



Saint Charles Volleyball Program Handbook 2020

Saint Charles Volleyball 2020 Mission Statement

Saint Charles Volleyball has a two-fold mission which must be balanced delicately. First, our program welcomes any boy who wants to learn the sport of volleyball and reap the benefits which our program offers, including lifelong friendships, pursuit of a common goal, and learning to better oneself in any endeavor. Second, our varsity team competes at the highest level for league, regional, and state championships. We firmly believe that these two goals can be accomplished simultaneously. We love the sport and our teammates; we also love to win.

The 2019 varsity season left a bad taste in our mouths. We lost in the regional final to a team we had handily beaten twice before earlier in the season. Driven by this previous set-back and eager to prove outsiders wrong about the state of our program, we turn the page emphatically with a new resolve. Many of our varsity players this season will be in our first year on varsity. We are excited to have this new opportunity and challenge to test our mettle. We turn to our fellow teammates and coaches, therefore, and pledge to work together in the good times and in the difficult times which are ahead of us this season. We firmly believe that, "as iron sharpens iron, one man sharpens the character and skill of his friend."

What do we see in the 2020 season? We see that...

OPPORTUNITY IS NOWHERE

...and we plan to make the most of it together.

Table of Contents

2020 Mission Statement.....	2
Coach Conduct.....	4
Double-Goal Coach	
Motor Learning Principles	
Playing Time	
Contact Information/Communication	
Player Conduct.....	8
Eligibility	
Attendance	
Behavior	
Uniform Care	
Parent Conduct.....	10
Second-Goal Parent	
Match Conduct	
Picking Up	
Work Duties.....	11
Final Forms and Fees.....	12

Coach Conduct

Each of our coaches is a **Double-Goal Coach**. The first goal is winning on the court. The second goal, however, is more important than the first: to teach students life lessons through sports. Sports are a perfect environment to develop the qualities of hard work, pursuit of a common goal, resilience, teamwork, and love of the game. In every sports contest, a player experiences successes and failures. The sports arena is a training ground in which students can learn to be men for God and for others, even in the face of difficulty and scrutiny. Our coaches look for “teachable moments,” most often when a player shows a positive behavior which should be reinforced, and sometimes when a player shows a negative behavior which needs to be corrected. To help our teaching, we have the following principles of a Double-Goal Coach:

ELM Tree of Mastery

In developing our athletes, we believe that great **E**ffort reaps growth. If a student gives consistent effort, **L**earning will take place. Along that road of learning, however, **M**istakes are inevitable. We train our students, therefore, to bounce back from mistakes using a team mistake ritual. Winning is defined not totally by the scoreboard, more so by our own growth.

ROOTS

Volleyball is a great sport, and we love it. We have expectations for ourselves, our players, and our fans. We Honor the Game by showing respect to the **R**ules. The rules are in place to make the contest fair and competitive; without them the sport would not exist. The **O**fficials enforce the rules as well as they can. They devote their time to advance the sport. No official enters a match wanting to be noticed or to make a “big call.” When officials make a mistake, it is our duty to Honor the Game by moving on to the next point with even more focused intensity. Our **O**pponents push us to play our best. It is not fun to play an inferior opponent, just as it is not fun to play a team that completely outmatches our skill level. A truly worthy opponent, then, is a gift that should be cherished. We respect our opponents and the new heights to which they push us. Volleyball is a team sport. One strong player cannot “carry” a team without the help of his **T**eammates. In the same way, one weak teammate can be easily exploited by the opponent. It is of major importance, therefore, that we respect our teammates and the different personalities and skills each man brings for the betterment of the group. On the court, the only aspect that can always be controlled is one’s **S**elf. The rules may be incorrectly applied by the officials. An opponent may try to provoke our emotions with bad actions. Teammates may “lose their cool.” But we are always able to control ourselves. Part of Honoring the Game is honoring one’s own development as a person and as a player.

Filling the Emotional Tank

Coaches, players, and parents are responsible to **Fill the Emotional Tank** of our team. Just as a car stalls if it runs out of gasoline, a player can do little if he is not inspired to work for team goals. Parents in the bleachers are especially able to notice and cheer for the small good plays that make a team hit on all cylinders. We should appreciate all players who make a good play, even if it is an opponent.

Principles of Motor Learning

Each of our coaches applies the **Principles of Motor Learning** in his or her practice design. Many coaches simply coach the way they were coached. They do not question the reason an activity is done a certain way. For example, throughout the United States, when a coach yells to his or her players to warm up with “hitting lines,” a predictable sequence occurs. Each player grabs a ball from the cart and immediately assembles at the left sideline on each side of the net. **Why?** There is a line of five players on each side. **Why?** Two setters stand within six inches of the net in the perfect “target” location. **Why?** From outside the court, the players toss their ball to the setter. **Why?** The setter sets the player, the player hits, and then the hitter immediately runs under the net to retrieve the ball. **Why?** **What are the players really learning?** Does every player only hit on the left side, or do we need to develop players who can hit from all positions on the court? Can we design a game that involves no waiting in line and more repetitions? If the setter is standing directly on the net for a target, won't about half of the passes close to target go over the net? When will the setter ever set from a toss in the game, especially on a ball coming from outside the court? Why would we teach going under the net when only five things happen in a game after hitting the ball over the net (block in the same zone, move to block in another tactical zone, transition to hit again, turn to celebrate the kill with teammates, gesture at the referee to call a touch off the opponent's block)?

The most important skill in volleyball is **reading**. Unlike many other ball sports, the amount of time that the players are actually touching the volleyball is extremely short: .10 seconds for setting, .05 seconds for passing, .03 for blocking, and .01 for hitting. Over the course of the 2008 Olympics in which the United States played in eight matches and won the gold medal, for instance, the average time each US player spent touching the ball was 27.4 seconds. That is just 3.4 seconds per match. A basketball player probably surpasses that total on the opening possession of a basketball game! If players are not touching the ball for very long, then, why are coaches so concerned about teaching form at the point of contact? Shouldn't as much time or even more time be spent teaching players the right time to use a particular skill or the keys to focus on when reading a hitter?

Principle of Interest: If players have more fun, they will spend more time playing when the coach is not there. “Games” are always more fun than “drills.”

Principle of Specificity: Each motor program is independent of the program for another skill. Spiking a volleyball is a different motor program than throwing a football. Hitting a spike off of a box is a different motor program than jumping and swinging. No or very little transfer to the main skill of interest occurs. There are no general athleticism (balance is specific, vision is specific, agility is specific, hand dexterity is specific, etc.)

Principle of Whole vs. Part Learning: Practicing a whole skill leads to greater transfer than practicing parts of a skill. The best way to teach hitting (or setting, or passing) is to pass, set, hit.

Principle of Transfer: Richard Schmidt said, “Are you practicing for practice or for the game?” Practices must look almost exactly like the game. Practices do not need to “look clean” because the game does not look clean. The ball goes up and down, left and right, all over the place in the game. Players need to see and time that kind of ugliness in practice.

Principle of Blocked vs. Random Practice: No two volleyball rallies are the same. There is greater transfer when practice conditions are like game conditions. The game is random, so as soon as novice learners are barely able to perform a skill, more randomness must be added.

Principle of Feedback: The best form of feedback involves regulatory stimuli: ball, net, lines, score. The second best form of feedback involves video delay and observations from a trained coach. Guided discovery leads to greater retention than simply telling a player the answer.

Playing Time

All coaches want their players to enjoy the game. Enjoyment is limited if a player is always on the bench. On the freshman, junior varsity, and varsity B levels, our coaches will make playing time as equal as possible. Avoid specialization. Allow players to consistently play all six rotations and uninterrupted sets. When a player makes the varsity A roster, playing time will not be equal. Playing time is earned in practice. If a player misses practice or does not show effort and focus, playing time will be affected. During practice the coach puts players in game-like situations to determine which players should be on the court during the match. Team goals are most important, and the coach will reward players whose conduct, attitude, and skill align with team goals. No varsity coach wants to lose, and he will design a line-up with the players he believes will help the team the most. Even though a player does not get much time on the court, he can still help the team reach its goals, and he can still learn important life lessons.

Contacting the Coaches

Head Varsity Coach: Ned Gruber

Phone: (614) 804-7230

E-Mail: ngruber@scprep.org

Junior Varsity A Coach: Joe Gruber

Phone: (614) 805-4445

E-Mail: jgruber8@gmail.com

Freshman Coach: Phil Hanson

Phone: (614) 304-1774

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Junior Varsity B Coach: Katie Hanson

Phone: (614) 406-5074

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Varsity B Coach: Chad Miller

Phone: (614) 886-1724

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If a player will miss a practice or a match, he should notify his team coach at least 24 hours in advance. By Diocesan policy, players and parents should not text coaches or teachers. Please call or e-mail the coach. School attendance records are not available to all coaches, so please do not assume that the coaches will know about an absence unless you contact them directly. All absences, even if a player calls the team coach to notify him, must be recorded by the player and sent via e-mail to the team coach and the head varsity coach. It is not acceptable for a player to have a friend contact the coach. All absences must be in writing via e-mail to the team coach and the head varsity coach. Only documented excuses (that is, funeral for a death in the family with obituary, sickness with note from doctor or nurse, car accident with insurance report, car trouble with bill from mechanic) do not affect a player's standing for playing time. Students who have a written accommodation plan know the dates of their tests in advance and should plan around practices and matches. We generally will practice at 5:00PM or later, so students can meet with teachers after school and finish homework in the Commons before heading to practice. Notice that the reasons for excused absences are very narrow. Perfect attendance is expected for a high school sport.

If parents are concerned about playing time or the effect playing time is having on their son, they should first address the problem with their son. He is at practice and knows the team's goals. The player may not think that there is a problem or may be able to explain his feelings. The next step is to meet with the team coach. Parent meetings will not occur on match days. The player must be present during any meetings between his parents and team coach. The final step is a meeting with the team coach, head coach, parents, and player. Failure to follow these chain of command steps by either the student or his parents may lead to the student's restriction of playing time or outright dismissal from the volleyball program. If a parent attempts in any way to influence a coach's decision during a match, that parent may be prohibited from attending matches and other team functions.

Player Conduct

Eligibility

Students are evaluated at Saint Charles every two weeks. These interim reports determine eligibility. A student must maintain at least a 2.0 accumulative GPA each two weeks. In addition, students must be passing at least five credits per quarter. Students who are not in good standing academically will not participate in matches or practices until they meet the requirements for eligibility.

Attendance

Perfect attendance is expected for a high school sport. If a player will miss practice or a match, he should notify his team coach at least 24 hours in advance. School attendance records are not available to all coaches, so please do not assume that the coaches will know about an absence unless you contact them directly. All absences, even if a player calls the team coach to notify him, must be recorded by the player and sent via e-mail to the team coach and the head coach. It is not acceptable for a player to have a friend contact the coach. All absences must be in writing via e-mail to the team coach and the head coach. Only documented excuses (that is, funeral for a death in the family with obituary, sickness with doctor's note, car accident with insurance report, car trouble with bill from mechanic) do not affect a player's standing for playing time. Students who have a written accommodation plan know the dates of their tests in advance and should plan around practices and matches. We generally will practice at 5:00PM or later, so students can meet with teachers after school and finish homework in the Commons before heading to practice. Notice that the reasons for excused absences are very narrow. Perfect attendance is expected for a high school sport.

Behavior

Players at all times represent Saint Charles Preparatory School, its faculty, alumni, current students, parents, and benefactors. It is expected that players embody the ideals of the ELM Tree of Mastery, ROOTS, and Filling the Emotional Tank. Matters of discipline are handled first by the team coach in consultation with the head coach. In more extreme circumstances, including but not limited to alcohol use, illicit drug use, performance enhancing drug use, bullying or hazing, and property destruction, the head coach will consult the administration of Saint Charles. Players must read and follow all rules in the Student Handbook.

Uniform Care

Detailed instructions are included on the next page. Please share them with anyone who does laundry at your house. You are responsible to take care of the uniform. Your parents have paid a deposit which will only be returned if the uniform is in the correct condition after the season. We purchased some of these uniforms through the generosity of Saint Charles benefactors. We should care for them accordingly.

Instructions for Wash and Care of Uniforms

You have paid a deposit which is dependent upon the care of this uniform. **Please share this information with your son and anyone else who does laundry at your house.**

Detailed instructions are permanently affixed to the inside of each garment. Follow the recommended care as labeled. Here are some general principles from Nike:

1. The special characteristics of the Nike Team Uniform require **COLD WATER WASH** to avoid colorfastness issues. Wash with like colors.
2. **Do not use dryer.** Line dry all fabrics.
3. **Do not allow uniform top or shorts to lie on themselves when wet.**
Uniforms should be laundered immediately after they have been worn. Do not leave a sweaty uniform in your bag!
4. Do not use fabric softeners. Fabric softeners restrict the effectiveness of Dri-FIT technology.
5. Do not dry clean or press garments. Dry cleaning and ironing can discolor the fabric and damage imprinting.
6. Do not overload the machine. Make sure that the water level in the machine is higher than the garment level.
7. Use mild detergent (pH under 10).
8. Do not use chlorine bleach.
9. Remove garments from machine immediately after washing. Quick removal from the washer prevents color bleeding, especially on blocked garments.
10. Be sure garments are completely dry before storing. Store in a cool, dry place, away from direct sunlight and fluorescent light to avoid mildew or yellowing.

Parent Conduct

Second-Goal Parent

While coaches and players focus on two goals, winning on the court and learning life lessons, parents should only be **Second-Goal Parents**. Parents know their child better than anyone else and are best equipped to help the coach teach life lessons. It is not the parent's role to coach from the bleachers, yell at the officials, or comment about the opponent. Parents really should just be there to support their son and help him develop off of the court. Win or lose, a parent can always say to his or her son on the car ride home, "I love watching you play." If the player wants to talk more about the match, let him bring it up.

Match Conduct

Parents may be even more visible representatives of Saint Charles than their sons. Parents and fans from opposing schools hear that which parents say (or yell) more than that which players or coaches say. It is important, then, that we all keep the ELM Tree of Mastery, ROOTS, and Filling the Emotional Tank in mind as we walk into a match. In the big picture, high school sports mean very little if they do not help us achieve more important goals later in life. We appreciate your support in helping us reach the Second Goal!

Meetings between parents and coaches are not to be scheduled on match days. If parents are concerned about playing time or the effect playing time is having on their son, they should first address the problem with their son. He is at practice and knows the team's goals. The player may not think that there is a problem or may be able to explain his feelings. The next step is to meet with the team coach. Parent meetings will not occur on match days. The player must be present during any meetings between his parents and team coach. The final step is a meeting with the team coach, head coach, parents, and player. Failure to follow these chain of command steps by either the student or his parents may lead to the student's restriction of playing time or outright dismissal from the volleyball program. If a parent attempts in any way to influence a coach's decision during a match, that parent may be prohibited from attending matches and other team functions.

Picking Up

Our coaches will always strive to end practice on time. Our coaches understand the time it takes to succeed academically at Saint Charles. We will end practice on time so that students can get to their studies. Parents should also strive to pick up their sons on time. If an emergency arises, call your son's team coach and let him or her know how late you will be or if other arrangements need to be made for your son to get home. We are happy to stay late a few times per season for emergencies, but habitual tardiness in picking up after practice is unacceptable. If students are driving themselves, extreme caution should be used, especially while in the school parking lot. On practice days, the parking lot at the Robotics and Mentoring Center is reserved for coaches, moderators, mentors, and parents who are picking up. Our coaches are coming to practice from work and need to get to the whiteboard quickly to display the practice plan. My Brother's Keeper and the Robotics Team also need parking for their mentors and coaches and for equipment deliveries. Students must park at the West Campus weight room lot or at the Horvath Parking Lot.

Work Duties

Home Matches

Families will be sent information from our concessions coordinators about working at home matches. Each family will be assigned shifts to work over the course of the season. If a family is not able to work a particular shift, they are required to swap with another family. The head coach is not responsible for finding a replacement. A detailed list of contact information for each player and parent will be made available. Duties for family members include staffing the concession stand, taking admission money, and working as a varsity line judge. Players will be assigned as ball shaggers, scoreboard operators, VolleyWrite scorekeepers/libero trackers, and freshman and JV line judges. All players must attend the VolleyWrite training session which will be held before the first match of the season.

Away Matches

Since Saint Charles does not provide busing for athletic events, parents are needed to drive players to away matches, especially tournaments outside of Central Ohio. Carpooling may be necessary. Parents also customarily provide food for teams that are at all-day tournaments. The coaches will not provide food between matches or throughout a tournament day. Each player is responsible for himself. If parents from an individual team want to collaborate on items to bring for their sons, that is fine. Each individual team can act individually.

Each tournament or event has its own requirements. Parents may be asked to serve as scorekeepers or line judges. The coaches will send out any information from tournament directors in advance of the tournament. Many times, however, parents will have to see what each situation requires upon entering the venue and help where necessary. We appreciate your support!

Final Forms and Fees

Final Forms

Each player is required to have a physical on file with the Saint Charles nurse's office. Physicals expire after one calendar year. If a player does not have a valid physical form on file with the school, he will not be able to participate in practices or matches. The OHSAA physical form is found on the *stcharlesprep.org* website under Nurse Cull's name. The Final Forms website tracks players' physical dates and sends periodic reminders to parents. Please make sure that all information is accurate on the Final Forms website: *stcharles-oh.finalforms.com*. All players are also required to take the baseline concussion test with Trainer Dave at the start of our practice season. If a player has already played a fall or winter sport in the 2019-2020 school year and has already taken the baseline concussion test with Trainer Dave, he does not need to take it again until next school year.

Playing Fee

The cost for participation in volleyball will be decided once we know the total number of players we will have. Checks should be made payable to "Saint Charles Preparatory School," with "Volleyball Fees" in the memo line. If any player has trouble paying this fee, he should speak to the head coach, and we can take the money out of our donor fund. Bishop James J. Hartley founded Saint Charles Preparatory School with the mission that no boy who was willing to commit himself to the rigorous course of study at Saint Charles would be turned away because of inability to pay tuition. This mission is continued in the Saint Charles volleyball program. No player who wants to work hard to get better at volleyball will ever be turned away because of money. Speak to the head coach, and we will work out a plan.

Uniform Deposit

In addition to the playing fee, parents must make out a separate uniform deposit check of \$130. This cost represents the price of replacing the uniform set if it is damaged or lost. If the uniform set is returned in proper condition, this fee will be waived, and the check will be voided and shredded. Checks should be made payable to "Saint Charles Preparatory School," with "Uniform Deposit" in the memo line.

Questions?

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