

**Pflugerville Panthers
Volleyball
Player Manual
2022 Season**



“Most people don’t want to be part of the process, they just want to be part of the outcome. But the process is where you figure out who’s *worth* being part of the outcome” – Carey Lohrenz, First Female F-14 Tomcat Pilot

www.pflugervillevolleyball.weebly.com

Coach's Message

Last year we returned to “normal” at school. Students came to PHS instead of Zooming virtually, Schedules and bells and classes were all as they once were but very little was “normal.” For many of our athletes, it was a process of relearning “school.” Being in class on time, being with friends in person, and having the ability to have teachers right in the classroom. Yet we faced the challenges of moving from social distancing to vaccinations to no longer needing a mask along the way. For Volleyball, it was a return to a regular season with tournaments and pre-season matches. For comparison in 2020 the varsity team played in 22 matches for the season, while in 2021 they played in 43. There was a “grind” to the process that many people weren’t sure we’d get through but we survived and thrived finishing second in district for the first time in several years. This was once again due in part to the work ethic of our players and the support of their families, working together to make the season successful. However, many people noticed a difference within the program. Something was missing. For the coaches, and the parents, we felt as though a sense of community within the program had been lost. For the most part everyone feeling this way was correct. We were not back to normal for a season.

So, as we enter the 2022 season, we are trying to restart or where necessary recreate things that the Volleyball program used to do to make the program more cohesive. We’ve looked at restarting the team potluck dinner and many other things to make the program feel a little more like a cohesive group than 4 independent teams. This will require some work by the coaches, players, and parents to re-establish our traditions.

Of course, one continuous factor in our process for success on the court will be to reemphasizing our program wide motto “Right Way Every Day.” As a program our basic expectations remain unchanged for 2022. But we will have to continue to ask for the flexibility of our players and families heading into this new season. As coaches we will continue to provide as much continuity to our players as possible and try to demonstrate patience with the challenges being thrown our way. Yet it is the players, who at the heart of it all, we are here to serve. We feel like we have some of the best athletes anywhere and that they will face any challenge thrown at them and persevere in dealing with them. While we continue the process of learning a new “normal” we will face it together. It should be a fun and challenging 2022 for the Panthers!!

Go Panthers!

Jayson Langman
Head Coach
Pflugerville High School
Right Way Every Day 24-7

Pflugerville Panthers Volleyball Mission Statement

The Pflugerville Volleyball Program will “build” intelligent, strong, fast, tough and disciplined teams that will consistently compete together at their highest possible levels year after year. Our players will represent the program and school with class and integrity while striving for the highest level of personal and academic achievement possible. In the process we will help prepare student-athletes for life after their secondary educational experience. As a program will abide by a program motto “Right Way Every Day” by which the program expects players to handle themselves, their classwork and their extra-curricular activities as well as represent the school in the “Right Way!”

Overview

The following manual outlines the significant rules, policies and procedures as well as expectations for all PHS Volleyball Players. *This is in addition to, and does not replace the PfISD Student and Parent Athletic Handbook!!* Understand that playing volleyball at PHS, and athletics in general within PfISD, is a privilege that should be held in the highest regard!

As a Panther Volleyball player you are a representative of Pflugerville High School, its athletic program and the Volleyball Program in particular. As a result players are held to a higher standard than regular students. The following rules and guidelines are in effect every hour of every day of the year that you are a player. These rules apply throughout the school year and some through the summer where applicable. Please make sure you as a player and your parents read and understand the details contained in this manual.

Academics:

While extracurricular activities like volleyball can be immensely important in a player's life, the real reason we attend school is to learn and be successful in the classroom. For the success of the program, players need to be able balance their academic and athletic responsibilities. As such, time management is a key component in the success of any player in the Volleyball Program. Players are held to a higher standard in the classroom every day. The following are some key points to remember:

1. All athletes must maintain a minimum 70 average in all of their classes to participate in volleyball per UIL requirements. Mandatory tutorials will be assigned to players who hold less than a 75 in any of their classes. Encouragement activities may be assigned for grades marked as missing or zero, in the electronic gradebook, in classes where a grade is 75 or lower.
2. All athletes are expected to maintain passing grades in all their classes. Players will be persistent and maintain an ongoing dialogue with their teachers regarding their academic progress. Students will seek out tutorials but any tutorials must be scheduled around practices and matches unless noted by the teacher. Tutorials are NOT an excuse to miss either event. In addition, players may NOT miss practices, matches or daily athletic class periods for tutorials or academic work.
3. Athletes who continually struggle in the classroom and fail to maintain passing grades for two eligibility grading periods (6 Weeks, IPRs if applicable, 9 Weeks or Semester Grades, including in the off-season) may face penalties that could include dismissal from the volleyball program to be able to focus solely on their academic work. The grading periods do not need to be consecutive but can be split across the year.
4. It is the responsibility of each athlete in the volleyball program to keep track of all their class assignments and assessments. Players are expected to determine what assignments or tests they may miss because of matches or tournaments and complete those assignments or tests BEFORE they leave on a trip. Using a Volleyball trip as an excuse for missing work will not be tolerated. If they cannot be completed before the volleyball trip, players should expect to complete missed assignments upon return to the classroom.
5. Should a player fail a UIL grading period that player is restricted from playing for and traveling with the team. However, they will continue to dress out and participate in regularly scheduled practices and in the athletic period. Recovery can be made at the next progress report period. However, the date eligibility is lost and regained is set by the district in accordance with UIL guidelines.
6. Once school begins all players will be monitored weekly by the coaching staff via the electronic gradebook used by PfISD so as to be aware of any potential academic issues occurring in classes throughout the day. Athletes' grades will be monitored on a weekly basis in off-season!!

General Conduct:

Athletics at PHS is a privilege and not a right. All volleyball players are held accountable to a higher standard of conduct than would be expected of other students at Pflugerville High School. Athletes in the Pflugerville Volleyball Program are expected to follow some overriding principles at all times. **This includes during the season, off-season and summer where applicable.** While not intended to be an extensively detailed list, if a player commits one or more of the following actions, disciplinary action, including dismissal from the Volleyball program, may be the result at the coach's discretion in accordance with PfISD local policy. Not all violations are listed.

1. Players in the Volleyball Program will not engage in conduct or make decisions that could be detrimental to themselves, the program, their teammates, the school or their families. In addition, players will represent themselves with pride and discipline on campus, when traveling, and when in public.
2. Players should always do the right thing. **If you have to ask yourself whether what you are about to do is right or wrong, it is probably wrong.**
3. Some specifics for players to observe: The following actions will not be tolerated – drinking alcoholic beverages, smoking (including vaping), truancy (“skipping class”), cursing, stealing, fighting and illegal drug use including narcotics, using “performance enhancing” supplements including steroids, or incidents involving significant police action or response. **Any athlete caught breaking this rule will receive disciplinary action including the possible dismissal from the volleyball program.** (Please also refer to the PfISD Handbook pgs. 5 – 6 regarding Prohibited Items or Actions and the Athletic Code).
4. All athletes are expected to follow all district and school rules. This includes respecting adults and employees of the district, their directions and the district dress code. This would also include following adults and employees at other schools or districts where we are playing during away matches and tournaments. Negative reports will be considered a violation of the program's rules.
5. Players are expected to be in the volleyball period, off-season period and their academic classes on time. Obvious exceptions to this guideline revolve around illness or school related trips. Excessive tardiness and/or absenteeism will be considered a violation of this program's rules and could result in dismissal from the program.
6. Players are expected to behave like “model” students in the classroom. This includes things like listening to the teacher, following the lesson and not being a distraction or participating with individuals who are creating a distraction in class. Negative reports from teachers, substitutes, district personnel or administrators will be considered a violation of this program's rules.
7. When in doubt about any incident that could be perceived as a violation of team and program rules it is the responsibility of the player to inform their team coach and/or the head coach of the program.
8. Lastly, volleyball players will not have any visible tattoos nor any *unnatural* hair colors in their hair, during the season, as they are considered to make the player stand out apart from her team and team mates. (Please also refer to the PfISD Handbook pg. 4 on Personal Grooming and Appearance)

Teams:

1. The Pflugerville Volleyball program will strive to fill at least 4 teams. 1 Varsity, 1 Junior Varsity, 2 Freshmen teams each season.
2. The number of players on each team will depend on the athletic and skill ability of the players who try-out for the volleyball program.
3. Rosters will be determined after tryouts in August and these teams may not be permanent. One of the goals of the Pflugerville volleyball program is to field the most competitive teams possible at their respective levels. As a result, another goal for the program is to increase the level of competition between players within the program. This is generally done in practices during the season and the athletic period in the off-season. These goals are intended to make every player better at every possible opportunity. Players may be moved at any time between teams in accordance with their performance and at the discretion of the Head Coach with or without recommendations from the coaching staff.

Practices:

1. All athletes are expected to attend every practice. Typically, once school is in session teams will practice either in the morning OR after school. In addition, the JV and Varsity may workout in the weight room and/or court Saturday mornings when they are not attending a tournament as listed on the calendar provided.
2. ALL TEAMS will also practice on Labor Day in September
3. Any Athlete who misses a practice will sit out one match for every missed practice as well as make up any missed practice activities. Exceptions will be made for athletes representing PHS in other UIL or school events, documented personal illness, and any documented family or medical emergencies.
4. In the case of personal illness, athletes must notify the coach prior to the scheduled practice time. Missing practice due to illness may also result in lost playing time because the player may have missed valuable instruction on game tactics or strategy. It will be up to the discretion of the coach as to the amount of playing time lost due to illness. It will be considered an unexcused or missed practice if the athlete fails to contact the coach. Coach Langman can be contacted by email at jayson.langman@pfisd.net or at 512-594-0555.
5. Pre-arranged absences may also occur. A pre-arranged absence will be decided at the discretion of the coach. Any absence may be pre-arranged with the coach provided the coach is notified at least 5 days in advance of the absence. The penalty for a pre-arranged absence will be sitting out at least one set (one individual game to 25) for every missed practice in the next volleyball match. If the coach does not grant the pre-arranged absence then the absence will fall under the rules in number 1 listed above. An example of a pre-arranged absence would be for an official college visit as a senior.
6. Players are expected to be in the gym and fully prepared to practice at the designated practice time. Tardiness to practice will result in the entire program completing an encouragement activity of the coach's choice before any team practices begin.
7. Finally, players are expected to be in their program issued volleyball practice clothes. Players will NOT wear jewelry to practice at any time in either seasonal workouts or off-season workouts. Failure to observe this rule will result in an "Encouragement Activity" (generally consisting of a running exercise) at the coach's discretion.

Game Conduct:

1. Players will be expected to display the highest form of sportsmanship and citizenship possible towards officials, coaches, opposing players, opposing fans as well as our own fans. In addition, receiving an unsportsmanlike penalty in a match could result in serious disciplinary action. The disciplinary action could range from suspension to probation the possibility of dismissal from the program if the infraction is serious enough. Typically a physical “encouragement” activity will also accompany the disciplinary action. Per UIL rules, if the unsportsmanlike conduct results in the expulsion from the match, the player will be required to sit the next match as well.
2. Players are expected to be dressed accordingly during a match. In an effort to encourage team unity and cohesion it is expected for players to look the same during warm ups and matches. Unique items such as bandanas, sweatbands, socks and so forth that draw attention to the player are prohibited unless the entire team is wearing them. Items required for medical or injury reasons are exempted.
3. Players need to be focused on the match being played on the court. As such, **players will not talk to their friends or family in the stands from the bench area during a match.**
4. Any issues a player may have with coaching decisions or with other team mates needs to be resolved in an arranged meeting with the coach **not dealt with during or immediately after a match.**
5. Players need avoid becoming a distraction to the coaching staff or other players unless sickness or injury is involved. Players need to concentrate their energy on supporting the players on the court at any given time. This means poor behavior such as making a “scene,” rolling of eyes or slouching on the bench, as a few of examples, will not be tolerated.
6. At both home and away matches, players are expected to be able to help officiate by calling lines when necessary. **Players will rotate this position from match to match.** Ultimately all players will have to perform this obligation throughout the season.
7. All teams are expected to support one another. This includes the Varsity team supporting the Freshmen and JV and vice versa. **This means the players will sit together and watch the match being played. Players will NOT sit in the stands with their friends during a match.** Players may visit with family for short periods of time at the coach’s discretion but ultimately must come back together as a team to watch other PHS teams play.
8. Home match expectations. All Sub-Varsity players (JV and Freshmen Teams) are expected to remain at PHS until the end of the Varsity match AND help “tear down the gym” by helping put up chairs/benches, take down nets, pick up large trash items in the bleachers and so forth. Sub-Varsity coaches, will help with directions.
9. **Match absences.** Any player missing a scheduled match will sit the next scheduled match as well. This will include tournament matches. For instance, if a player misses a day at a Volleyball tournament and the team plays three matches, the player will not be eligible to play in the following three matches. Exceptions will be made for injury, illness, participation in other UIL activities or documented family emergencies.
10. **Player Removal/Quitting** – Any player removed from the program may be given an opportunity to try out the next season. Any player choosing to quit Volleyball before the season is over will sit until Volleyball is over before trying out for another sport. In addition, any player who quits Volleyball will NOT be allowed to return in the future.

Playing Time:

As with any sport, every player wants to play their sport all the time. They want to be the player who never leaves the court. Parents too, want their athletes to be able to play all the time in every match. However, as is the case with any team sport, the needs of the team may conflict with the desires of the player and parents involved. So some guidelines have been included here to help players and parents understand playing time decisions for PHS volleyball.

1. The goal of PHS Volleyball is to field the most competitive teams possible with the personnel available to try and achieve success. The result is that PLAYING TIME IS NOT GUARANTEED.
2. A number of factors go into determining playing time including the team level, an athlete's work ethic, an athlete's performance in practice, overall attitude, and skill level just to mention a few aspects. Rarely, IF EVER, will a player's errors alone OR whether the team has been winning or losing, determine how much "court time" a player sees.
3. Playing time is often determined on a match by match, or set by set, basis by the coach of the team. Furthermore, the nature of Volleyball and the sport's rotation and substitution rules may also be a factor in some instances.
4. It is our goal to attempt to treat players FAIRLY. However, that does not mean EQUALLY!
5. PLAYING TIME WILL NOT BE DISCUSSED WITH PARENTS PRIOR TO A PLAYER-COACH MEETING. IF A PLAYER HAS AN ISSUE WITH HER PLAYING TIME, THE PLAYER NEEDS TO ADDRESS THE ISSUE WITH HER COACH FIRST.
6. As a general rule in accordance with the ability to develop players, coaches will attempt to get every player into the match at freshman team level. This does not mean equal time as factors such as position and rotation (as opposed to time) dictate our sport. At the JV level, we expect players to be able to play at least every other match. At the Varsity level we will field the most competitive team possible which does not guarantee any minimum playing time.

Athletic Injuries:

As with any sport, there are physical risks to playing volleyball. However, if an athlete does get injured, the following guidelines will apply.

1. All players have to have physicals and other required paperwork on file with the trainers before tryouts start.
2. In the event of an injury, athletes should seek treatment from the athletic trainers every morning or **PRIOR** to each volleyball workout. Athletes should continue to seek treatment until they are functioning at 100% according to the trainers. The trainers will prescribe the times of treatment for each injured athlete. If a player visits a doctor due to injury, the trainers and coach will follow all of the doctor's instructions as those instructions are given. It is expected that the athlete will also follow those medical instructions at ALL times including away from PHS (Weekends, Club Volleyball Practices, Club Tournaments and so forth). Any and all clearances to practice and play will be prescribed by the doctor, if one was involved, and not overridden by the trainers or coaching staff.
3. Failure to seek continued treatment from the trainers will indicate that the player is fully recovered and at 100% unless prescribed by a doctor.
4. The training room is open every school day by 8:15am (or earlier). Please make arrangements to make it to the training room before practice if you have been injured.
5. Injured athletes are expected to continue to seek treatment as well as attend every practice regardless of their level of participation. Furthermore, injured players are expected to travel (if able) to and attend all scheduled volleyball matches for their team.

6. *Please refer to the PfISD Handbook pgs. 13-14.*

Athletic Equipment/Locker Room:

1. All athletes are responsible for the athletic equipment they are issued. Athletes will be expected to pay for any lost, missing or damaged equipment issued to them by the program without exception.
2. Players are expected to wash and/or maintain equipment issued to them and keep that equipment in the best shape possible.
3. Players will not lend or loan any of the equipment issued to them to another player in the program or to any other individual.
4. All volleyball players in the program are responsible for keeping their respective locker rooms neat and clean at all times.
5. Please be sure to keep all valuables and equipment with you or LOCKED in your locker at all times. The responsibility of lost or stolen articles rests with the player and NOT PFISD, nor PHS or any of its employees.
6. Athletic lockers are to be used for the express purpose of storing your athletic equipment. Athletic lockers are not to store school work, books, or lunches beyond your athletic period.
7. Please DO NOT place items in the locker room doors for the purpose of keeping the doors pried open. Too many other students and people wander into the locker rooms without supervision and an open door is an open invitation to potential theft.
8. *Please refer to the PfISD Handbook pg. 15*

Travel:

1. Per PfISD district policy (p.6), all athletes must ride to and from all away games and tournaments on the school bus. Only in selective and exceptional situations will a player be allowed to leave with a parent. Alternatively, if the parents/guardians want to transport their athlete they will have to have a written request turned in a minimum of 24 hours before the trip. The athlete will only be released to their parent or guardian on file with the school. We cannot release any player to another player's parents or any other relative or friend. Players are not allowed to drive themselves to or from a match/event. Once again riding home with a parent after a match should occur only in an exceptional situation. Players will be expected to stay until the end of the Varsity match before leaving.
2. All players are expected to be ON TIME and dressed accordingly for volleyball trips. Coaches will let their teams know the designated leave times for trips and any excused from class times if applicable. The buses/vans will leave at the designated times; all late players will be left behind.
3. **PLEASE BE DILIGENT IN PICKING UP YOUR PLAYER AT PHS WHEN WE TRAVEL!!! WE WILL MAKE EVERY EFFORT TO HAVE YOUR PLAYER CALL OR TEXT YOU WHEN WE ARE ABOUT 15-20MIN FROM ARRIVING ON CAMPUS.** Multiple, long delays in picking up your athlete may lead to her not traveling with her team to away matches in the future.
4. Typically when traveling players will wear jeans and team travel shirts (purchased by players). For home games players are expected to "dress up" to the best of their ability.
5. Athletes are expected to attend all matches or tournaments. An athlete will sit out one match for every missed match and in the event of a tournament the number of missed matches during tournament play. Exceptions will be made in accordance with the same rules set out in the practice section of the manual.

Fundraising:

1. While PfISD generously provides the Volleyball program with a budget, not all the related expenses can be handled by the monies provided. PHS is blessed to have an athletic booster club that can fill some of the gap, but the Volleyball program aims to be able to provide its athletes with the best equipment and meals when we travel that we can. Generally, the volleyball program has to fundraise for the additional cost.
2. All athletes will benefit from funds generated on behalf of the PHS volleyball program. **All athletes in the PHS Volleyball program will participate in fundraising activities planned for the season.** This year we will run a Snap Raise fundraiser that will be explained to parents at the parent meeting. The cost to parents for this fundraiser will be minimal. We will not sell any products.
3. We will also be hosting a Varsity Tournament from Aug 18 to 20th and will need to help of our sub-varsity players and our entire parent group to help with things like working the concession stand (on shifts) and helping monitor the hospitality room. Sub-Varsity players will be working the table and lines all three days
4. Finally, we will need parental help on home match days to man the concession stand in conjunction with the PHS Athletic Booster Club. Typically Varsity and Freshman B team parents work the early games while JV and Freshman A parents work the late matches allowing parents to watch their athletes. *Working the concession stand at our home games allows the Boosters to do more for our Volleyball athletes.*

Lettering:

1. Please refer to the PfISD Handbook pg. 16 for information

Off-Season:

As with any school, players are encouraged to explore new possibilities and seek out new experiences. Volleyball players wishing to try out for other sports are encouraged to do so once the Volleyball season has concluded and their equipment has been checked in. Many Panther volleyball players are or have been multi-sport athletes for Pflugerville Athletics over the years. However, if an athlete chooses to stay with the volleyball program they are expected to do so for the remainder of the year. Players are expected to participate in the Volleyball off-season program.

The volleyball off-season program will consist of speed training, endurance training, plyometric training and weight training to make our volleyball players faster, stronger and less prone to common injuries. We will also incorporate technical instruction on volleyball skills as often as possible in the spring. It is also hoped that the off-season program will lead to more confident athletes and ultimately contribute to the future success of the Panther Volleyball Program. Players and parents should note two major items in conjunction with off-season.

First, since volleyball is a participation class, failure to participate will be demonstrated in a grade point loss for the volleyball class. For every missed workout a player will lose 3% of their grade. For every period a player is tardy to off-season they will lose 1% of their grade. Absences will not be counted against a grade nor will injuries. However, if a player is injured they are expected to see the trainer and follow appropriate rehab as directed by the athletic training staff or as prescribed by their doctor. **Once again players are expected to follow trainer's or doctor's orders even when away from PHS and the volleyball program!** In addition, players' grades will continue to be monitored in the off-season. **Continual failing grades in a class will result in the player not competing on "court" days (when volleyball is played) during the off-season.**

Second, any player choosing to withdraw or quit during the off-season program, or removed from off-season program, for any reason besides participation in another sport at Pflugerville will be considered to have withdrawn from the Pflugerville Panther Volleyball Program. Players who have chosen to withdraw, or that were removed, will not be automatically allowed back into the PHS volleyball program at any future point unless they have been cleared with

the Head Volleyball Coach. Each situation will be considered on a case by case basis. *Please refer to PfISD Handbook pg 15.*

Hazing and Bullying:

Hazing is defined as an abusive, often humiliating form of initiation into/or affiliation with a group or organization. It includes any willful action taken or situation created which recklessly or intentionally endangers the mental or physical health of another.

Bullying is commonly defined as a person who is exposed, repeatedly, and over time, to negative actions, which could affect the victim physically and mentally, on the part of one or more other persons.

The Pflugerville Panther Volleyball program will not allow any of its players or persons associated with the program to participate in either type of behavior. If it is found out that any Panther Volleyball player has been a party to or initiated bullying behavior or participated in a hazing incident they will be removed from the volleyball program immediately. Furthermore, all information related to the incidents will be turned over to the proper administration authorities for other actions. *Please refer to PfISD Handbook pg 9-10*

Social Media – Uses and Violations:

Please refer to the PfISD Handbook pg.16 for all relevant information

Communication Guidelines:

Players and parents should both be aware of the communications “Chain of Command”

1. Initial concerns of players should be dealt with between the individual player and their team coach first. If that meeting fails to satisfy the player they can schedule to meet with their coach and the Varsity Head Coach. Once those first two steps have occurred, if there is no resolution to the issue or problem both the player and her parents should contact the PHS Women’s Coordinator. After the PHS Women’s Coordinator would be a meeting with the PHS Campus Principal and then the District Athletic Director.
2. The Varsity Head Coach is Jayson Langman.
3. The Women’s Coordinator is April Hundl
4. The Principal for PHS is Zachary Kleypas
5. The Athletic Director for PfISD is James Mceachern.

We will always try to make ourselves available to meet with players and parents regarding any questions or concerns. It is important for players and coaches to maintain an open line of communication. Players are encouraged to approach the coach with questions and concerns before the parents become involved. **Two general rules will be followed during any conference with a player or parent/guardian. First playing time decisions will not be discussed and second other players in the program will not be discussed at any conference.** Coaches will be willing to provide information to players on areas of improvement that may change or affect their playing time for a team. However, that does not guarantee a change in that regard. It will also be customary to have the player involved in any meetings with which parents are involved.

For any concerns feel free to contact me at through the school’s main line 512-594-0555 or by email at jayson.langman@pfisd.net. **Confrontations or major discussions before, during or after a match are not acceptable and will not be tolerated.** Meetings will be scheduled at the earliest possible convenience of all the parties involved.

Parents and Athletes can access the PFISD Athletic Handbook at:

<http://www.pfisd.net/cms/lib/TX01001527/Centricity/Domain/87/2019-2020%20Athletic%20Handbook.pdf>