

Alvord Volleyball Rules and Guidelines 2020

The purpose of these guidelines is to provide each player, parent, and coach a set of expectations for the Alvord Volleyball Program. Every player, parent, and coach is expected to read these rules and abide by them at all times during the season. In doing so, we will have a fluid season, learn some discipline and respect, and be able to build on and enjoy this volleyball program.

Expectations of Coaches

- As parents, your expectations of a coach include many different aspects. Our coaches' main objective is to provide our athletes with as much individual and team training as possible. The coaches are required to plan and organize each team's individual practice sessions, administer instruction at games, and develop the composition of the team. We ask our coaches to be good role models and set good examples for the players and others they may come in contact with.

Practices

- Attendance at practice is **mandatory**. It is impossible to develop the quality teams Alvord High School desires to develop with inconsistency at practices. In an unusual circumstance, it is the **athlete's responsibility** to inform their head coach immediately that they will not be at practice. Attendance will be taken at all practices. If an athlete misses a practice, then they will be required to sit out the first set of the following match. The only exceptions made in this matter will be for emergencies in the immediate family, again, at the coaches' discretion.
- All missed practices (excused and unexcused) will be made up at the next practice
- If an athlete has more than three unexcused absences the penalties will be doubled.

Playing Time

- The team's head coach is responsible for the composition of the team and determining playing time. We **cannot** and **will not** guarantee playing time to anyone. It is in the best interest of the team that we compete to win and this may include some players not playing in some matches. The head coaches will make their decisions based on a player's attendance at practices, attitude, and most importantly the team's needs. As parents, please understand as coaches we will do our best to get everyone playing time, but our main focus at games is the **team's** success. We will do our best to get your athlete the best training in the practice sessions, but we cannot guarantee playing time to anyone.
- If your athlete feels they need to discuss playing time with a coach we ask this conversation to **BE DONE BY YOUR DAUGHTER ONLY.**

Chain of Command:

- We have an open door policy. We want any concerns and issues to be brought out in the open, discussed respectfully, and dealt with accordingly. However, we do expect a chain of command to be followed:

Athlete →Coach
 Athlete & Parent →Coach
 Athlete & Parent & Coach →Coach Barnes
 All of the above →Coach Smiley

- All conferences must be scheduled in advance. We will not discuss anything on game days or after practice.

Riding the Bus & Supporting Our Teams

- All athletes are required to ride the bus to matches. Exceptions will be made for athletes who participate in other school activities.
- We strongly suggest all athletes ride the bus home from competitions as well. If your athlete will be riding home with you from a match, you must sign them out with a manager/coach before you take them.
- If you would like for your athlete to ride home with someone else's family, we must have written permission from you BEFORE we get on the bus to leave.

- The girls are expected to sit together and cheer on their team when they are not playing.
- All athletes and coaches are expected to abide by the rules of the bus driver. No one is allowed to stand on the bus. The bus will be kept clean. If trash is found left on the bus, the entire team will owe a punishment for each piece of trash found.

Grades

- Grades are very important to the athletic program at Alvord High School. Remember, we are student-athletes, not athlete students. We require that each girl keep a 70 or above in each class to uphold the standard at AHS. Alvord Volleyball strictly adheres to the “No Pass, No Play” UIL rule.
- Each teacher/coach on campus is very willing to work with our athletes to help them succeed in the classroom, and always have tutorials available. The athlete is responsible for keeping up with their grades and making up any work they may miss and for updating their coach on any class they may be having trouble in.

Drugs & Alcohol

Don't use them-Period

Social Media

Your social media is a reflection of you, your character and what you stand for. Use good, sound judgement when you post/like things. Remember you are role models for younger girls and a constant representative of Alvord Athletics.

2020 Alvord Volleyball Rules and Guidelines

I have received and understand the 2018 Volleyball Rules and Guidelines.

Player's Name (Please Print) _____

Player's Signature _____ Date _____

Parent's Name (Please Print) _____

Parent's Signature _____ Date _____

2020 Volleyball Itinerary

Wednesday, July 29th

9-12: Midwestern Camp Session 1

2-4: Midwestern Camp Session 2

Thursday, July 30th

9-12: Midwestern Camp Session 3

Monday, August 3rd

9-11 am: Have net set up and be dressed and ready to start at 9 (arrival time should be no later than 8:30 to ensure we are ready by 9)

**Skills, drills and conditioning

11am-1pm: BREAK (parents will provide lunch for us at the school)

1pm-3:30pm: ** Team specific play

Tuesday, August 4th

9-11 am: Have net set up and be dressed and ready to start at 9 (arrival time should be no later than 8:30 to ensure we are ready by 9)

**Skills, drills and conditioning

11am-1pm: BREAK (parents will provide lunch for us at the school)

1pm-3:30pm: ** Team specific play

Wednesday, August 5th

*Teams will be posted

9-12: JV and Varsity Practice

Thursday, August 6th

9-12 JV and Varsity Practice

Friday, August 7th

8:30 -Arrive at school to set up and walk through for the Alvord Dual Scrimmage

10:00 Scrimmages begin

Saturday, August 8th

TBA Bowie Scrimmage

Monday, August 10th

10:00-1:00 JV and Varsity practice

**Pictures will be taken this day at 10:00 so come dressed for pictures

Tuesday, August 11th

2:00 arrive at gym for walk through before leaving for Bowie

3:30 leave for Bowie

5:00 JV match with Varsity immediately after

Wednesday, August 12th

12:30-2 JV practice

12:30-3:30 Varsity practice

Thursday, August 13th

12:30-2 JV practice

12:30-3:30 Varsity practice

Friday, August 14th

10am Leave for match in vernon

11:30 stop for lunch

2pm JV match with varsity immediately after

Saturday, August 15th

9am Walk through

9:45 Leave for Paradise

11am JV match with varsity immediately after

Monday, August 17th

12:30-2 JV practice

12:30-3:30 Varsity practice

Tuesday, August 18th

2:00 Walk through

2:45 Leave for Grandview

5:00 JV vs Grandview, Varsity immediately following

Wednesday, August 19th

12:30-2 JV practice

12:30-3:30 Varsity practice



2020 ALVORD HIGH SCHOOL VOLLEYBALL SCHEDULE

Aug 7	Alvord Dual Scrimmage	Home	JV/V	10:00 am
Aug 8	Bowie Dual Scrimmage	Away	JV/V	TBA
Aug 11	Bowie	Away	JV/V	5:00
Aug 14	Vernon	Away	JV/V	2:00
Aug 15	Paradise	Away	JV/V	11:00
Aug. 18	Grandview	Away	JV/V	5:00
Aug 21	Burkburnett	Home	V/JV	4:30
Aug 25	Petrolia	Home	JV/V	5:00
Aug 28	Bryson/Graham Dual	Bryson	V/JV	4:30
Sept 1	Prairie Valley	Home	JV/V	5:00
Sept 4	Whitesboro	Away	V/JV	4:30
Sept 8	*Perrin-Whitt	Away	JV/V	5:00
Sept 11	*St. Jo	Away	V/JV	4:30
Sept 15	*Forestburg	Home	V	5:00
Sept 18	*Chico	Away	V/Jv	4:30
Sept 22	*Graford	Home	JV/V	5:00
Sept 25	*Lindsay	Home	V/JV	4:30
Sept 29	*Poolville	Away	JV/V	5:00
Oct. 3	*Perrin-Whitt	Home	JV/V	10:00 am
Oct 6	*St. Jo	Home	JV/V	5:00
Oct 9	*Forestburg	Away	V	4:30
Oct 13	*Chico	Home	JV/V	5:00
Oct 16	*Graford	Away	V/JV	4:30
Oct 20	*Lindsay	Away	JV/V	5:00
Oct 23	**Poolville	Home	V/JV	4:30

Nov 2-3 Bi-District

Nov 5-7 Area

Nov 9-10 Regional Quarterfinals

Nov 13-14 Regional Tournament

Nov 18-21 State Tournament

Head Coach: Brandy Mayfield

Assistant Coach: Makayla Mayfield

Athletic Director: Scott Smiley



2020 ALVORD MIDDLE SCHOOL VOLLEYBALL SCHEDULE

<u>Date</u> <u>Time</u>	<u>Opponent</u>	<u>Location</u>	<u>Teams</u>
Aug. 31 5:00 pm	Poolville	Poolville	7 th and 8 th
Sept. 7 5:00 pm	Lindsay	Alvord	7 th and 8 th
Sept. 14 5:00 pm	Graford	Alvord	7 th and 8 th
Sept. 19 TBD	Bowie Tourney	Bowie	7 th and 8 th
Sept. 21 5:00 pm	Chico	Chico	7 th and 8 th
Sept. 28 5:00 pm	Perrin	Alvord	7 th and 8 th
Oct. 5 5:00 pm	Garner	Garner	7 th and 8 th
Oct. 12	BYE		

Coaches: Brandy Mayfield
Makayla Mayfield
KJ Stastny
Kandi Rose

Athletic Director: Scott Smiley
Girls Coordinator: Michael Barnes
Principal: Mrs. Jessica Bull
Superintendent: Dr. Randy Brown

