



Abilene Cowgirl Volleyball Team Handbook

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2020 AHS Volleyball Schedule

DATE	OPPONENT	LEVEL	LOCATION	TIME	BUS
*Aug. 28	Scrimmage	V/JV/9	Abilene	5:00	
Sept. 1	AHS Tri.	JV/9	Abilene	5:00	
Sept. 3	AHS Quad	V	Abilene	5:00	
Sept. 5	Salina South Trny	Frosh	Salina	8:30	7:15
*Sept. 8	Concordia	V/JV/9	Abilene	5:15	
Sept. 12	SES Trny	V	Gypsum	9:00	7:30
Sept. 19	Rossville Trny	V	Rossville	9:00	7:15
Sept. 19	Rock Creek Trny	Frosh	Rock Creek	9:00	7:15
Sept. 21	JC/Chapman Tri.	Frosh	Chapman	5:00	3:45
*Sept. 24	Chapman	V/JV/9	Chapman	5:15	4:00
*Sept. 29	Clay Center	V/JV/9	Clay Center	5:15	3:30
Oct. 1	Hays Tri.	V/JV	Hays	4:00	1:15
Oct. 3	AHS JV Trny	JV	Abilene High	9:00	
Oct. 3	AHS Frosh Trny	Frosh	Abilene Rec.	9:00	
*Oct. 6	Wamego	V/JV/9	Abilene	5:15	
Oct. 10	Council Grove Trny	V	Council Grove	9:00	7:15
Oct. 10	Marion Trny	JV	Marion	9:00	7:15
Oct. 12	Sacred Heart Quad	JV	Salina	5:00	3:45
*Oct. 13	Marysville	V/JV/9	Marysville	5:15	2:30
Oct. 17	AHS V Trny	V	Abilene	9:00	
Oct. 24	Sub-state	V	TBA	TBA	TBA
Oct. 30-31	State	V	Hutchison	TBA	TBA

***Asterisk acknowledges the only competition days for Freshman 2 and JV 2 squads**

Abilene Cowgirl Volleyball

Mission: Our mission for the volleyball program is to provide opportunities for student-athletes to practice and acquire skills in volleyball, grow together as an individual and as a team, persevere and grow in character, and play competitively. Every member of our team will have a role in the program. We will look at the big picture and stay team-focused. It is not about YOU as an individual, it is about US as a team.

We will be looking for the strongest players with the best chemistry to fill the positions on the court. The squad will be grouped into 5 different teams: Varsity, JV 1, JV 2, Freshman 1, and Freshman 2. The JV 2 and Freshman 2 teams will only play during our 5 in-season duals. (These are marked on the schedule with an *)

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Expectations for Student Athletes: In the first week of practice, the team will be creating a list of commitments they vow to stick with during the season. Here are some expectations the coaches have for each player.

1. Players will be expected to represent our team, school, and community positively on and off the court. Student-Athletes need to stay on top of their academics and need to communicate with teachers when they will be missing class. They also need to obtain all make-up work before hand and turn in work on time. Alcohol, tobacco, drugs, and vaping are prohibited. School policy applies here as well as the coach's discretion for consequences.
2. Players shall maintain an ethical approach while participating in forums, chat rooms, and all forms of social media.
3. Players are to exhibit good sportsmanship whether they win or lose, and are expected to show all teammates, coaches, opponents, and officials respect at all times.
4. Players will show up to practice on time, ready to work hard everyday. "Hard work beats talent when talent fails to work hard. Hard work is more important than talent as talent will only carry one so far". Practice starts at 3:40. Players should be dressed, ready to go no later than 3:30.
5. Players should be dressed appropriately for all practices and games. This includes masks this year. Hair needs to be up. Jewelry and body paint must be removed for practices and games. Failure to have uniforms, knee pads, shoes, and legal spandex, will result in loss of play for the day.
6. Students will ride the bus or van to all games. Students may ride home with their own parents, only after they have signed out with a coach. If they are riding

home with someone other than their parents, they need to have had prior permission from school administration. We highly encourage students going home with parents after matches.

7. Communicate with your coaches if you are going to be late to practice or have to miss practice. There are only three acceptable reasons to miss practice: You are sick, you have a serious injury, or there is an extenuating circumstance (death in the family). Please try to make doctor appointments outside of practice. First unexcused absence will result in extra conditioning. Second unexcused absence will result in the loss of a match, and third unexcused absence will be dismissal from the team.

8. A 10:00 curfew on Friday night is in place for all athletes who will be participating in tournaments on Saturday. Failure to meet curfew will result in not playing in the tournament.

9. Players not suiting up for home tournaments will be required to help work the tournament.

10. Game day dress will be determined by the seniors the day before each match.

11. Lettering: In order to earn a Varsity letter, a player must participate in 60% of the varsity matches, participate in post-season play, or it may be a decision made by the coaches.

12. Cell phones must be turned off/on silent during practices and matches. Players may use them to communicate with parents in between matches.



Guidelines for Parents:

1. Please be on time to pick up your child after practice. Practice will be done no later than 6:00. If practice times change, you will be notified. We will plan on dismissing players at 5:45.

2. Please make sure your child communicates with the coaches if she is sick or will be missing practice for any reason.

3. Please be respectful to all coaches, officials, and participants. We want to represent AHS positively.

4. Please demonstrate positive support for coaches, staff, and the team. Refrain from discussing playing time and other athletes with coaches before, during, or immediately following a practice or game. We prefer that players come to the coaches first if there is a concern. If a meeting needs to be set up between a coach and parent, that will be made at least 24 hours after the last match played.

5. Expect to get a weekly email about upcoming events. You may also want to follow 'Abilene High School Athletics/Activities' on facebook or 'AbileneHS' on Twitter.

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Commitment from Coaches:

1. We will treat all members of our team and their families with dignity and respect.
2. We will equip players with skills to become better volleyball players and athletes and will prepare them for matches.
3. We will communicate regularly with players and parents.
4. We will model good sportsmanship and will do our best to make volleyball at AHS a positive experience for all involved.

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Covid Updates: If you want a season, you must follow the rules. Be smart outside of school. Remember what you do and the choices you make impact the whole team.

1. If you are sick/not feeling well, STAY HOME! Be honest and listen to your body.
2. We will practice social distancing in practice.
3. Face Masks: Will be required whenever an athlete is NOT actively participating in a game/drill: Face masks will also be worn at all times on bus trips. Students must bring a mask to all practices and games. Gaiter masks will be part of our game day uniforms. Each athlete will be receiving one from the school.
4. Students must bring a water bottle to practice and games. Only the fill up stations will be available at practice.
5. You must wash your hands before every practice and use hand sanitizer when entering and leaving the gym.
6. We will stagger dismissals at the end of practice. Get in and out. Go home to shower.
7. Transportation: One kid per seat on the bus. Masks will be worn. Temperature checks will be taken before entry on the bus. There will be a seating chart.
8. No team meals or get togethers. No buffet style meals at volleyball tournaments. If sharing food, it has to be prepackaged and distributed like a sack lunch.
9. Equipment will be cleaned after every practice. Please wash knee pads and braces frequently.
10. Schedule: Expect modifications: tournaments/quads

