



Wildcats Volleyball Program 2023-2024



Ben Steele Rules and Expectations

I. Introductions

- A. Ms. Anica Knispel knispela@billingsschools.org
- B. Ms. Michelle Cattnach cattnachm@billingsschools.org
- C. Ms. Kristi Scheppele scheppelek@billingsschools.org
- D. Ms. Madi Ramsey ramseym@billingsschools.org

II. THANK YOU PARENTS!!!

- A. Without your support, your daughter(s) would not be able to participate this year!

III. Program Rules and Expectations (highlighted portions are changes from last year)

A. Communication

1. 24 Hour Rule

a) Excused vs. Unexcused Absences

(1) Excused: communication either in *person* or through *email/Remind* messaging about an absence 24+ hours in advance

(a) Emergencies (i.e: hospital visit, accident) are the exception to the 24 hr rule

(2) Unexcused: no communication given 24+ hours prior to absence

(a) **3 unexcused absences results in dismissal from the program**

(b) Leaving early from games that have not been discussed with your coach(es) the day before will result in an unexcused absence.

(c) Students are not allowed to practice or play in a game if they did not attend school for a minimum of 3 periods that day (School District rule).

b) Post-Game Conference

(1) If you are wanting a post-game conference to discuss 1. your skill development, 2. your playing time, and/or 3. your concerns:

(a) Contact your coach (either in person, email, and/or Remind) to set up a meeting 24+ hours after a game for a mutually agreeable time after practice

(b) Invite parent(s)/guardian(s) to attend to avoid any miscommunication.

B. 15 Minute Rule

1. "If you are not early, you are late!"

a) Students will need to arrive a minimum of 15 minutes early to all practices and games.

(1) This ensures the most efficiency for our allotted time frame in the gym.

C. Appropriate Attire

1. PE clothes are required for all practices, including

a) Tennis shoes/volleyball shoes

b) Shorts longer than fingertip length

(1) NO SPANDEX AT ALL

(a) Leggings, yoga pants, bike shorts that are to tops of knees are all acceptable

(b) If an athlete attends a practice session with only spandex, they will not be allowed to participate and attendance will not count towards their eligibility for the next game.

c) T-Shirts

(1) "NO BOOBS, TUMMY, BRA STRAPS"

d) Volleyball knee pads, elbow pads, and/or sleeves are optional and not required

2. Game Day Attire

a) Student-Athlete must wear following uniform:

(1) Ben Steele Uniform

(a) Must be purchased

(b) Same as uniforms for all other Ben Steele sports

(2) Black shorts

(a) NO SPANDEX AT ALL

(i) Leggings, yoga pants, bike shorts that are to tops of knees are all acceptable

(ii) If an athlete attends a game with only spandex, they will not be allowed to participate in said game.

(3) Tennis shoes/volleyball shoes

(4) JEWELRY RULE CHANGE THIS SEASON (MHSA)

(a) Student athletes are allowed to wear studded jewelry (earrings and nose rings) only during games.

(b) Any jewelry below the chin (bracelets, necklace, anklets) are not permitted and will result in removal from the game until in compliance and a yellow card for a delay of game

D. Expected Behavior

1. Ben Steele Big 3

a) RESPECT

(1) In verbal and nonverbal communication with peers, teammates, coaches, officials, and spectators/parents.

b) RESPONSIBILITY

(1) Taking ownership of your middle school career

(a) Communicating with parents, coaches, and teachers

(b) Advocate for yourself!

c) SAFETY

(1) Displaying expected behaviors to ensure the safety of all student-athletes

IV. 2023-2024 Season

A. Tryouts Feb. 5th-9th

1. Competitive Tryouts

a) Open to any 6th-8th Grader

b) 3:30pm-5:00pm M-F; 6:30am-7:30am W

(1) Students will need to arrive a minimum of 15 minutes prior to the start of practice to set up equipment to make sure warm up time starts on time.

(2) If a student-athlete is unable to make arrangements to attend this time frame, they will not make either of the competitive teams due to gym time.

c) Tryout Changes Throughout the week

(1) Based on skill development and the BIG 3 expectations, student-athletes will undergo tryout changes to finalize competitive team rosters due to large numbers

(a) This is to reduce injury rates, more accurately assess skills, and provide more 1-to-1 instructional opportunities.

(b) To provide a healthy learning environment that fosters good sportsmanship, rosters will be determined by skill development and the BIG 3 expectations.

(2) Throughout the week, athletes will be notified at the end of the practice to inform them that they will be with the morning tryouts until further notice for the week.

(3) Based on skill development and the BIG 3 expectations, athletes may be asked to attend the early morning session to tryout for an instructional team until further notice for the week.

(4) Being asked to attend the early morning tryout does not automatically mean that the student-athlete has made an instructional team.

d) Notification of Teams

(1) Student-athletes will be notified by the end of Thursday's tryout whether or not they made a competitive team .

(2) Athletes from any level can be moved up based on effort and progression of skills at coaches discretion.

2. Instructional Tryouts

a) Open to any 6th-8th Grader

b) 6:30am-7:30am M-F

(1) Students will need to arrive a minimum of 15 minutes prior to the start of practice to set up equipment to make sure warm up time starts on time.

c) Tryouts Throughout the week

(1) There are cuts for instructional teams this year

(a) 4 teams of 10 girls

(2) To provide a healthy learning environment that fosters good sportsmanship, rosters will be determined by skill development and the BIG 3 expectations.

(3) Based on skill development and the BIG 3 expectations, athletes may be asked to attend the after school session to tryout for a competitive team until further notice for the week

(4) Being asked to attend the after school tryout does not automatically mean that the student-athlete has made a competitive team.

d) Notification of Teams

(1) Student-athletes will be notified by the end of Friday's tryout whether or not they made a competitive team .

(2) Athletes from any level can be moved up based on effort and progression of skills at coaches discretion.

V. Post Tryouts:

A. Practice Schedule

1. Please refer to the Ben Steele Volleyball website for the the schedule

a) Instructional Teams will practice in the mornings M-F

(1) Wednesdays- all teams practice in the morning due to early dismissal

(a) **Observation Practices are optional, NOT mandatory**

(2) Games are always on Saturdays from 8am-12pm

b) Competitive Teams will practice after school M-F UNLESS:

(1) Wednesdays- all teams practice in the morning due to early dismissal

(2) Games vary, but there will never be games on Wednesdays or Saturdays

B. 8 Practice Rule

1. Every student athlete must participate in 8 practices before their 1st game in order to play

C. School Attendance, Grades, and Game Play

a) Student-athletes must participate in pre-game practices in order to participate in the game.

(1) If they do not attend, whether it is excused or unexcused, their playing time may change.

(a) If they do not attend the game and no prior communication was made, this will result in an unexcused absence.

b) If you are in ISS or OSS the day of a game, you will not play

(1) If you are in ISS/OSS or at the Truancy Center the Friday before a game and you are an instructional player, you will not play.

- (a) If the student athlete is not eligible to play, they are still expected to come to the game, sit the bench with their teammates and continue to learn and be a good team player.
 - (i) If they do not attend and no prior communication was made, this will result in an unexcused absence.
- c) Student-athletes must be passing all classes with a D or better in order to play in a game
 - (1) Coaches will remind students throughout the week to stay up on their grades to ensure playing time
 - (a) Students have WIN during school to get extra help in classes that they are struggling in; it is their responsibility to sign up for these WIN sessions.
 - (2) Grade Checks will be conducted before practice on the day before a game to inform students if they are eligible to participate in the game.
 - (a) If the student athlete is not eligible to play, they are still expected to come to the game, sit the bench with their teammates and continue to learn and be a good team player.
 - (i) If they do not attend and no prior communication was made, this will result in an unexcused absence.

D. Game Schedules (refer to “2024 Schedule” on Website)

1. Competitive Teams

- a) Game Play on weekdays 4:30, then 5:45
 - (1) Athletes need to stay for both games UNLESS pre-approved by coaches 24+ hours BEFORE game day
 - (a) They are expected to support their teammates.
 - (2) Parent(s)/Guardian(s) will need to sign out their athlete with the coach at the end of the game
 - (a) Away games:
 - (i) Athletes NEED to ride on the bus to location
 - (ii) Transportation is provided on the way back but is not required
 - (b) Home games:
 - (i) Athletes are to stay after school to set up courts
 - (ii) Athletes not playing will be working the game

2. Instructional Teams

- a) Game Play on weekends either at 8am, 9am, 10am, 11am or 12pm
- b) Athletes may stay for all games but it is not mandatory
 - (1) If missing players, they may have the opportunity to play on another team.

- (2) Parents will need to sign out their athlete with the coach at the end of the game
- c) Home and Away games: TBD
 - (a) Athletes need a ride to location; school transportation is not provided
 - (b) If you are wanting to stay and there is a need for more players, you have the opportunity to play in another game.