



## Volleyball Parent Meeting

1. Prayer
2. National Anthem
  - 2.1. It is the expectation of CVA that all Student Athletes pay respect to our country and our flag during the National Anthem. If a Student Athlete would like to express anything different than the normal display of standing at attention with their right hand over their heart, that student needs to have a discussion with the AD and Principal concerning this to avoid disciplinary action.
3. Introduction of coaches and coaching philosophies
  - 3.1. Your head coach is John Hauck, Amy Zabokrtsky and Pete Luke are assisting.
4. Playing Time and how to deal with issues that may arise
  - 4.1. Playing time is up to the coaches. If you have questions the best way to handle it is to have the student athlete ask the coach what they can improve in their game play or what they can improve in their effort to earn more playing time. If you come to the Athletic Director about an issue the first question will be, have you spoken to the coach?
  - 4.2. "24-hour rule" The purpose of this rule is to delay parent communication with the coaching staff until the parent has calmed down to reduce the chance for an emotional overreaction and increase the opportunity to think about the situation more rationally. Waiting 24 hours after an event that triggered frustration/anger will increase the probability that parents can more clearly communicate the issue with a cool head. **Due to covid parents who wish to speak to the coach need to make an appointment and do so on the phone.**
5. Practice Times
  - 5.1. Practice times will be Monday-Thursday from 6:45-9:15
  - 5.2. Please note that practices are closed to spectators. **Due to covid parents are not even to come into the gym before or after practice this year.**

6. Grades
  - 6.1. To be eligible to play Student Athletes must maintain a GPA of 2.5. They are ineligible to play if they have any F's or more than one D. Each week I pull Student Athlete grades on Wednesday so I can try and give them a 2 day notice of any issues with their grades they may have. On Friday the official grade list from the office comes out. If a student is ineligible at that time that means the next week they are not allowed to play in any games but they can still practice and travel with the team. If their grades are still ineligible the following Friday they will be unable to participate in anything the team does until their grades are improved and they are cleared by the AD.
  
7. What is needed before your child can practice?
  - 7.1. NSAA Permission Form and Physical Form
  - 7.2. Volleyball Fees turned in, \$100.00
  
8. Transportation requirements and needs
  - 8.1. If you are willing to be a driver for games we can use people from time to time.
  
9. Setting a good example at games
  - 9.1. Please always remember we are representing our God, our School, and our Families with the way we behave at games. Remember that as a parent you sit in the stands amongst parents and families of the opposing team. Be mindful of your comments about officials, players on either team, opposing fans, and coaches. If it's not positive please keep it to yourself.
  
10. Uniforms
  - 10.1. We have uniform tops that will stay with the school each offseason. Shorts will be purchased and kept by the ladies because of the spandex inside. The tops need to be kept in good condition and returned at the end of the season promptly to avoid charges. A one time fee of \$55.00 is applied for the shorts that the players will keep.
  
11. Uniform Care
  - 11.1. Please wash your uniforms. It works well to dry them for just a few minutes in the dryer and then hang them to finish drying.
  
12. Ordering of hoodies
  - 12.1. CVA has nothing to do with ordering hoodies. This is something the student athletes do on their own some years and it is not required for a family to be involved. A parent **MUST** be involved for students to order hoodies. CVA will not collect or hold any funds and a parent will get billed by the hoodie company.

13. Gate
  - 13.1. We will be scheduling parents to run gate for us. This is what allows us to keep our fees reasonable. **Due to covid we will not have parents rotate at gate this year.**
14. Supper plans on trips
  - 14.1. Student Athletes need to bring their own sack suppers when they have games and are on the road.
15. Trainer
  - 15.1. The school has a trainer we work with. If the student athlete has an injury they can let the AD know and we can get it looked at. Missy Sorter will be at all home games and can assist with medical needs as well as other parents who may be at games and are qualified.
16. Keeping Locker rooms nice, home and away. **Due to covid there will be no lockers this year.**
17. Student Athletes must travel with team to and from games. **Due to covid athletes need to travel with their own parents when at all possible.**
18. Schedule and Game Day Directions  
Can always be viewed for any sports we do at [frontierconference.org](http://frontierconference.org) as well as the school website under the athletics tab. Directions to games are there as well. Please look at the schedule carefully as there are nights that are only varsity and nights that are only JV and Junior High.
19. Open Gym
  - 19.1. At no time should any volleyball players attend any open gym for any other sport. We need players fresh and healthy for the volleyball season.
20. If a player is involved with a church youth group on any Wednesday night, practices for them can be optional.
21. How to get academic credit for Volleyball.
22. Athletes must wear seat belts in school transportation or risk being ineligible to play. **Due to covid masks must be worn as well.**
23. MAUC Tourney Information
  - 23.1. Parents responsible to transport students to games
  - 23.2. Games can be anytime of the day
  - 23.3. Meals are provided by Union
24. Senior Night
  - 24.1. Pictures will be taken

- 24.2. A chance to honor the Seniors.
- 24.3. Date 9/1/20 vs. Parkview Christian and OBT
- 25. Athletes need to leave the school for any practice that starts after 5:30.
- 26. Locker room valuables
- 27. Christal Tarasenko Facebook group