**Welcome**

Welcome to the Los Osos High School’s volleyball program. LOHS volleyball is dedicated to all of those in the program to excel in academics, athletics, and self-development. This document is to inform not just the parents, but the athletes, of the standards and expectations of everyone within the volleyball program.

**Mission Statement**

LOHS volleyball is committed to helping their players reach their full potential as an individual and as a productive team member. This will be done within a safe and healthy environment both physically and mentally. We will strive to develop a community driven support system within the school and surrounding community outside of school.

**LOHS Volleyball Program**

* **Player Conduct**
  + At all times, on or off campus, our players represent this program, school, and family
  + If there are playing time issues or questions it is the athletes’ job to approach the coach with the questions
  + Must abide by the LOHS Student Handbook
  + Sportsmanship is a must in both matches and practices
    - Towards other teams, coaches, families, and officials
  + Be mindful of any and all social media outlets (what you say here also reflects the program)
    - If issues derive from social media appropriate disciplinary action will take place
  + Take pride in your program and its equipment
  + **Zero** tolerance with alcohol, tobacco, and drugs

*Failure to follow any rules listed above or listed in the student handbook may result in dismissal from said team and turned over to the discipline office.*

* **Parent Conduct** 
  + Such as the girls, the parents are expected to represent the school and the program with dignity and class
  + Cheering is encouraged for the success of the program. No booing the other programs and be respectful of the officials
  + No parents are allowed on or near the bench
  + If recording please stay away from the court and leave recording device
  + If there are playing time issues or questions it is the athletes’ job to approach coach with the questions
    - 24-hour rule is to allow the coach, player, and parent to properly assess the situation prior to communication
* **Academics**
  + GPA must be **2.0** or **higher** to be eligible to participate (Player will not return to playing until GPA is raised)
  + Grade checks will occur every month
  + Tutoring is available before and after school as well as at lunch
  + In addition to performance in the classroom, attendance and proper behavior is required. If any are unsatisfactory the player must resolve the issue prior to returning to play
  + Be on time
  + Treat both teachers and peers with respect
  + If having issues in the classroom the student must arrange a meeting with the teacher outside of class to help resolve issues. If there isn’t resolution contact Coach Galliano
  + Suspension from school could result in dismissal from the team
* **Athletics**
  + Family and school come before the program, please notify your coach if anything arises
  + All student-athletes will report to the locker room/gym by the start of 6th period to set up for the upcoming practice or match
  + The courts are to be set up ASAP after changing out for practice
  + The practice times are when practice starts so be early to set up and stretch
  + Practice is mandatory especially a day prior to a match
    - Failure to practice effects playing time
  + It is in practice where playing time is earned
  + Call or Text your coach if running late or not practicing
  + You are responsible for your uniforms/team attire
  + Must be in proper practice attire
    - School colored shirts (no club), volleyball shoes, crew socks, knee pads and ankle braces(optional), blue or black spandex
  + 100 percent physically and mentally
    - A willingness to learn and be coachable
  + Use volleyball as an outlet and leave your troubles at the door
  + No headphones or cell phone usage in the gym
    - Only on bus rides over 30 min. or more
  + If injured notify coach immediately to see the athletic trainer
  + Represent your school and program with class
  + Make sacrifices for your team (late nights, etc.)
* **Transportation**
  + Players and parents are responsible for transportation after practice and after matches. If it is an away match or tournament parents are to pick up their child at LOHS
  + All members of the team will ride the bus to and from matches and tournaments
    - Exceptions are family emergencies
  + On travel trips the Fr. team is responsible for the water, JV is responsible for the volleyballs, Var. is responsible for the med kit and making sure the other teams have also taken care of their responsibilities
  + All members that are traveling must be ready to board the bus 15 mins prior to scheduled bus departure
* **Games**
  + Pre-Game
    - Varsity will set up the court
    - JV will set up the score table
    - Fr. will set up the benches
  + During games Players are not to leave the gym
    - Cell phones or any electronic device is away
    - Either doing homework or supporting your program
    - Must sit as a team not with friends and family (right after your match is okay)
    - No parents are allowed on the bench, sidelines or playing surface
  + Post-Game
    - Varsity will tear down the bench
    - JV will tear down the net and score table
    - Fr. will clean the stands
    - All teams must check-in with their coach when complete with their post-game duties for dismissal
* **Community**
  + Each team will attend another sporting event to help support our school
    - Teams will plan with their coach what event to attend and must wear LOHS Volleyball attire
  + As a part of being on Varsity team meals will take place at a teammates house the night before a match
    - A sign-up sheet will be given, parents may team up for one meal
    - These meals will only be an hour to an hour and a half where the player will distribute ribbons for the team to wear at the next match
      * Players will receive rides either from each other or their parents but not staff
  + Each team is required to watch all levels and support our program
  + Show appreciation to our fans after every match with a round of applause
* **What to expect from coaches**
  + Punctuality
  + Proper practice planning
  + Held to a high standard
  + Consistency with our coaching
  + Help players reach their potential
  + Respect
  + Discipline when needed
  + Communication from the coaching staff
  + Healthy and safe environment
  + Fairness
  + Proper game plans and strategy
  + Each player gets coached
  + An opportunity to prove yourself
  + Open door policy
* **What is expected from the players**
  + 100 percent effort, hard work, willingness to learn
  + Communication regarding missing events, roles on the team, or team issues
  + Practice will not be taken lightly
  + To understand that missing practice will only hinder their learning of skills
  + That they will play for the team not themselves
  + To listen and ask questions. Be active in their learning
* **Complaint process** 
  + If there is an issue the athlete must speak with the coach first. This is a vital learning experience to help young adults learn to communicate
  + If issues still haven’t been resolved then a meeting with your coach and coach Galliano
  + Then if still not resolved a meeting with the parents and player with respective coaches
  + If by this point the situation still has not been resolved an email to the athletic director that contains the following:
    - Name of the coach the complaint pertains to
    - Level of competition
    - A brief but specific summary of the issue at hand
    - Best means of contact
    - Name of issuer

**Coaches Contact Info:**

Varsity Coach Taylor Galliano

Cell: 714-402-5171

Email: tgallianolovb@gmail.com

Junior Varsity Coach Tyler Trathen

Cell: 909-379-2684

Email: tyler.trathen@gmail.com

Freshman Coach Samantha Garrigues

Cell: 951-818-7989

Email: sgarri1@gmail.com

1. "Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work." *--Vince Lombardi*
2. "Talent wins games, but teamwork and intelligence win championships." *--Michael Jordan*
3. "Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." *--Andrew Carnegie*
4. "Alone we can do so little, together we can do so much." *--Helen Keller*
5. "Remember, teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability." *--Patrick Lencioni*
6. "I invite everyone to choose forgiveness rather than division, teamwork over personal ambition." *--Jean-Francois Cope*
7. "None of us is as smart as all of us." *--Ken Blanchard*
8. "Coming together is a beginning. Keeping together is progress. Working together is success." *--Henry Ford*
9. "If everyone is moving forward together, then success takes care of itself." *--Henry Ford*
10. "The strength of the team is each individual member. The strength of each member is the team." *--Phil Jackson*
11. "Collaboration allows teachers to capture each other's fund of collective intelligence." *--Mike Schmoker*
12. "It takes two flints to make a fire." -*-Louisa May Alcott*
13. "Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." *--Mattie Stepanek*
14. "To me, teamwork is the beauty of our sport, where you have five acting as one. You become selfless." *--Mike Krzyzewski*
15. "The best teamwork comes from men who are working independently toward one goal in unison." *--James Cash Penney*

By signing this document, you agree to uphold the expectations and rules of LOHS Volleyball Program.

Team Level:\_\_\_\_\_\_\_\_\_\_

Player’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player’s Phone Number & Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Phone Number & Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_