
Yep, it's happening...



WELCOME!

TO THE 2020

SENTINEL VOLLEYBALL SEASON

PRACTICE BEGINS FRIDAY!

- Online @ Sentinel Athletics.volleyball <https://www.mcpsmt.org/Page/12455>
- Tryout schedule
 - Overview: Players will be evaluated and scored on a various skills (including effort+attitude!) and athletic performance- Friday through Wednesday morning. Wednesday, Upperclassman will meet individually with the coaching staff where we will discuss cuts, team placements and goals. Freshmen will receive a letter, stating if a player has made the team or not and what team they were placed on. Coaches do not take these decisions lightly and typically dread telling a player they do not have a position in the program. It is simply not possible to take more than 12 players/team and is part of our unfortunate process. A decision to cut is always made unanimously within the entire coaching staff.
- Practice schedule
- Game schedule- NO non-conference matches or multi-team tournaments this season
First match 9.8
- Coach's info, Contact/Email
 - Varsity: Kasey Arceniega
 - JV: Alex Courtney
 - Sophomore: Ashley Van Allen
 - Freshmen A: Emma Humphreys
 - Freshmen B: Chantel Jessop

PHYSICAL NECESSARY TO PARTICIPATE

Along with the MHSA Provider's Physical Examination Form other requirements include:
(Due as soon as possible after team placements/cuts)

- \$30 white fee, can make payment to front office
- Medical and demographic info
- Proof of insurance
- Parent Code of Conduct
- Student Code of Conduct
- Assumption of Risk
- Student-Athlete & Parent Concussion Statement

This can all be completed through Dragonfly Max.
Download the app to get started or go to [Dragonflymax.com](https://dragonflymax.com)

STUDENT CODE OF CONDUCT, ATTENDANCE AND ACADEMIC EXPECTATIONS

- We expect athletes to abide by the Student Code of Conduct provided by MCPS/SHS
- **ATTENDANCE:** If a student athlete misses a day of school, they are ineligible to practice or play in a match. Students are exempt for medical (appointments), legal or bereavement.
- **ACADEMIC ELIGIBILITY:** Student athletes must maintain a 2.00 GPA or higher and have no failing (F) grades in any class in order to participate. Weekly reports will run to determine any failing grades. If an athlete has an F in any class, they will be placed on probation (no participation) for one week or until their grade improves.

SENTINEL VOLLEYBALL PROGRAM EXPECTATIONS COMMUNICATION

Each season brings many new positives but also a few challenges. Communication is key when working to overcome them.

Parents: Coaches will be happy to speak with you about your daughter, but we ask that you encourage her to confront volleyball related issues directly with her coach before asking for your assistance. Gaining independence and confidence through athletics is one of the many benefits of being part of a team.

Players: An appropriate and usually the best time to speak with your coach is after practice- just give your coach a heads up!

Players and Parents: Coaches will be using the app “Remind” to send out logistics, reminders or positive team messages. Please do not text coaches asking for an opinion or regarding issues/concerns. We will not respond or speak with athletes/parents about performance, playing time, other players ect. through text messaging. Please send an email and we can set up a time to discuss over the phone or meet in person.

24 hour rule: There will be no complaints directly after matches. A waiting period of 24 hours is required before contacting the coach.

Communication course of action

- 1st Player discusses issue/concern with their coach after practice or sets up a time that works for both of them.
- 2nd Parent contacts the coach and arranges a time to discuss issue over the phone or in person. In some instances we ask that your daughter or other coaches attend these meetings as well.
- 3rd The athletic director may step in to help resolve issues with all parties involved.
- 4th More administrative action involving building principal

PLAYING TIME

- Playing time and the lineup of each team are decided by many factors; they include but are not limited to: positions, skill, team chemistry, opposing team's lineup, individual stats, proven performance in matches, a specific offense or defense, effort and attitude in practice.

Equal playing time is not guaranteed.

Coaches reserve the right to limit playing time based on a player's unexcused absence, poor attitude or work ethic.

Absences: If a player fails to inform the coach of an upcoming absence, it will result in a loss of playing time- regardless of the situation.

General rules for players:

- If you are sick that day, notify your coach **before** the start of practice.
- Only you or a parent should notify your coach of an upcoming absence. **NOT** a teammate.
- Your coach can make the decision whether a missed practice/game will result in loss of playing time- even if notified prior.
- If you are injured and cannot physically participate, you still need to attend practice.

PLAYER EXPECTATIONS

OUR FIRST STEP IN ESTABLISHING A SENSE OF UNITY @ SHS VOLLEYBALL!

BE ON TIME: Practice gear on, nets up and peppering @ least 5 minutes before the start of practice.

Tardiness = consequence.

BE EAGER TO PRACTICE: Practice is invaluable to a team's success- treat it as such. No poor attitudes or complaining, hustle always. Team shirts are required.

BE COACHABLE: Take direction and apply it. Pay attention when coaches are speaking, no arguing, no excuses. Learn from your mistakes- don't pout about them.

BE RESPECTFUL: Treat teammates, coaches, referees AND opponents with respect. Hold yourself accountable with your social media activity.

GAME READINESS & RESPONSIBILITIES: You are responsible for your own gear. Everyone usually shares in some responsibility for matches (setting up the net, libero tracking, line judging ect.) Do your part!

BE HEALTHY: Take care of yourself, you have that commitment to yourself AND your team. Food is fuel- EAT and eat healthy. Get enough sleep, stay hydrated. No junk food prior to a match- yep, that includes Starbucks ladies.

BE SUPPORTIVE: Encourage each other in a positive way. Do not allow yourself to cut down teammates- on and off the court.

FOLLOW ALL COVID-19 SAFETY PROTOCOLS: We ARE in this together. You are expected to follow and respect all procedures.

COVID-19 SAFETY POLICIES

- MASKS: All athletes and coaches are required to wear masks when not engaged in physical activity. Coaches may be taking their mask off in order to project while speaking and to demonstrate skills provided there is 6 feet of distance. Wear your mask when entering the building and when not engaged in physical activity.
- Balls will be kept separate/court. No sharing of balls between teams during matches. If a player's ball goes to the other side of the court while warming up, opposing team players are instructed not to pick it up.
- Hand sanitizer, use often. Coaches will be given sanitizer to distribute to players periodically during practice and matches.
- No sharing of items. Bring your own water bottle- always. There will be no water stations at matches.
- Teams must be kept separate as much as possible.
- No celebrating by ways of touching or breaching appropriate social distance.
- Matches: No fans, no switching benches.
- Travel: Athletes will have assigned seating on the bus and must wear their masks. There will be no stopping for food prior to and after matches.
- Please have your child or you as a parent notify a coach if she is experiencing symptoms and have them stay home.

MORE THOUGHTS ON COVID...

- This is new territory for all of us. Coaches will do their best in upholding these protocols but my hope is that each family discusses the importance of practicing the safety guidelines with their daughter prior to the start of season. It is up to each individual to do their part and unfortunately, should be at the forefront of our actions. We can be aware, hold ourselves accountable AND have fun while playing this sport we love.
- Coaches simply cannot be the Covid police in regards to what happens outside of school and the gym. We trust that you as parents are making decisions that you think are best for your family.
- In regards to potential illness or Covid exposure, we appreciate transparency and communication. Although we cannot give medical advice- there are people for that 😊
- We understand that the risk is never going to be zero, but together we can do our best to limit exposure.

LET'S HAVE A GREAT SEASON!

Thanks for joining!

Please email me with questions
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