

Welcome to Lady Viking Volleyball

Dear Lady Viking,

A Lady Viking Volleyball Player is a lady with pride in herself as a student, an athlete and a member of the community. She, as a member of the Volleyball program, not only represents herself and her family, but also her teammates and coaches. As our program prospers, she will constantly be in the eye of her peers and the community. She shall be a leader and conduct herself in such a manner as to be praised, not only as a volleyball player, but also more importantly, as a person.

A Lady Viking has goals for herself as a student, player, and as a person. To attain those goals, she bases her lifestyle on hard work, 110% effort, sacrifice, second effort, determination, punctuality, and persistence. Discipline builds character. A Lady Viking also reaps rewards in the classroom and earns more respect as an individual.

A Lady Viking always has her head up. She looks the world in the eye. She is a class lady in a class program. She also has her priorities in order: God, Family, School, Volleyball and Friends.

Welcome to the Team, Lady Viking!

2024-2025 Coaching Staff

Head coach – Angela Thompson angela_l_thompson@dekalbschoolsga.org

Varsity Assistant Coach– Indira Roachford Indira.roachford@gmail.com

JV Coach- Shane Roachford shaneeroachford@gmail.com

Freshman Coach – Michaela Rikard – rikard.michaela@gmail.com

Rules

Practice & Games

1. Must attend all practices and games. This includes all matches of all games.
 - a All coaches & players will be temperature-checked before every practice and game.

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- b You are expected to be on time for all practices and games. If you have to arrive late, tell your coach ahead of time. You will begin practice on time and ready to warm up.
2. All players will ride as a team to the games.
3. Give 110% minimum! Be willing to learn and improve! The way you practice is the way you will play.

Absence

If a practice is missed, the athlete must bring a note to the coach to explain the absence. The **ONLY** excusable absences are those listed in the DeKalb County attendance rules. **All other absences are considered unexcused.**

DETENTION IS UNEXCUSED.

If you are aware of an appointment, or if you become ill during the day, please contact the coach in person. **DO NOT tell another player to relay the message to the coach.**

If you are injured, you are still expected at practice.

An absence means you missed valuable information. You are expected to know anything that was covered in that practice session. You are also expected to make up any conditioning (extra running or drills).

- One unexcused absence will result in not starting a game, limited playing time or no playing time.
- Two unexcused absences will result in a week's suspension. This means you are not allowed to dress out for any games during the week or ride the bus with the team to away games. You are expected to be at practice.
- Three unexcused absences will result in removal from the team. PLEASE UNDERSTAND!!!

Sportsmanship

1. RESPECT teammates, coaches and opponents.

If at any time you show lack of **sportsmanship, disrespect or attitude** then the following consequences will occur:

- WARNING
 - One week suspension from the team and a meeting with the parent and player
 - REMOVAL from the team
2. Remember that you represent many people. Your actions reflect upon the entire group. Represent yourself, your team, the coaches, Lakeside, your

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family and the community with the **highest of standards** whether you are on the Volleyball court or in a **classroom**, or **anywhere in the community**.

Participation & Dedication

1. Must adhere to all rules of the DeKalb County School District and Lakeside Student Code of Conduct.

Adhere to the dress code and electronics rules stated by the principal (Zero-Tolerance Policy).

As stated in the DCSD Code of Student Conduct: ***"Drugs" shall mean all substances, including but not limited to, alcohol and alcoholic beverages, marijuana, prescription drugs, over-the-counter drugs, look-alike drugs, inhalants, pills, tablets, capsules, synthetic substances and all other legal and illegal drugs or substances. The use of alcohol, marijuana and other drugs by minors is illegal and harmful.***

Student athletes must never touch or handle drugs at any time. Never take, or agree to hold, drugs from other students.

Student athletes must refrain from the possession, use and distribution of any tobacco products, drugs, alcohol and controlled substances, both on and off school grounds, during the school year.

There will be a ZERO-TOLERANCE policy with regard drugs and alcohol as stated above.

2. Maintain **good academic** and **conduct grades** for all subjects. Remember **discipline** on and off the court builds character. If you need extra help in a class, make arrangements with your teachers and coaches. Academics above all else!
3. Participate in any and all fund-raising projects.
4. Attendance at the end-of-the-year banquet is **mandatory**.
5. Dedicate yourself to the Lady Viking Volleyball Program.

Social Media Policy & Overview

Over the past several years, social media has grown in popularity providing an opportunity to communicate personally with people in our community and others. "Social Media" is defined as media designed to be disseminated through social interaction. Social mediums are powerful tools and platforms that have an impact on school, community and personal reputations.

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The growing use of these platforms such as Facebook, Twitter, Instagram and others provides Lakeside High School with the opportunity to communicate with the volleyball community, our players, parents and coaches, and it allows us to speak to them through viable online channels that attract them to our program.

Players – How can you be effective in using social media while avoiding the potential pitfalls of channels?

- Adhere to the **DeKalb County Code of Student Conduct Policy**
- Do not use language that could in any way be construed as offensive, cursing or inappropriate
- Do not use social media platforms to speak derogatory of competitors, players, parents, coaches or officials
- **Do not post inappropriate pictures**
- Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment or ridicule. In some instances, hazing constitutes a criminal act.

Consequences of hazing – immediate dismissal from the team.

Time Commitment

Like all worthwhile extra-curricular activities, high school sports require a substantial commitment. Volleyball – an ultimate TEAM sport – demands that diverse individuals work as one, in a fast-paced test of coordination, concentration, and cooperation. Building a team requires commitment of everyone's TIME.

As a member of the Vikings Volleyball Team, you are expected to:

- Attend Every Practice
 - Skills training and game preparations are all built one step on top of another. Coaches will not have the opportunity to help players "catch up". If you know you must miss a practice, you must call the coaches in advance. It will be your responsibility to make up the practice session you missed.
- Ride the Team Bus
 - For all road matches at other high schools, all players must ride the team bus to the game. A player should be prepared to do homework during the bus rides. A player may, however, go home from the opponent's gym with her parents. A player may not drive her own car to or from road games.
- Avoid Other Conflicts
 - There are often different types of testing that takes place during the Volleyball season. Before you plan anything outside of Volleyball, please check with your coach for any Volleyball obligations that you may be interfering with. Try to avoid conflicts.

Volleyball Team Philosophy

Volleyball played well is a thing of beauty. Few athletic endeavors require as much teamwork, and rarely does a sport reward hard work so completely. Athletes who study the game and apply the lessons relish every opportunity to practice and play.

Your Viking coaches love Volleyball. They are committed to you as students, as athletes, and as young women. It is their goal to provide every opportunity for you to become as good as you want to be. More importantly, they strive to help you and your teammates become the best team you can be.

- 10 Things That Require Zero Talent ○ Being on Time ○ Work Ethic ○ Effort ○ Body Language ○ Energy ○ Attitude ○ Passion ○ Being Coachable ○ Doing Extra ○ Being Prepared

- **The Team Comes First** – As a Viking volleyball player, you agree that the team is paramount. Your individual goals and your team’s goals do not necessarily conflict, but when they do, you accept that decisions are made for the good of the team. Successes are sweeter and setbacks sting less when they are shared.

- **Rules Help Our Team To Run Smoothly** – Each player must decide if she buys into our system and is willing to commit to this team. Every rule is for the benefit of the team, and you have to decide, in advance, whether you want to follow them. If not, you should not be a part of the team.

- **Our Team Thrives On Trust and Respect** – You must trust your coaches and your teammates, and behave in a way that earns their respect. You must do everything reasonably necessary to make yourself and the team better.

- **Our Athletes Learn To Be Coachable** – There is often more than one way to do things correctly. In some cases, however, your coaches will select a specific strategy for the benefit of the entire team, even if it may not seem to benefit a particular individual. You must be willing to make changes according to your coaches’ suggestions. If coaches seem to be “riding” on you, it is usually because they think you are capable of a higher level of performance.

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- Our Team Works Hard – Everyone wants to win, but few make the sacrifices to do it. No one will give you anything in life, you must earn it. You cannot cut corners.
- Our Team Has Balance – To balance academics, athletics, work and family, you must plan ahead and make difficult choices. The choices you make will affect your future opportunities. Choose wisely.
- On Our Team, Bench Time is Playing Time – As a Vikings Volleyball player, you maintain the same focus and enthusiasm whether you are between the lines or on the bench. You accept that playing time is decided by the coach for the good of the team and the circumstances of the moment. You know that the Vikings bench is its secret weapon: every player has her head in the game at every moment, and is ready to come in at any opportunity.
- Our Team Can Be Successful – Your coaches want you to know that almost any obstacle can be overcome with hard work. Commitment, perseverance and responsibility will be rewarded.
- Our Team Has Fun – Volleyball is one of the most fun sports in the world. You know you've chosen the right sport if you simply can't wait to get back in the gym, and absolutely love stepping on the court with your friends and teammates every chance you get
- Our Team Passes It On – As you move through high school, share your new skills and insights with new or younger players. Be generous with your time.

Parent Expectations

Parents have long been central to the success of the Vikings Volleyball program. The Vikings enjoy a usually high level of encouragement and sportsmanship from the members of their extended family (including parents, teachers, school administrators and fans). We welcome the chance to continue that tradition of support.

- Communicating with Coaches – Vikings coaches understand the parenting joys and frustrations that can accompany high school athletics. We are glad to speak with you about your daughter, but we ask that you:
 - Insist that your daughter try to work out Volleyball-related issues directly with her coach before enlisting your assistance. Learning to

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deal with authority figures is one of the supreme benefits of participating in organized sports.

- Avoid jumping to conclusions. Remember that some teenagers tend to exaggerate both when praised and criticized, and that decisions about complicated issues like playing time are usually the product of many factors.

- 24-Hour Rule – If you are concerned about a Volleyball-related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are inevitably more productive. We always enjoy chatting with parents at the conclusion of our matches, but cannot address non-emergency issues at that time. We also cannot interrupt practice sessions.

- Sportsmanship – All parents (and players) are expected to demonstrate the highest level of sportsmanship while representing Vikings Volleyball. Please cheer for our team’s efforts and successes. Parents and other fans should never celebrate our opponent’s mistakes.
 - While in the gymnasium, keep all comments positive – remember, you are sitting among parents from the other schools. Please do not compare the skill or attitude of your daughter out loud with other members of the team.
 - Volleyball officials are off-limits for parents. Refrain from yelling at the referees – before, during and after the match – no matter what the perceived error or injustice. Vikings coaches believe players must learn to perform under adversity, and to not waste emotion or effort on the things that are not within their control.
 - Take the time to learn more about Volleyball rules and strategies. What sometimes seems like a blown call or a poor coaching decision often looks much different if you understand the rules behind it.

- Playing Time – For coaches, delegating playing time is a zero-sum exercise; the decision to give one player more time on the court means another player will get less. As such, all good coaches know that with each decision, however well-considered, comes the likelihood that someone will be disappointed.
 - Strong teams have strong benches. Players who keep focused on the game while not on the court greatly increase their chance of success once they enter the game. Spirited bench players almost always infect their teammates with optimism and extra energy.

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- Coaching decisions are primarily the result of careful consideration about our own team's chemistry, and our opponent's strengths and weaknesses. Playing time is earned by hard work, proven performance, and an occasional hunch. Coaches take a season-long view about each player's time on the court.
- Parents should resist measuring their daughter's Volleyball experience solely by the amount of her playing time. We strive to inject each player with a love for the sport, teaching her to value the opportunity to be strong and confident, whether in practice or in a game.

I have read and understand the Vikings Volleyball Program Players' responsibilities, expectations, policy and procedures.

Player Name: _____

Player Signature: _____

Date: _____

Parent Signature: _____

Date: _____