expect if the following occurs.

- **Tardiness** will result in an extended practice at the end of practice. Habitual tardiness will result in limited playing time in matches.
- **Absences** from practice result in missing play. If more than 3 absences occur, you could be asked to leave the team.
- **Poor Work Ethic:** If you don't give 100%, your playing time will be limited and your commitment to the team will be questioned. Depending on the lack of commitment, you may be asked to leave the team.
- **Poor Attitude and Sportsmanship:** Outward frustration that affects the team will not be tolerated. Play will be limited and you could be asked to leave the team, depending on the situation.



Consequences Continued

- **Disrespect of others:** Disrespect of others or the program will not be tolerated. This will result in limited play, or extended workouts, or dismissal from the team.
- **Break the law and/or school policies** will result in loss of a match play and possible dismissal from the team.
- **Holmes Clause:** Any inappropriate behavior that doesn't fall under these aforementioned categories will be considered and consequences determined by the appropriate coach.

These expectations, goals, and consequences will be handed out the first day of practice and will require the student-athlete signature, as well as a parent/guardian signature.



Season Goals

Team GPA 3.5

Average Serving 95% In Bounds

Hitting 30% Kills

Passing 2.5

*Passing Goal:

0= no options on the pass for a set, forced to free ball over

1= one option for setter to go to off the pass

2=2 Options for setter to go with off the pass

3=3 Options for setter to go with off the pass

In order to letter the athlete must make the tournament team