



## La Crosse Central Volleyball Parent/Athlete Meeting

### **Coaches:**

Varsity Head Coach – Josh Buxton – [jbuxton@lacrossesd.org](mailto:jbuxton@lacrossesd.org)

Varsity Assistant Coach – Ari Struver

V.R. Head Coach – Madeline Kiehn- [mkiehn@lacrossesd.org](mailto:mkiehn@lacrossesd.org)

V.R. Assistant Coach – TBA

J.V Head Coach- Kyle Delap- [kdelap@lacrossesd.org](mailto:kdelap@lacrossesd.org)

Roving Assistant: Carlee Beck

Roving Assistant: Maddie Koopman

Welcome to the Red Raider Volleyball Family! We hope you are as excited about this season as we are. The following are some guidelines to remember to keep this season a positive and successful one:

**Tryouts:** Tryouts will take place over the first 3 days of practice. Teams will be posted on our team website by 8:00 pm on Wednesday August 21st. Please remember that these teams are fluid and players may move up or down throughout the season based on a variety of factors.

**Cutting Players:** It is our hope as a coaching staff that we will not have to make any cuts. However, in the event that cuts are necessary, members of the coaching staff will meet with any player not making a team on Wednesday before practice is over. If a player who does not make a team would like to still be a part of our program, we always are searching for team managers. We would love to have them be a part of our program in that capacity.

**Academics:** The young women in our program are student-athletes and not athlete-students. We take as much pride in our work in the classroom as we do our work on the volleyball court. Regular school policy will be followed for academic ineligibility. A player with two or more 'F' marks will not be eligible to participate in athletics. The coaches will conduct regular grade checks and meet with any student-athlete who is underperforming in the classroom to find ways we can help her to be more successful.

**Conduct:** It is important to remember that as a member of the La Crosse Central Volleyball Team, you represent yourself, your teammates, your coaches, your family, your school, and your community. It is expected that the behavior we exhibit on the court, on the bus and in other schools will be a positive representation. The following are examples of conduct that violates the School District of La Crosse's conduct code:

- A. The use, possession, buying or selling drugs and/or alcohol.
- B. The use, possession, buying or selling tobacco products including electronic tobacco products.
- C. The attendance at functions where alcohol and drugs are being consumed.
- D. Conduct contrary to the ideals, principles and standards of the school and the WIAA, including but not limited to criminal behavior and/or violation of the Student Code of Rights and Responsibilities.

## **Varsity Team Expectations:**

The varsity team represents the highest level of competition here at Central High School. Our ultimate goal is to strive to win the Division 1 state volleyball championship. As a member of the varsity team, you are not guaranteed equal opportunity to participate in every contest. Every team member has a role and that role is very important. While each role may not be equal in playing time, they are all equal in their measure of importance to the team and to our overall performance. Our goal is to complete a varsity team with the best players in the program. Any freshman, sophomore, junior, or senior can play on the varsity team. Some players may play on 2 teams at different times.

## **Varsity Reserve Team Expectations:**

The goal of the varsity reserve volleyball program is to prepare players for the varsity program. VR games allow players to gain experience in game situations and improve their skills for varsity readiness. To achieve this goal, any freshman, sophomore, or junior may be asked to play in a varsity reserve game. Some players may be used on both the varsity reserve and varsity or junior varsity squads. As with the varsity program, each player has a role and some roles will include more playing time than others.

## **Junior Varsity Team Expectations:**

The goal of the Junior Varsity volleyball program is to provide foundational skills to prepare players for further high school volleyball. JV games allow players to gain experience in game situations and improve their skills for varsity readiness. Any freshman or sophomore may be asked to play junior varsity volleyball. Some players may be used on both the junior varsity and varsity reserve teams. All players will have the opportunity to play, however each player has a role and some roles will include more playing time than others.

**Open Door Policy:** If at any time, a problem arises with your daughter's team, please start with having your daughter talk to her coach about the issue. If that does not resolve the issue, schedule a meeting with your daughter's coach. You can contact them at the emails provided above. Your daughter will be included in the meeting. **Coaches will not engage in any communications with parents without the player's knowledge.** If, after the meeting with the coach, the problem is still not resolved, email Coach Buxton to schedule a meeting. This meeting will include Coach Buxton, the coach(es) of the team and your daughter. Finally, if after meeting with Coach Buxton and his staff, you still feel the problem has not been addressed, contact Mr. Beran for further action.

**24 Hour Rule:** We all want our student-athletes to be successful and enjoy their volleyball experiences. With that in mind, please do not approach a coach during or immediately after any team competition. To meet with a coach regarding any issues, email the coach and set up a meeting. Please wait at least 24 hours after a game before contacting the coach.

**Game Day:** On days of home matches, the varsity team will set up nets after school for the JV and Varsity levels. It is expected that players on the JV and VR teams will stay and support the varsity team as they'll be watching the other matches. After the varsity has completed their match, the JV/VR teams will be responsible for taking down the varsity net and put the balls away. The JV team will take down the nets after their match.