

**SOUTH SIOUX  
CITY  
CARDINAL  
VOLLEYBALL  
FALL 2021**



**"THE NEW  
beginning  
CONTINUES HERE"**

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



PLAYER/PARENT REMIND:  
[@sscvb21](https://twitter.com/sscvb21) / [@sscvbp](https://twitter.com/sscvbp)



**COACHING STAFF:**

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## OUR GOAL

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

## COVID-19 ACCOMMODATIONS

- We will continue to adhere to District health guidelines when it comes to the COVID-19 illness.

## 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 not have more than one '1' on my grade report OR a missing evidence piece; otherwise, I cannot participate in volleyball and will be deemed ineligible for a week.
  - Grade reports for athletes will run on Wednesday morning. Teachers are to update grades by 4 pm Tuesday prior to the report being run.
  - If a player has any missing evidence or failing grades, they will be deemed ineligible from Wednesday that coming week, to the following Wednesday. Once the next report is run with no missing evidence or failing grades, they player will be deemed eligible again.
    - If the missing evidence or failing grade is deemed "TEACHER ERROR", the athlete "COULD" be deemed eligible again.
    - If the missing evidence or failing grade is NOT a "TEACHER FAULT", and the student makes up the missing evidence or fixes their failing grade AFTER the report is run and reported to coach(es), **THEY ARE STILL INELIGIBLE** until the following Wednesday.
  - Students need to communicate with their teacher FIRST about missing evidence or grades.

- If “TEACHER FAULT” and the issue is fixed BY THE TEACHER, the teacher will inform the COACH AND ATHLETIC DIRECTOR (Jeff Squier) of their fault and could change the athlete’s eligibility. Once Mr. Squier has informed the coach(es) of eligibility change, then the athlete may return to participate.
- I WILL NOT CONSUME ILLEGAL SUBSTANCES INCLUDING THE FOLLOWING: DRUGS, ALCOHOL, ELECTRONIC CIGARETTES, NICOTINE, 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.
- CELLPHONES/SMARTPHONE & APPLE/SMART WATCHES WILL BE TURNED OFF AND OUT OF SIGHT AT ALL VOLLEYBALL EVENTS/ACTIVITIES! (Practices, Games, Tournaments, etc...)
- 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.

## 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.
    - NO TANK-TOPS OR CUT-OFFS!
  - Court shoes (no black soled shoes to scratch the floor)
  - Shorts/Spandex: Spandex is our team preferred game day apparel; exceptions can be made upon request. (Either is acceptable for practice, but spandex is encouraged for games and matches—plain black spandex with no design or logos other than the Nike swoosh, under armor symbol, etc.)
  - Knee pads (preferably white on games/dates)
  - Socks (long white NIKE socks on game day)
  - Ankle Braces (Optional but recommended)

- Quarter zips will be provided to the players and are apart of the uniform and are to be returned at the end of the season. Seniors get to keep as a thank you! (Loss of ¼ zip is fined to the player of \$50)
- Jerseys will be given to each player for games
  - Jerseys are NOT TO BE DRYED IN A DRYER!!! Hang dry your jerseys after washing them!
  - Loss of a jersey at the end of the season will result in needing to pay for the jersey to replace it (\$75)

## LETTERING IN VOLLEYBALL

- ALL varsity contenders will letter if they participate in **at least 1 match during the year.**
  - First time letter winners will receive an ‘S’ and certificate of letter at the end of the season.
  - For multiple lettered participants, an ‘ARROW/CHEVRON/BAR’ will be awarded
- Seniors in the program will letter during their final year, regardless of team assignments, if they have participated in **at least HALF of that team’s season matches.**
  - An ‘S’ and certificate of letter at the end of the season.
- ALL participants within the program will earn a certificate for being apart of the program on their respective team
- Individual awards will be awarded at the end of the season for specific volleyball skills, stats, and other attributes within the sport and program for outstanding achievement and leadership skills within the program.

## PARENT CONTRACT/EXPECTATIONS

- As a parent of SSC Volleyball, I understand that “Players Play, Coaches Coach, Parents Parent”
  - Playing time for your daughter is EARNED through hard work on and off the court. Playing time will not be even or equal on any team and will always support the benefit of the team. “Hard work beats talent when talent doesn’t work hard!”
  - 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.

- 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.
- Meetings should be scheduled, and coach(es) contacted no earlier than 24 hours of discretion.
- For home games, we ask the girls pack or bring a secondary lunch and snacks with them to have to eat prior to their match. Players may also bring specific snacks/food to away games if they so choose.
- For away games...
  - Girls are also encouraged to bring their own lunches/snacks/food with them to away matches
  - Away tournaments/matches outside of Siouxland, please bring money for food in case we stop for food after the tournament.
  - There will be a sign up for away tournaments for parents to sign up to bring respected lunch items at away tournaments. If needing information, contact Paula Wendte @ [waxseller09@yahoo.com](mailto:waxseller09@yahoo.com) or 712-251-4732
    - We ask that, if able to, contribute 1x during the season, but more is always encouraged and appreciated! 😊

## GAME DAY

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

- On game days, girls will dress similarly as a team and will be coordinated by the team captains.
- 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.
- Varsity players will set up the net for the reserve/JV games
- Reserve/JV players will take down the net following the Varsity match
- Some players will be asked to take stats during the Varsity match
- For away games, if a parent/guardian needs to take their daughter after the match, the parent/guardian MUST INFORM THE COACH(ES) 24 HOURS IN ADVANCE VIA EMAIL OR REMIND APP!
- For home matches, players will be expected to stay and watch all the way until the end of the varsity match.
- Games will be streamed live on the NFHS website at [nfhsnetwork.com](http://nfhsnetwork.com)
  - To watch free, you will need to create an account