

Mt. Ogden Junior High Volleyball

COACHES INFORMATION

Head Coach: Hannah Robinson

Phone: (231) 675-4773

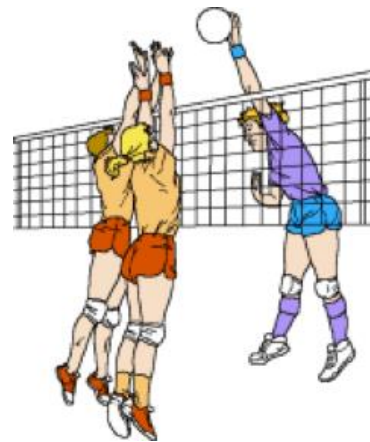
Email: robinsonh@ogdensd.org

Assistant Coach: Savannah Collins

INTRODUCTION

Hello Parents & Athletes!

Sign up for REMIND 101



**2016 Volleyball Fee
\$30.00**

Welcome to the 2016 MOJH Volleyball Team! I look forward to this season and all that it has to bring. My name is Hannah Robinson and I will be coaching the MOJH Volleyball team this year. Our assistant coach will be Savannah Collins.

I was born and raised in a small town in Michigan. I moved to Ogden a year ago to teach. I currently teach 8th grade science and 9th grade honors biology at MOJH. It has been a great year so far and I am looking forward to coaching the team again this year. It has always been my desire to be a coach, as well as a teacher. I coached 9th grade girls volleyball in Michigan for two years and was involved in many other aspects of the Volleyball Program within the school district I coached at. In addition, I also assistant coached Varsity Girls Soccer a high school in Michigan. Last year, I coached volleyball at MOJH and we won the district championships. It was a wonderful experience.

While coaching in Michigan and Utah, I had the privilege of seeing my athletes develop their skills, as well as develop their character. My desire to coach volleyball comes from my own experiences playing and coaching volleyball. I have played volleyball since 7th grade, but it was not until high school I really started to become passionate about it and become a leader on the court. In my high school career I have earned the Coach's Award for three years, and have had the honor of being captain my senior year for both volleyball and soccer. After high school, I started coaching volleyball and I continued to play volleyball by joining a women's league team and intramural teams at the university I attended. These opportunities helped build my skills of leadership, teamwork, respect, and responsibility.

As a coach, I want to have a positive effect on the athletes and teach them what good leadership, teamwork, and putting forth 100% effort is. In addition, I hope that my athletes will learn to respect one another and to be responsible for their actions. For me coaching is about creating athletes who are strong leaders and unique individuals who can go out and make a difference in the world. I also want my athletes to learn and discover joy in participating on a school sports team and obtain the skills that can help them succeed both on and off the court.

It is very important that everyone be on the same page once the season starts. All of this may seem silly or simple, but it has been my experience that it is the so-called simple, silly things that distract the coach and the team members during the season. No matter how proactive a coach maybe, issues crop up during the season that takes away focus from the **team** and its **goals**. Most of these issues that crop up are initially addressed in the team meeting and have to be referred back to, to remind players/parents that we discussed the rules and expectations prior to the start of the season. By your daughter coming out for the team she has agreed to participate in the program as is. This means following all the rules and attending all the commitments that is required for their team. Remember, playing time is the coach's decision and although these types of decisions seem to be open to speculation by parents and spectators, they are not open for discussion other than to explain to an athlete what they would need to do in order to earn more playing time. Let's also remember, that playing athletics is a privilege and a wonderful opportunity. In return for the opportunity, there are expectations and responsibilities these athletes must fulfill. Thank you for this opportunity to coach the MOJH Volleyball team this year!

Included in this packet you will find the following information:

- MOJH Volleyball Program Information
- Practice Schedule
- Uniform Responsibility Form

Thanks,

Coach Robinson



MOJH VOLLEYBALL PROGRAM INFORMATION



PLAYING TIME PHILOSOPHY

Volleyball is a highly organized team sport that requires technical skills that are not present in most of the other sports.

Development of these techniques takes time and repetition. The following areas will be considered in determining the actual playing time:

1. Attending and participating in all practices, meetings, fundraisers and team activities.
2. Following team and school rules
3. Physical skills, leadership skills, work ethic and potential
4. **Proficiency with the fundamental skills**
5. Knowledge of their assigned positions
6. The ability to play within the team concept and team chemistry
7. Attitude

*The basic philosophy at this level is to provide playing time for all qualified team members. Within reason, playing time is more important than winning and losing. However, playing time is determined by the coach and at the coaches' discretion and in semi-finals and finals playing time is not a guarantee.

GENERAL TEAM RULES

1. BASIC PRINCIPLE OF CONDUCT

The overriding principle under which we will operate is: Conduct yourself in a manner that you bring credit and honor to yourself, your teammates, Mount Ogden Junior High School, and the sport. Never engage in any activity that might be construed as inappropriate for a MOJH Volleyball Team member. Poor conduct could lead to the removal of a player from the team. If a player's conduct is in question, and they are asked more than three times to leave a volleyball function due to behavior, they will be removed from the team.

2. GRADES

Players will follow the student handbook regarding eligibility. You must be passing all your classes to participate. Coaches may also decide to sit a player if they continue to struggle in a class.

3. CELL PHONES & ELECTRONICS

There will be no cell phone used or heard during practice, competition, or team events, this includes when other teams of ours are playing. Phones may be used after the event. If an emergency arises, a player will be allowed to use the phone with the coaches' assistance. Electronics will be used for school purposes only at volleyball functions with coach's permission.

4. ATTENDANCE

We will practice everyday after school unless we have a game scheduled. Practice with **usually** be from 3:30-5:30pm. But there will be other times. Look at schedule for more information. Players must be in school the entire day to be eligible for practice or game play, unless they have an excused absence. In case of Saturday games, athletes must be in school the entire day on Friday, unless excused by the principal or athletic director. If players are not going to be at a mandatory activity, the coach must be notified well in advance via PHONE CALL or email! If a player misses practices, games, or an activity without proper notification, it is considered an unexcused absence. Three unexcused tardies will equal an unexcused absence. The following penalties apply to unexcused absences:

- I. First unexcused absence – miss the next match or 30 laps
- II. Second unexcused absence – miss the next two matches or 30 laps & miss next match
- III. Third unexcused absence – can lead to being dropped from the team.
- IV. Leaving Practice Early – towels

***Absences are excused if they are for academics, pre-arranged school commitments, doctors, or sickness. Examples of unexcused absences are: vacations, birthdays, haircuts, boy's games, babysitting, family dinners, other sports practices/games etc.**

5. RULE VIOLATIONS

Any violations of these rules may result in: push ups, sit ups, running laps, forfeit game play, forfeit match, suspension of competition, termination of competition, or dismissal from team.

As a MOJH Volleyball Player,

- **Your team comes first.** You agree that the team is paramount. Your personal goals and your team goals do not necessarily conflict, but when they do, you accept that decisions made are for the good of the team.
- **Rules help the team run smoothly.** Each player must decide if she buys into our system and is willing to commit to the team. Every rule is to benefit the team and you must decide, in advance, whether you are willing to abide by them. If not, you should not be part of the team.
- **Our team thrives on trust and respect.** You must trust your coaches and your teammates, and behave in a way that earns their respect. You must do everything reasonably necessary to make yourself and your team better.
- **Our athletes must be coachable.** There is often more than one way to do things correctly. In some cases, your coaches will select a specific strategy for the benefit of the entire team, even if it doesn't benefit a particular individual. You must be willing to make changes according to your coaches' suggestions. If coaches seem to be "riding" you, it is usually because we think you are capable of a higher level of performance.
- **Our team works hard.** Everyone wants to win, but few will make the sacrifices to do it. No one will give you anything in life - you must earn it. You cannot cut corners. Strive every day to improve.
- **Our team has balance.** To balance academics, athletics, work and family, you must plan ahead and make difficult choices. The choices you make will affect your future opportunities.
- **On our team, bench time is playing time.** As a Rambler volleyball player, you maintain the same focus and enthusiasm whether you are between the lines or on the bench. You accept that playing time is decided by the coaching staff for the good of the team in the circumstances of the moment. Junior Varsity is just that...preparing you for the next step, Varsity. Playing time will NOT be even for every player. You know that our Rambler bench is its secret weapon - every player has her head the game at every moment and is ready to come in at any opportunity.
- **Our team can be successful.** Almost any obstacle can be overcome with hard work. Commitment, perseverance and responsibility will be rewarded.
- **Our team has fun.** Volleyball is one of the most fun sports in the world. You know you've chosen the right sport if you simply cannot wait to get back in the gym and absolutely love stepping on the court with your friends and teammates every chance you get.

ATHLETE/PARENT SIGNATURE

My daughter and I have looked over all the information provided in this packet. The athlete, to ensure a positive successful season for all players involved has agreed to the rules listed on the previous page. Additionally, we have contacted coach with any questions that we have had and agree to be part of the 2014 MOJH Volleyball Team.

Parent/ Guardian Signature

Date

Athlete Signature

Date



MOJH Volleyball Uniforms

RESPONSIBILITY TO RETURN ALL SCHOOL-ISSUED UNIFORMS/EQUIPMENT

I agree to be financially responsible for the safe return of all athletic uniforms and equipment issued to my daughter. I understand that my daughter is responsible for any uniform or equipment that is assigned specifically to her, and agree to reimburse the school the actual replacement value of the uniforms/equipment in the event that they are lost or stolen. I understand that failure to reimburse in a timely fashion could affect my daughter's athletic eligibility.

UNIFORM/EQUIPMENT

**please list the uniforms/equipment your daughter has including sizes & jersey #'s*

SIGNATURE

By signing this form I am attesting to the fact that I understand and agree to all conditions set forth on this form and that if I have not understood any information, I have sought and received an explanation.

Parent/ Guardian Signature

Date

Athlete Signature

Date

October 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 Tryout Meeting 3:15pm	6	7	8
9	10	11	12 Open Gym 3:30-5:30pm	13	14	15
16	17 TRYOUTS 3:30-5:30pm	18 TRYOUTS 3:30-5:30pm	19 TRYOUTS 3:30-5:30pm	20 NO PRACTICE Fall Break	21 NO PRACTICE Fall Break	22
23	24 Practice @ MOJH 4:00-6:00pm	25 Practice @ MOJH 4:00-6:00pm	26 Practice @ MOJH 3:30-5:30pm	27 Practice @ MOJH 3:30-5:30pm	28 Practice @ MOJH 3:30-5:30pm Parent Meeting 5:30pm	29
30	31 Practice @ MOJH 3:30-5:30pm					

November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Practice @ MOJH 3:30-5:30pm	2 Home vs. Venture @ 4:15pm Bus 3:30pm	3 Practice @ MOJH 3:30-5:30pm	4 Practice @ MOJH 3:30-5:30pm	5
6	7 Home vs. Md. Fort @ 4:15pm	8 Practice @ MOJH 5:30-7:30pm	9 Away @Utah Military Academy Bus 3:30pm	10 Practice @ MOJH 5:30-7:30pm	11 No Volleyball Practice	12 Practice @ MOJH 9-11am
13	14 Home vs. Syracuse Arts @ 4:15pm	15 Practice @ MOJH 3:30-5:30pm	16 Away @ Highland Bus 3:30pm	17 Practice @ MOJH 3:30-5:30pm	18 Away @ Highmark Bus 3:30pm	19 Practice @ MOJH 9-11am
20	21 Away @Venture 4:15pm Bus: 3:30pm	22 No Practice	23 No Practice	24 No Practice Happy T-Day	25 No Practice	26
27	28 Practice @ MOJH 3:30-5:30pm	29 Practice @ MOJH 6-8pm	30 No Practice PT Conferences 3:45-7:15pm			

December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Practice @ MOJH 3:30-5:30pm	2 Away @ Md Fort Bus: 3:30pm	3
4	5 Home vs. Utah Military Academy @ 4:15pm	6 Practice @ MOJH 6-8pm	7 Away @ Syracuse Arts Academy Bus: 3:30pm	8 Practice @ MOJH 3:30-5:30pm	9 Home vs. Highland @ 4:15pm	10 Practice @ MOJH 9-11am
11	12 Home vs. Highmark @ 4:15pm	13 Practice @ MOJH 6-8pm	14 Semi Finals	15 Practice @ MOJH 6-8pm	16 Finals Championships	17
18	19 Team Party 3:30-4:30pm	20	21	22	23	24
Volleyball Season is over. Thanks for a great season!						
25	26	27	28	29	30	
Have a wonderful Christmas Break!						

