

**SOUTH SIOUX
CITY
CARDINAL
VOLLEYBALL
FALL 2022**



**"Our Journey
continues.."**

TWITTER PAGE:
[@volleyball_ssc](https://twitter.com/volleyball_ssc)



COACHING STAFF:

HEAD COACH

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OUR GOAL

- South Sioux City Cardinal Volleyball looks to inspire the student athlete and build character, develop hard working young women, and establish a connection of team and what it means to be a part of a Cardinal Volleyball Family.

PLAYER CONTRACT/EXPECTATIONS

- As a player and member of SSC Volleyball, I will uphold all rules and regulations of the program and to be a role model for our school, program, and district.
- I will show up for practice on time, dressed properly with all gear, and help set up and take down all equipment. I will wear the proper team colored shirt designated for that day of practice.
 - If I am unable to make practice, it is my responsibility to inform my coach(es) ASAP why I am unable to attend practice.
- To be the best student athlete possible, my grades and schoolwork COME FIRST. I will have no more than one 'F' on my grade reports to participate in volleyball.
 - Grade reports will be checked weekly to ensure the student athlete is completing all schoolwork
- I WILL NOT CONSUME ILLEGAL SUBSTANCES INCLUDING THE FOLLOWING: DRUGS, ALCOHOL, ELECTRONIC CIGARETTES, OR ANY SUBSTANCE. If found partaking in such activity, suspension from practices and games could result, or further abuse of this rule may result in expulsion from the program.
- Team comes FIRST! I will do no wrong by my team and only look to better myself, my team, and my school. I will reflect a positive attitude towards ALL and communicate effectively with teammates, coaches, and teachers to ensure my team and my own success.
- Starting from Day 1 of the season, through the entirety of the season, if a player has 3 unexcused absences, it will be considered grounds for removal from the program."

PLAYER EQUIPMENT/PRACTICE & GAME ATTIRE

- Each player is required to have the given gear to properly participate
 - Practice shirts
 - We sold practice shirts during our two team stores, and if you were unable to purchase a practice shirt, that is ok! The player may wear that corresponding color of a shirt they have on the respective day, preferably that is a short/long sleeve shirt that says something

“SSC”, and if no attire has “SSC” of that color, exceptions will be made as to wearing just the necessary color.

- o Court shoes (no black soled shoes to scratch the floor)
- o Shorts/spandex (either is acceptable for practice, but spandex is required for games and matches—plain black spandex with no design or logos other than the nike swoosh, under armour symbol, etc.)
- o Knee pads
- o Quarter zips, long sleeve game warm-up’s, and travel vests will be provided to the players!!!
 - These items are to be returned at the end of the season. Lost items will result in a fine of \$50 per item.
- o Jerseys will be given to each player for games
 - Jerseys are NOT TO BE DRIED IN A DRYER!!! Hang dry your jerseys after washing them!
 - Jerseys are turned in at the end of the team’s season. Lost jerseys will result in a fee of \$75 per jersey.

PARENT CONTRACT/EXPECTATIONS

- As a parent of SSC Volleyball, I understand that “Players Play, Coaches Coach, Parents Parent”
 - o Playing time for your daughter is Earned through hard work on and off the court. “Hard work beats talent when talent doesn’t work hard!”
 - o Parents/Guardians will not confront coaches at practices or games regarding their daughter about playing time or issues that have arisen. Contact via email should be initiated for communication regarding the player or the program with the respective coach and head coach.
- If there is discrepancy or an issue regarding playing time, the athlete communicates with the coach(es) about playing time first! If issues continually arise, a meeting may be set up with coach(es), parents, and athletic director if requested.
 - o We ask that ALL parties keep an open mind when receiving constructive criticism and that ALL parties look for the benefit of the player and the benefit of the program/team.
 - o Meetings should be scheduled and coach(es) contacted no earlier than 24 hours of discretion.
- For out of town tournaments, we will cater food for the girls with fundraiser money. We encourage players however to bring other food as well. Home& Away regular season games will not be catered.

GAME DAY

On game days, the following will take place...

- Girls will dress professionally on game days to model professionalism.
- If an athlete needs to see the trainer, all taping or services from our AT needs to be done before the start of the game clock or specified time by the team's coach(es).
- Varsity players will set up the net for the reserve/JV games
- Reserve/JV players will take down the net following the Varsity match
- No player, other than the captain, may ask the head ref any questions regarding a call or action in a match. Let the coaches handle the refs!
- For away games, if a parent/guardian wishes to take their daughter after the match, the parent/guardian must email the program head coach, Braden Hall, in order to take their daughter after the match.
 - o If a player is to ride with another parent(s), the player must provide a note from their parent(s), signed and dated by the parent, to allow their daughter to leave with another player and parent(s). The note must be given to Mr. Hall the day prior to competition!

ARENA FALL LEAGUE FUNDRAISER

- This year, we will again work the Arena Fall Volleyball League. Players will be asked to work these games. We will require less workers per time slot and court this year, but each player is responsible to do their part and contribute to this fundraiser.