



SACRED HEART VOLLEYBALL 2022

Expectations

Practice

- Practices are mandatory. You are expected to be at practice unless you are sick or communicated with the coaching staff ahead of time.
- I believe school comes before sports, so if you are late because of a class please bring a note from your teacher. It should not be a problem unless it becomes more common. In this case the teacher, coach and student will discuss a solution.
- I understand appointments may be necessary. Please communicate with the coach as soon as you can when an appointment will conflict with practice or games. Hair, nail and picture appointments are not good excuses to miss practice.
- Team members should be dressed and ready to stretch by the scheduled time.
- No spandex should be worn out of practice and modest shirts should be worn for practice.
- Each team member is required to supply their own practice uniform. This includes: shorts, t-shirt, socks, knee pads and a water bottle.
- Injuries are to be reported to the coach IMMEDIATELY. Any injury that is reported after the day of the injury will be assumed to have happened away from practice.
- *You are expected to abide by the TAD policy as set by the school.*
- *I don't expect you to play perfectly but I do expect players to work their hardest.*
- *I will not be a perfect coach but I will always have the best interested of you and your teammates in mind when I make a decision that affects you.*
- *I will not expect you to be happy all the time but I will ask you to bring a positive attitude to practice, treat others with respect, be "all in" when you are playing and support your teammates on and off the court.*

Playing Time:

- At the JV level, our priority is to have all players get experience on the court.
- At the Varsity level, our priority is to put those players on the court the best fit our needs in that position or situation. Playing time is not guaranteed.
- If parents have an issue with playing time I ask that you wait 24 hours before contacting me. At that point if you still want to have a discussion I would be glad to do so.

Games:

- We will play 2, possibly 3 levels of play; Varsity, JV and C-Team.
- The league games are set up to play V – JV – V in one gym and JV – C – C in another gym. The set of non-league matches vary. There are some nights that the C-Team will not play or may only play one match.

- All players are asked to stay and support their teammates until ALL teams are done playing. We are ONE team and we need to support each level of play as best as we can.
- When traveling, students may ride home with parents as long as they are signed out that night by their parents. If other arrangements are necessary, those need to be made in the office, in writing, prior to leaving for that trip.
- Game day dress will be our t-shirts and parker shorts.

Conduct:

We are Sacred Heart.

You are Sacred Heart.

You are representing yourself, your family, your school and your community.

You will be looked up to as a role model by others and will naturally be held to a higher standard than a normal student.

Take this seriously.

Behave and play with pride knowing you are doing your best to uphold the values of your Christian identity.

Christian Attitude

Being a Christian athlete doesn't mean praying for your team to win. God doesn't give an edge to those who pray over those who don't. Hard work does that. Being a Christian athlete means competing for Christ, in a way in which you always give your all for Him. Win or lose you thank Him for the ability and the opportunity to play. It means giving all glory to God, no matter the outcome.

Prayer:

Lord, be with us today. Help us to develop our talents that you have given us. May we give You all Glory and Honor through our play. May our actions show our love for You and set an example to those who watch us so that they may know we live our life for You.

For the Sacred Heart of Jesus, we pray. Amen

Helpful Links:

<http://www.shknights.com> – Volleyball Section

<https://www.northcentralactivitiesassociation.org/>

SHHS Volleyball

August 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|---|--|---|--|--|----------|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 Teachers Report | 11 | 12 | 13 |
| 14 | 15 3:00 PM - 5:30 PM VB Practice (SHHS) | 16 7:00 AM - 8:00 AM VB Morning Walk-Through (SHHS) 3:00 PM - 5:30 PM VB Practice (SHHS) | 17 First Day of School Early Dismissal 1:30PM 1:30 PM - 4:00 PM VB Practice | 18 6:30 AM - 7:30 AM VB Practice AM Walk-Through (SHHS Library) 1:30 PM - 4:00 PM VB Practice (SHHS) | 19 1:30 PM - 3:30 PM VB Practice (SHHS) | 20 |
| School Early Dismissal 1:30PM | | | | | | |
| 21 | 22 6:00 AM - 7:15 AM VB Practice AM (SHHS) 3:45 PM - 5:45 PM VB Practice (SHHS) | 23 3:45 PM - 5:45 PM VB Practice (SHHS) | 24 6:00 AM - 7:15 AM VB Practice AM (SHHS) 3:45 PM - 5:45 PM VB Practice (SHHS) | 25 3:45 PM - 5:45 PM VB Practice (SHHS) | 26 5:00 PM - 7:00 PM Soap Scrimmage (SHHS) | 27 |
| 28 | 29 | 30 5:00 PM - 6:00 PM HS Volleyball vs Solomon (Salina Sacred Heart) | 31 | 1 | 2 | 3 |

SHHS Volleyball

September 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|-------------------|---|---|---|------------------------------|---|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 5:00 PM - 6:00 PM HS Volleyball vs Minneapolis (Salina Sacred Heart) | 7 | 8 5:00 PM - 6:00 PM HS Volleyball vs Lyons, Southeast of Saline (Salina Sacred Heart) | 9 | 10 8:00 AM - 9:00 AM HS Volleyball (V) @ Ellsworth Tournament (Ellsworth High School) |
| 11 | 12 | 13 5:00 PM - 6:00 PM HS Volleyball @ Ellsworth (Ellsworth High School) | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 5:00 PM - 6:00 PM HS Volleyball @ Beloit (Beloit) | 21 | 22 5:00 PM - 6:00 PM HS Volleyball @ Ell-Saline (Ell- Saline Middle/High School) | 23 | 24 9:00 AM - 10:00 AM HS Volleyball (V) @ Herington Tournament (Herington) |
| 25 | 26 No Practice | 27 Regular Practice Time | 28 6:15 AM - 7:15 AM Morning Practice 6:15AM - 7:15AM Pep Rally PM (SHHS) | 29 Regular Practice Time | 30 Practice 3:45 - 5:00PM | 1 |
| Homecoming Week Activities | | | | | | |

SHHS Volleyball

October 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|-----------|----------|--------|--|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 8:30 AM - 9:30 AM HS Volleyball (V) @ Ellis Tournament (Ellis High School) 8:00 PM - 10:00 PM Homecoming Dance |
| 2 | 3 | 4 5:00 PM - 6:00 PM HS Volleyball vs Republic County (Salina Sacred Heart) | 5 | 6 | 7 | 8 8:00 AM - 9:00 AM HS Volleyball @ JV Tournament Ellsworth (Ellsworth High School) |
| 9 | 10 5:00 PM - 6:00 PM HS Volleyball vs JV Quad (Salina Sacred Heart) | 11 4:00 PM - 5:00 PM HS Volleyball @ Goessel (Goessel Jr/Sr High School) | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 5:00 PM - 6:00 PM HS Volleyball @ Southeast of Saline (Southeast of Saline) | 19 | 20 | 21 | 22 HS Volleyball @ Sub State (TBA) |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |

HS Volleyball @ State...