

Riverview High School Volleyball Handbook 2023-2024

Mission Statement

The purpose of the Riverview High School volleyball program is to provide an environment where athletes can reach their academic, athletic, and personal potential, both at Riverview and after high school. We believe that through the values of the program, student athletes will develop the life skills to be successful. Those values emphasized in our program include;

- Commitment
- Open Communication
- Willingness to Learn
- Mutual Respect
- Personal Responsibility
- Strive for Excellence
- Trust & Collaboration

Florida High School Athletics Association Bylaws

The FHSAA provides leadership for the development, supervision and promotion of interscholastic athletic programs sponsored by its member schools. Participation in these programs enriches the educational experience of qualified student-athletes by providing them with opportunities to compete in an equitable, sportsmanlike and wholesome manner.

[2022-2023 FHSAA Bylaws](#)

Academic Rules & Expectations

- Student athletes must maintain a 2.00 GPA to be considered academically eligible according to the FHSAA.
- Student athletes are not allowed to practice or participate in game day if they did not attend school.
- If a student athlete misses school, it is their responsibility to communicate and inform their coach.
- Homework and school projects are NOT an excuse to miss practice, a match, or a tournament.

- Athletes must be able to manage their time wisely so that they get their schoolwork completed appropriately and are still able to attend practices and matches with quality physical and mental focus.
- Student athletes are expected to follow all school rules as outlined in the Riverview High School Student Handbook.
 - [2022-2023 RHS Student Handbook](#)
 - It is up to the school administrators, coaches, teachers, and/or staff to determine disciplinary action if a school rule is violated.

Practice Rules & Expectations

- Athletes are expected to attend all practices, team meetings, matches, and tournaments.
- Athletes are excused from practice/matches in the event of illness or a family emergency.
- Athletes may also miss practices for religious observances.
 - If an athlete is going to miss practice, she must inform the coach directly and in advance of practice/matches, not at start of practice or during.
- Doctor/dental appointments need to be scheduled outside practice time.
- More than two (2) unexcused or unreported absences may result in disciplinary action or dismissal from the team.
- We expect all athletes to be on time to practice. All athletes are expected to be dressed and ready 10 minutes prior to the scheduled practice time.
 - The nets and pole pads are expected to be set up, along with volleyballs counted prior to the time practice is scheduled to start.
- If an athlete needs to see an athletic trainer, please do so before practice starts.
- All injuries that occur at practice should be reported to the coach and athletic trainer immediately.
- Cell phones will be put away during practice, including water breaks!
- Practice Dress Code
 - Spandex shorts, shorts, or leggings
 - Shorts and spandex should provide comfort and be an acceptable length.
 - Riverview Volleyball or Riverview shirts or a plain color shirt
 - To show that we are all proud members of the RHS volleyball team, no clothing affiliated with other volleyball teams/clubs, groups, or schools outside Riverview High School is to be worn at practice.

Playing Time Expectations

- Being on the team does not entitle any athlete to playing time. Playing time in matches is a privilege and is to provide the best outcome of the team.
- Our philosophy for Varsity is that the best athlete in each position will earn their playing time. On Varsity, we will play the best lineup to help us win.
- The JV and Freshmen team will allow for more development, but there is still no entitlement for playing time by being on the team.
- If an athlete is concerned about her playing time, she should communicate directly with her coach. We encourage athletes to advocate for themselves and open dialogue with her coach.

Home Game Rules & Expectations

- Athletes are expected to always show good sportsmanship.
- Before a match, athletes will be dressed in either their jersey or game day warmups.
- All athletes will be required to be present for all Riverview Volleyball Matches (Varsity, JV, Freshmen).
- Coaches will assign game day equipment setup & take down responsibilities.
- All athletes will need to know how to keep the scorebook, libero tracker, and line judge.
- Athletes will sit together in the stands prior to and after their games.
- A yellow card is considered a warning in volleyball. This is an athlete's chance to fix their behavior and conduct themselves respectfully on the court. Depending on the situation there may be consequences associated with the yellow card.
- If an athlete is given a red card by a referee, they will immediately be removed from the game they are playing.
 - After the match the athlete will apologize to the referee and to other people involved in earning their red card (opponents, coaches, etc.).
 - Additional disciplinary may be necessary and is at the discretion of the coaching staff.
- Take pride in our gym and locker room area. Keep it tidy and pick up any trash if necessary. Leave things better than you found it.

Travel Game Rules & Expectations

- All players will ride the bus, or other provided transportation, to away matches.
- Players will be dressed in their RHS jersey or warmups before they get on the bus.
- Players will sit together in the stands and cheer on the other teams in the program.
- All players are expected to stay for all 3 matches at away games.

Parent and/or Guardian Expectations

- Our parents should provide vocal positive support for both their daughter and her teammates at every competition, which is very important for all of us.
- Parents are to cheer on their players and not “coach” from the sidelines.
- Our parents serve in many volunteer roles to support the teams, serving as chaperones on many team functions, helping with fundraisers, serving as team parents, etc.
- Our parents are expected to be good role models at our matches be supportive of everyone on the team and go by the adage “if you don’t have anything nice to say, don’t say anything at all.”
- Playing time is NOT to be discussed. We encourage the player to be responsible for meeting with a coach to discuss playing time.
- Parents can schedule to meet with the coaching staff to discuss other issues at hand (transportation, equipment, schedules, etc.). If a parent meeting is scheduled, all coaches will be present, along with the player herself.
- If parents have a concern about their daughter or the program, there will be no direct communication with coaches via text message or phone calls on the day of a match. Any communication needs to be done via the coaches' email addresses as provided in the Player Handbook.
- Volleyball is a sport with many rules. If you need help understanding them, please let us know as we have many resources at our disposal.

General Rules & Expectations

- Athletes are responsible for all clothing given to them for volleyball. If anything is lost, you are responsible for paying to replace that item. Take special care of uniforms, they are difficult to replace.
- Be very careful in what you post, “like,” or do on social media. You are always representing Riverview Volleyball.
- If something is posted from your social media account, you are responsible.
- Put the team’s needs before your own. It should always be about “what is best for the team.”

- We maintain a zero tolerance for alcohol, drugs, and vaping. Sanctions will be implemented if discovered during season or if police are involved off campus. Sanctions can include suspension from practice, tournaments, team activities, and ultimately involve removal from the program at the coaching staff's discretion.

Communication

- Teams will use the app GroupMe to communicate during the season. Please make sure parents and athletes have this app downloaded on their phones.
- Coach Contact Information
 - Jason Mocherman (Varsity Coach)
 - Phone:
 - Email: jason.mocherman@sarasotacountyschools.net
 - Amanda Myhrberg (Varsity Assistant)
 - Phone: 678-575-6610
 - Email: amanda@sarasotavolleyballclub.com
 - Mark Burks (JV Coach)
 - Phone: 765-894-0949
 - Email: markburks2018@gmail.com
 - Sue Burks (JV Coach)
 - Phone: 317-919-9286
 - Email: sueburks2018@gmail.com
 - Josh Mocherman (Freshman Coach)
 - Phone (941) 961-5422
 - Email joshua.mocherman@sarasotacountyschools.net
 - Brooke Hubik (Assistant Coach)
 - Phone
 - Email

Riverview Volleyball Athletic Contract

Players

I _____ have read the Riverview High School Volleyball Handbook for 2023-2024. I understand that I need to follow the rules and procedures listed above. I also understand that playing volleyball is not a right it is a privilege; failure to abide by the rules listed above or failure to complete assigned responsibilities will result in consequences and the limiting of playing time. Repeated failure to abide by team policies and expectations will result in removal from the team.

Player Signature

Date

Parents/Guardians

I/We _____ have read the Riverview High School Volleyball Handbook for 2023-2024. I understand that my athlete needs to follow the rules and procedures listed above. I also understand that playing volleyball is not a right, it is a privilege. My athlete's failure to abide by the rules listed above or failure to complete assigned responsibilities will result in consequences and the limiting of playing time. Repeated failure to abide by team policies and expectations will result in removal from the team.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date