

Minneapolis Edison Tommies Volleyball



Coach A Yang

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www.tommiesvolleyball.com

1. REGISTRATION INFORMATION

All participants of Edison High School volleyball program must be fully registered prior to the first practice on the second Monday of August

- a. Required forms are available online at our volleyball website, www.tommiesvolleyball.com
- b. Participants must have a current sport qualifying physical exam on file. Physicals are good for three years.
- c. There is a \$75 participation fee for volleyball.
- d. Athletic Packet and participation fee must be turned in to Brett McNeal, Athletic Director, in the Athletic Office

2. TRYOUTS

Tryouts will be on the first official day of the fall sports season. MSHSL league sets the start date, and usually this is the third week of August of the school year.

Players who wish to tryout should come with:

- a. Court Shoes (shoes that you do not wear outside)
- b. Water Bottle
- c. Properly dressed for physical play

Kneepads are highly recommended. Players who wish to tryout should NOT wear jewelry

3. TEAM PLACEMENT

Varsity: the best 10 – 15 student-athletes, grades 9-12

Junior Varsity: the best remaining 10-15 student athletes, grades 9-12

C-Squad, Freshman and/or Sophomores (we do our best to not cut Freshmen)

Tryouts are competitive. Team placement is based on several factors, in this order of importance

1. Attitude
2. Athletic ability and potential for volleyball
3. Work ethic
4. Willingness to be coached and be a team player
5. Skill performance

4. SUMMER

Prepare for the school year with the Edison's summer speed and strength program. Summer volleyball open gyms will be posted by May of the school year.

Open gyms and Speed and Strength training are optional. Your participation in these activities will have no effect on tryouts.

5. PRESEASON PRACTICE SCHEDULE

The second Monday of August will always be the start of fall sports. Please check the Edison Tommies Volleyball website for up-to-date information

Important Notes:

1. If you will not be at tryouts, you must let Coach A Yang know.
2. Parent Meeting is mandatory. Parents and Student-Athletes are expected to attend.

6. IN-SEASON PRACTICE SCHEDULE

All practices will be in the Edison High School Gym. Practice times will be between 3:30 pm – 9:00 pm pending the rosters.

There may be Saturday practices for Varsity and JV

7. MATCH SCHEDULE

Available at:

- Edison School Activities website
- tommiesvolleyball.com
- MSHSL.org

8. ACADEMICS

From the Mpls School District Athletic Manual:

Student-Athletes are expected to maintain passing grades in all classes. A student who wishes to participate must have an overall Grade Point Average (GPA) of 2.0 or achieve at least a 2.0 GPA on the last report card prior to the season or activity period. If a report card is issued during a season or activity period, a student must remain eligible in order to participate. Students wishing to appeal their eligibility status must coordinate with their Building Athletic Director.

1. Students with an Individual Education Plan (IEP) shall have their academic eligibility determined in light of the terms of the IEP.
2. Students with an Individual Accommodation Plan (IAP or 504 plan) may have their academic eligibility determined in light of the terms of the IAP, if the accommodations in the plan have a direct relationship to participation in activities.
3. Students must be on track for graduation in order to be academically eligible.
4. Ninth Grade Eligibility:
 1. All entering ninth grade students are academically eligible in their first semester for all high school activities.
 2. For ninth grade student second semester academic eligibility in each quarter is established by any of the following:
 1. a cumulative grade point average (G.P.A.) of 2.0, or
 2. a G.P.A. of 2.0 in the previous quarter marking period.
5. Other Grades Eligibility:
 1. Students in grades ten to twelve academic eligibility in each quarter is established by any of the following:
 1. a cumulative G.P.A. of 2.0 or greater; or
 2. a G.P.A. of 2.0 in the previous quarter marking period.
 2. If a grading period ends during an athletic season or activity period, students must continue to meet the eligibility requirements of paragraph 6.E.1 above in order to remain eligible.
6. If try-outs and practices occur prior to the release of grades for the previous grading period, students may participate in those try-outs and practices but no competitions, contests or meets until academic eligibility is established.

7. Students must be enrolled in at least five (5) credit granting courses in the grading periods in which the activity or athletic season runs, subject to the following exceptions:
 1. Students who are seniors who do not require five (5) quarter credits per grading period in order to meet graduation requirements must be enrolled in the number of credits required during the grading period to keep them on track for graduation by the end of the school year.
 2. Students who do not require five quarter credit granting courses during the grading period(s) in which the activity or athletic season runs in order to meet minimum credit acquisition requirements may apply to the principal for a waiver of the requirement of enrollment down to the number of credit granting courses required to keep them on track for graduation.

Students who then become ineligible will not be allowed to continue to practice/participate. Transfer students will be required to meet the Minneapolis eligibility requirements during their first quarter in the Minneapolis Public Schools.

Edison Volleyball Academic Policy

All players must maintain a **GPA of 2.8** to qualify to be on the varsity roster. Any player below 2.8 will be allowed to practice, and will be allowed to participate in games once they are academically eligible by Edison volleyball standards. Appeals can be made and that will be handled on a case-by-case scenario.

Any player with a D+ or lower will not be allowed to compete until their grade is at a C or higher. Players are still expected to participate with practices.

9. LETTERING

1. The student-athlete must be a member of the varsity squad. However, the student-athlete need not participate in varsity competition to earn a varsity letter.
2. The student-athlete need not be a member of the varsity squad all season, just a member of it at the end of the season. For instance, if an individual moves from the junior varsity to the varsity for section playoffs and the state tournament, the player could letter (if she maintains all the other requirements for a letter).
3. The student-athlete must complete her commitment to her teammates and the program by finishing the season. That is, she will not letter if she decides to no longer play at any point in the season.
4. The student-athlete must be in good academic standing.
5. The student-athlete must be of good character, a teammate, and team player.
6. The student-athlete must attend all practices, matches, tournaments, and team activities unless excused by the coach.
7. Injured players may receive a letter if in the opinion of the head coach she would have participated enough if she had not been injured, and also served the team in some capacity while injured.
8. The coaching staff can reward a letter at their discretion.

10. TRANSPORTATION

For away games, all teams will be bussed to and from playing locations by District-contracted buses. If parents wish to transport their child home from matches, parents must notify the coach. Players will not be permitted to leave on their own or ride home with another student-athlete's parents unless written permission is given **before the match**.

The Minneapolis School District has implemented a transportation waiver to allow players to get to and from games through other means than the team bus. Waivers are available online. This does not mean that players cannot ride the bus. The waiver gives players another option, but communication with the coach is still needed whether the player is riding the team bus or not.

11. ATTENDANCE

According to the MSHSL bylaws and the MPLS athletic manual students with unexcused absences in one or more classes in one school day makes the student ineligible to participate in those activities on the same day. Please be mindful of these two bylaws and communicate them to our student athletes so they are aware that they must attend school in order to participate in Minneapolis Public School Athletics. Thank you in advance.

MSHSL BYLAW 102.00 ATTENDANCE

Students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in League-sponsored activities.

MPLS Public Schools Athletic Manual

ATTENDANCE ELIGIBILITY (Effective 7/21)

1. Students must be in attendance in all of their classes on the day of any practice, tryout, competition, contest or meet, unless the student has a qualifying excused absence for their absence.
2. Students who have been removed from instruction or suspended may not participate in any activity on the day(s) of their removal from instruction or suspension, regardless of the timing of any reentry conference.
3. Students who do not have an attendance rate of at least ninety percent (90%) during the week of any competition, contest, activity or meet may be suspended from participation for the remainder of the week. Excused absences do not count against the ten per cent (10%) absence rate for these purposes. Decisions regarding suspensions for attendance reasons will be made by the principal.

Edison Volleyball Attendance Policy

Any player who misses 2 practices due to **unexcused** reasons will not be allowed to continue participation with the program.

12. GRIEVANCE

Let 24 hours elapse before initiating communication with the 5-step process below. Do not try to resolve a conflict with a coach before, during or directly after a game - that will likely create more conflict. Encourage your player to begin the 5-step communication process:

1. Athlete meets with individual coach and/or head coach.
2. Athlete and parent meet with individual coach and head coach.
3. Athlete, parent, and head coach meet with activity director.
4. Athlete, parent, head coach, and AD meet with principal.
5. Athlete, parent, head coach, AD, and principal meet with District AD

**** Majority of conflicts will be solved after Step 1.**

Things parents may not ask about:

1. Playing time
2. Game strategies
3. Other players on the team

Things parents may want to ask about:

1. Does my child work hard and have a positive attitude?
2. How would you evaluate my child in terms of her offensive, defensive and / or team skills?
3. In what area(s) does my child need to improve? Is my child a positive addition to the team?
4. What can I do to help?

13. INAPPROPRIATE LANGUAGE

Edison Volleyball will not tolerate the use of hateful, offensive, profane, or vulgar language in all activities. A player will be warned for their first offense, and **will be benched for one set per use of inappropriate language thereafter.**

A player may earn the set back by completing a successful run of Serve Academy in 15 minutes.

If a player continues to use inappropriate language, suspension from the team, and full removal, is possible.

14. SOCIAL MEDIA

Student-athletes are encouraged to always exercise the utmost caution when participating in any form of social media or online communications, both within the Minneapolis Public Schools community and beyond. This practice is meant to protect students from unintended issues and consequences. Student-athletes who participate in online interactions must remember that their posts reflect on the entire Minneapolis Public Schools community and, as such, are subject to the same behavioral standards set forth in the Minneapolis Public Schools.

Expectations: Student-athletes are expected to abide by the following:

- Social media sites may not be used to publish disparaging or harassing remarks about Minneapolis Public Schools community members, faculty, coaches, teammates, opponents, referees, athletic or academic contest rivals, etc.
- Those who choose to post editorial content to websites or other forms of online media must ensure that their submission does not reflect poorly upon the school.
- To protect the privacy of Minneapolis Public Schools students and faculty, students may not, under any circumstances, create digital video recordings of Minneapolis Public Schools community members either on campus or at off-campus Minneapolis Public Schools events for online publication or distribution.
- You should assume anything you post on your personal account could be read by staff, opposing teams, coaches, alumni, or future employers. Be smart because your choice to participate in athletics or activities means that you are always "on the clock" when it comes to the rules and representing Minneapolis Public Schools. General athletics content may be posted, but social media should not be used to speak poorly about another athlete/coach/team/etc.

Failure to follow the above guidelines, as with other MPS District policies, may result in disciplinary action.

Best Practices: When using Social Media student/athletes and parents should:

- Think twice before posting. If you wouldn't want your boss, parents, or future employer to see your post, don't post it. Don't post anything that you wouldn't say openly in a classroom setting.
- Be respectful. Be positive. Treat others the way you would like to be treated. It's the Golden Rule!
- Be honest. Be transparent. Always tell the truth.
- Remember many different audiences will see your posts including fans, alumni, kids, student athletes, parents, staff, and/or faculty.
- Remember that the internet is permanent. Even if you delete something, it's still out there somewhere.
- Avoid topics that may be considered objectionable or inflammatory, like politics and religion.
- Social media outlets can be very effective when used strategically but they can also be huge time-burners. Have a plan for your social media activity. Whenever you post something, make sure it adds value so that there is a return on your investment of time.
- Be in the right state of mind when you make a post. Don't post when you're angry or upset. Remember, the internet is permanent!

- Demonstrate Minneapolis Public Schools Pride!

16. SUBSTANCE ABUSE AND HAZING

Any student-athlete found to be in violation of the Minnesota State High School League bylaws will automatically be subject to sanctions. Minneapolis Public Schools reserves the right to impose disciplinary action or other condition which it considers in its discretion, appropriate to the circumstances of any violation. This may include suspension from the athletic team for the remainder of season, as well as expulsion from the athletic program for the remainder of the school year. Substance abuse is a problem that affects its victims both physically and emotionally, and due to the strong and persistent nature of addiction, it can be an issue that's difficult to overcome.

Minneapolis Public Schools forbids any form of hazing. Hazing is defined as any forced, required, intentional or negligent action, situation or activity which recklessly places any person at risk of physical injury, mental distress or personal indignity, or which encourages violation of any federal, state, local, or school law for the purpose of initiation into, or affiliation with, any organization affiliated with Minneapolis Public Schools. This applies regardless of the willingness of the participant. Hazing, with or without the consent of a student, is prohibited by Minneapolis Public Schools and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

17. APPROPRIATE STUDENT/ADULT RELATIONSHIPS

At all times, students will be treated by District employees with respect, courtesy and consideration and in a professional manner. Each District employee is expected to exercise good judgment and professionalism in all interpersonal relationships with students. Such relationships must be and remain on an employee-student basis. District employees must be mindful of the inherent positions of authority and influence over students. Sexual relationships between District employees and students, without regard to the age of the student, are strictly forbidden and may subject the employee to criminal liability. This practice applies to all District employees at all times, whether on or off duty and on or off of District locations. District employee actions that violate this practice include, but are not limited to, the following:

1. Dating students.
2. Having any interaction/activity of a sexual nature with a student.
3. Committing or attempting to induce students or others to commit an illegal act or act of immoral conduct which may be harmful to others or bring discredit to the district.
4. Supplying alcohol or any illegal substance to a student, allowing a student access to such substances, or failing to take reasonable steps to prevent such access from occurring.

District employees shall, whenever possible, employ safeguards against improper relationships with students and/or claims of such improper relationships. Excessive informal and social involvement with individual students is unprofessional, is not compatible with employee-student relationships, and inappropriate. District employees will adhere to applicable standards of ethics and professional conduct in the Minneapolis Public School's Policies. District employees must gain parental consent and authorization through the school district before communicating with students through means outside of the District communications channels or electronic technology network. The request for consent must define the methods and purpose of the communication. This applies to the use of employee's personal phones or email accounts, text messaging, or other digital electronic communication technologies.

Reporting and investigation: Complaints and/or concerns regarding alleged violations of this policy shall be handled at the building and/or District level. All employees shall cooperate with any investigation of alleged acts, conduct or communications in violation of this policy. Upon receipt of a reported violation, the District will take appropriate action to investigate and determine if a violation has occurred. If so, resulting action may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination or discharge. It also may include reporting to appropriate state or federal authorities, including the Board of Teaching or the appropriate licensing authority.

18. COMMUNITY OUTREACH

At various times throughout the season, the Edison Volleyball team will participate in events for the community. All players are expected to participate at these events. More information will be available once activities are scheduled.

19. APPAREL

Apparel will be made available for the season. Approximate costs for student-athletes will be \$40 - \$100 depending on apparel options.

20. BANQUET

We will have a program wide banquet at the end of the season, sometime in Mid-November. Time and location will be announced later.

21. FUNDRAISERS

Edison Volleyball may organize fundraisers. Fundraised money will be used to compensate additional coaches and offset the cost of program shirts, any overnight trips for the varsity team, to reduce costs on all apparel, to provide awards for all teams and other volleyball needs.

22. EDISON ATHLETICS WEBSITES

Edison School Website: <https://edison.mpls.k12.mn.us/athletics>

Edison Volleyball Website: <http://www.tommiesvolleyball.com>

Minneapolis Schools Athletics District Website: <http://athletics.mpls.k12.mn.us>

Minneapolis City Conference: <http://www.mpls.city.org>

Minneapolis Schools Policy and Regulations:

https://mps.municipalcodeonline.com/book?type=policies#name=Introduction_And_Policy_Manual_Use

Minneapolis Edison Volleyball Guidelines and expectations

1. Do not miss/skip practice.

Unless you are ill or an emergency comes up, you must be at practice. Even if you miss practice for one of these reasons, you must notify your coach as soon as possible before practice. If you miss practice and are not excused, playing time in the following match or tournament will be at your coach's discretion. Multiple unexcused absences could result in a meeting between the student-athlete, her parents and coach to determine the player's position on the team.

If you participate in a group activity such as choir or band that has an event that directly conflicts with a volleyball commitment, this will be considered an excused absence as long as the reason for your absence is communicated beforehand. Individual activities in which you can control scheduling (individual lessons, small study groups, etc.) must be scheduled around your volleyball commitment. Similarly, you should schedule any make-up tests or quizzes and visits with teachers around your volleyball commitment as well (i.e. before school or after school when a match is scheduled). Absences due to participation in out of season sports will not be excused.

Note: If you are injured, you must attend practice and observe or participate to the degree your injury allows.

2. Be at practice on time.

Players should be dressed and ready to go by the scheduled practice times. Players must also assure nets are up and practice can begin on time. It is ideal to arrive 15 minutes before your scheduled practice time.

3. Dress and equip yourself appropriately.

Please have court shoes, shoes that you do not wear outside, and your own water bottle for the season. We require that you wear a t-shirt. No camisoles or tank tops please. If your shirt is too short to cover your midriff when you raise both arms above your head, then don't wear it. Jewelry is not recommended. Kneepads and ankle braces are recommended

4. Volleyball family

All student-athletes will attend and support the Varsity, JV, and C-Squad teams in their home and away matches.

It is possible on any game day, that you may have a volleyball commitment late into the evening. Plan ahead so that responsibilities to family, schoolwork, etc. are taken care of without disrupting your volleyball commitment.

There are numerous benefits to having our teams watch each other play. Most importantly, we watch each other play to support one another. We learn more about the game and how to play it correctly by watching each other.

However, if you feel you must study or take care of other business instead of watching and supporting other teams, you will be permitted to do so. You and your parent must communicate this with your coach.

5. Healthy eating and rest

Eat well-balanced meals, get eight hours of sleep at night, and do whatever else it takes for you to be a successful student-athlete.

As a student-athlete, you are placing considerable demands on your mind and body. If you are having a problem in an area of your life that detracts from your ability to perform in the classroom or on the court, communicate with your parents, teachers and coaches.

EDISON VOLLEYBALL

“BUILD YOUR LEGACY”

FOCUS – We will not concern ourselves with our overall record. We are going to focus on mastering the skills to be the absolute best team we can be.

ACTIONS – We are solution-based with our choices. We will seek ways to solve problems on and off the court

RESPONSE – We respond to challenges with open body language and next ball mentality. We allow for three seconds of “humanness” followed by confident response to the next ball.

GIVE – Maximum effort always. Chase down effort balls, you are always in position to play balls. In both challenges and success, we give vocally to our teammates.

ACCEPTANCE – I accept, tolerate, respect, and love my teammates for who they are. I allow them to be their authentic self and show my appreciation for them.

COMMITTED – I am committed to all the expectations of the program and this team. Gym time arrival, set up, starting on time/ahead of time, strength training, completing assignments, attending class, riding the bus, supporting all the teams in our program (shagging balls during warmups)

COMMUNICATION – Respectful on giving and receiving, proactive, supportive

ATTITUDE – Positive, coachable, receptive, goal-driven

TIME MANAGEMENT – Faith, Family, Academics and Athletics demands are prioritized. Social opportunities are interwoven when other areas are in balance. Ensure proper sleep, water, and nutrition for success.

PRIDE IN PRACTICE – Warmups should begin 10 minutes ahead of time. Nets and equipment should be set up properly and take care of the equipment. Put equipment in the right place. No jewelry. No gum. Proper attire. No phones.

NOT ALL IN

- Blaming others for my circumstance
- Complaining about expectations, how you “feel” in the moment towards others
- Defending yourself in times of struggle (“I couldn’t get there because...” “I thought she was...”)
- Absence of practice readiness (late, distracted conversations, body language)
- Being a taker – shelling up when challenged and not talking to teammates (closed body language) not setting up nets, lack of effort
- Judgement – thinking/seeing/speaking with judgement about teammates, team, coaches, program
- Choices that do not reflect team first mentality





Minneapolis Edison Tommies Volleyball player contract

Player Name: _____

Upon signing this player contract, I have agreed that:

1. Practice, competition and being good take time. It is important for me to budget my time wisely. This means making every attempt to meet household requirements as well as school assignments. A conscientious competitor is also a conscientious student.
2. I realize that what I do outside the area of sport competition affects my practice and play. Because of that, I will choose to discipline my body to meet the demands placed upon my health. This includes a healthy diet, staying away from alcohol, drugs and tobacco, and getting enough sleep.
3. Because I am a dedicated person and athlete, I am proud to support my teammates in practice and competition. I realize that my team has the slight edge as long as we show our spirit and willingness to work together on and off the court.
4. Since the season is relatively short and our goals relatively high, I will look for ways to improve my skills with extra time and extra effort.
5. I realize that the coach is designing practices so that we might better meet our goals. I realize that suggestions and corrections made to me are not to be taken personally but should be accepted as a way in which our team and I might improve.
6. I understand that the concept of trust is an important one to the formation, maintenance and excellence of a team. I will support the concept with free speech rather than cheap talk.
7. I am fortunate to be one of the chosen few to represent Minneapolis Edison High School. I must show that I am deserving of this position by being a responsible person – I am:

Responsible for my uniform and equipment
Responsible for my actions and impressions on and off the court
Responsible for promptness and alertness to practices and games
Responsible for meeting daily requirements and deadlines
Responsible to acting sensitive to managers and other players
Responsible to communicating with the coach
Responsible for not expecting things to be done for me that I can do myself
Responsible for attending all practices and games

I agree to all of the above statements, as well as the rules and regulations set forth by this handbook. Along with that, I agree to assist in doing all I can to make this season a successful one and further cement my legacy as an Edison Tommie.

Signature: _____ Date: _____

As your coach, I accept the responsibility to assist each player individually to develop into the best possible team member they can be. This includes your ability as a player as well as a person.

Coach A Yang  _____ Date: 8/1/2023

Parent Name: _____

Parent Signature: _____ Date: _____