



# **Wisdom High School**

## **Lady Generals Volleyball**

### **Athlete Handbook**

### **2022-2023**

The Lady Generals Volleyball team is built by dedicated student-athletes who take pride in their school and are willing to make a maximum effort in both the classroom and on the volleyball court. Wearing a Lady Generals uniform is a privilege, one that carries many responsibilities and rewards.

Head Coach: K. Hendrix

JV Coach: K. Flores

Freshman Coach: B. Davis

Tryouts for the 2022-2023 season will start Wednesday, August 10, 2022 and end Friday, August 12, 2022. Tryouts are an opportunity to learn more about the expectations of the Lady Generals Volleyball program and to make your best impression on the coaching staff. To be eligible for the Varsity team, you **MUST** attend every tryout day, unless you have communicated specifically with Coach Hendrix prior to the missed day.

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**As an athlete in the Wisdom High School Lady Generals Volleyball team, you will be expected to know and follow the team expectations. Being part of a team requires sacrifices to become a strong athlete and a strong teammate. Dedication and Commitment are required from both the athlete and the coach to have a successful season.**

**Important Dates:**

Date	Time	
5/19, 5/27	n/a	May Physicals in the Baylor Teen Clinic
6/13-6/15	1pm-4pm	June Volleyball Camp (Strength and Conditioning)
7/11-7/13	1pm-4pm	July Volleyball Camp (Strength and Conditioning)
8/3-8/12	9am-4pm	August Camp + 2022 Season Try Outs
8/10-8/12	1pm-4pm	Varsity Team Try Outs
8/15-8/26	TBD	Pre-Season Scrimmages, TBD
8/23	8:30am	First Day of School
9/6	TBD	First Varsity Game

**Physical Forms (May):**

Student athletes at Wisdom High School have the unique opportunity to receive a physical by a licensed physician free of charge in the Baylor Teen Clinic. It is highly recommended that athletes interested in playing volleyball receive an updated physical in May so that they are cleared to participate in summer camps and try outs.

**Summer Camps (June/July):**

During the June and July camps, athletes will be working specifically on Strength and Conditioning. These camps are vital in ensuring that athletes are physically prepared to begin the rigorous practice schedule in August. By attending these camps, athletes will be provided with instruction on how to properly utilize the weight room, effective training, and the athlete will also receive at-home workout plans to do between camps.

**Pre-Season Camp (August):**

Beginning on Wednesday August 3<sup>rd</sup>, athletes will report to school at 9am to begin volleyball training. This training will be a full day (9am-12pm, 2pm-4pm) with a two-hour lunch break. It is recommended that athletes bring a lunch and remain on campus during the lunch break. During this camp, athletes will be focused on technique while learning and practicing drills that will be utilized during the try out days.

## **Required Paperwork:**

### [Registermyathlete.com](http://Registermyathlete.com)

All athletes must create an account on Registermyathlete.com. This will be where athletes and parents will submit the paperwork necessary for participating in any sports in HISD. It is recommended that students select all of the sports that are offered at Wisdom High School, as it is strongly encouraged for athletes to participate in more than one sport.

### [Physical Forms:](#)

Athletes must have an updated physical on file to participate in any sport. Athletes will not be allowed on the court/weight room until they have an approved completed physical on file.

#### [Personal Health Care Provider](#)

Parents may choose to take their student to their regular health care provider to receive a sports physical. However, the physical must be done on the most current provided form from Houston Independent School District to be accepted by the district trainers. If a student physical is mistakenly completed on an outdated form, the student may have to re-visit their healthcare provider to fill out the correct form.

#### [Baylor Teen Health Clinic](#)

Students may utilize the Baylor Teen Clinic on campus to receive a FREE sports physical.

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**Baylor College of Medicine Teen Health Clinic ("Clinic") is concerned with the health of teenagers in the Houston area and provides comprehensive health care services to teens at little or no cost. Services are provided by licensed and board-certified health professionals experienced in providing services to adolescents.**

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To be eligible to access care that the Baylor Teen Clinic, parents must submit the Baylor Teen Clinic Parent Consent Form prior to making an appointment.

### [Athletic Insurance:](#)

All athletes must be insured to participate in any athletic activity. HISD offers Student Accident/Athletic Insurance at a reduced cost of \$35.00 per athlete, per school year. Parents may choose to utilize the HISD provided insurance, family insurance, or a combination of the two. Athletes will not be allowed on the court/weight room until they have completed insurance selection.

### **Financial Commitment:**

#### **Team Fees:**

The below listing of team fees are established as a pre-season estimate. These fees will provide game day shirts, socks, and other gear that will become the property of the athlete at the conclusion of the season. Should an athlete quit the team or be dismissed for any reason, any money that has already been paid is non-refundable.

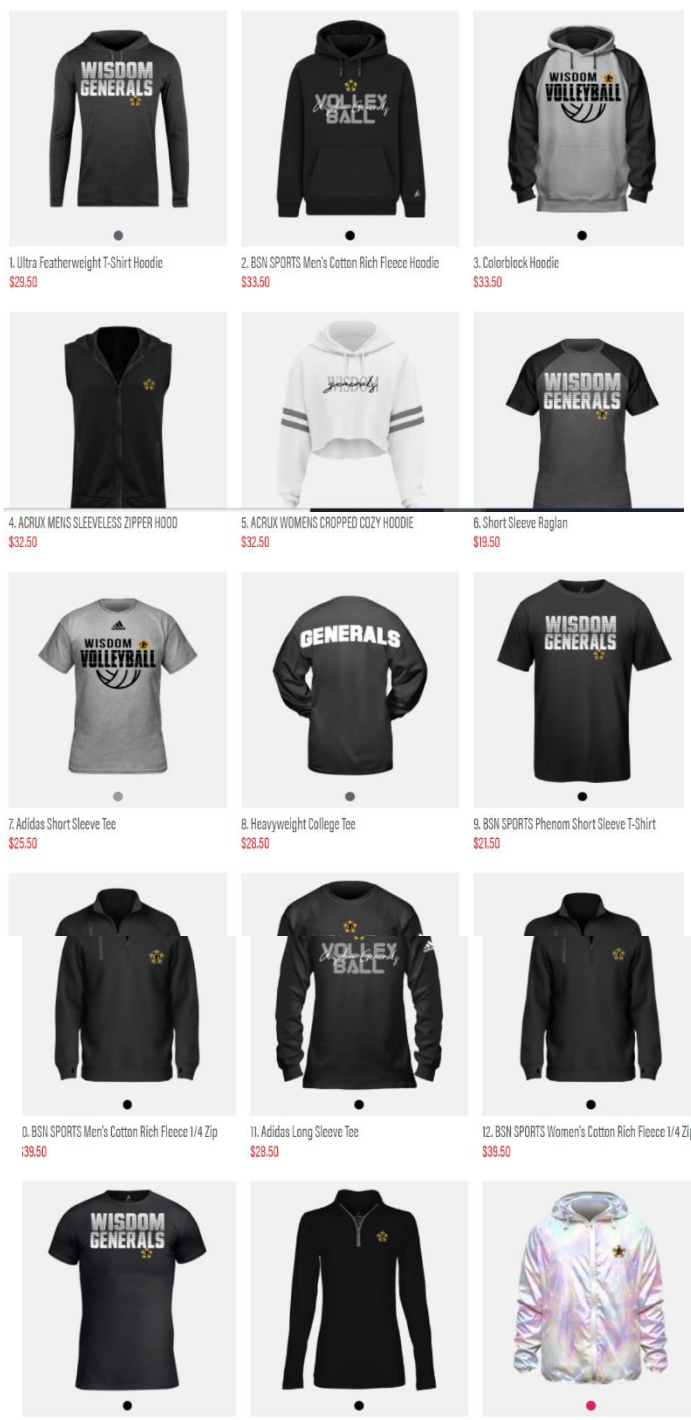
Item:	Cost:
Away Game Shirt	\$15
Home Game Shirt	\$15
Breast Cancer Awareness Shirt	\$15
Water Bottle	\$5
Team Socks	\$5
College Volleyball Visits (U of H, Rice University)	\$20
<b>Total:</b>	<b>\$75</b>

Athletes may set up a payment plan with the coaches, with all dues paid prior to the third game of district play on Approximately 6<sup>th</sup>, 2022. To set up a payment plan, contact Coach Hendrix.

## Fundraisers:

The volleyball team will host a FanCloth.com fundraiser running from August 8-19<sup>th</sup>. Parents, family members, teachers, and anyone else will be able to purchase apparel to support the Wisdom High School Lady Generals. Other fundraisers during the beginning of the school year will include a food sale, teachers vs. students' game, and others. These fundraisers will help to fund travel meals, senior night, end of season trip, and the volleyball awards banquet.

Student athletes must be committed to these fundraising opportunities to ensure transportation, meals, and game day gear is available for pre-season scrimmages, travel tournaments, and end of season activities.



## **Athlete Expectations:**

### Summer Camps:

Date	Time	
6/13-6/15	1pm-4pm	June Volleyball Camp (Strength and Conditioning)
7/11-7/13	1pm-4pm	July Volleyball Camp (Strength and Conditioning)
8/3-8/12	9am-4pm	August Camp + 2022 Season Try Outs

- Athletes should arrive 15-30 minutes before the camp begins.
- Athletes must leave their phone/watch/air pods in their locker during training
  - Athlete may leave phone with coach if the parent needs to contact athlete.
- Athletes should bring water and sports drinks.
- Bring a light snack to eat immediately after training.
- Athletes should arrive wearing a t-shirt and leggings/shorts.
  - If the athlete chooses to wear volleyball shorts (shorter than fingertips), they must arrive wearing sweatpants or looser fitting pants over the shorts when they are outside of the gym.

### Team Try Outs:

Date	Time	
8/10-8/12	1pm-4pm	Varsity Team Try Outs
8/12	4:30pm	Varsity/JV Team Announcements

- Athletes should arrive 15-30 minutes before try outs begin.
- Athletes must leave their phone/watch/air pods in their locker during try outs
  - Athlete may leave phone with coach if the parent needs to contact athlete.
- Athletes should bring water and sports drinks.
- Bring a light snack to eat immediately after try outs.
- Athletes should arrive wearing the provided try out shirt, knee pads, socks/shoes, and leggings/shorts.
  - If the athlete chooses to wear volleyball shorts (shorter than fingertips), they must arrive wearing sweatpants or a looser fitting short over the shorts when they are outside of the gym.

### In-Season Practices:

The volleyball season begins immediately at the conclusion of try outs. Athletes will be expected to attend each practice. Missing a practice without discussing with a coach and a parent/guardian excuse may result in suspension from practice/game play.

- Athletes should always arrive 10-15 minutes before practice begins. Athletes will be expected to set up the gym and be fully warmed up at the beginning of practice.
- Athletes must leave their phone/watch/air pods in their locker during practices/training.
  - Athlete may leave phone with coach if the parent needs to contact athlete.
- Athletes should bring water and sports drinks.
- Athletes should arrive wearing appropriate workout shirts, knee pads, socks/shoes, and leggings/shorts.
  - If the athlete chooses to wear volleyball shorts (shorter than fingertips), they must arrive wearing sweatpants or a looser fitting short over the shorts when they are outside of the gym.

### Game Days

On game days, athletes will frequently be excused early from class. Athletes will still be responsible for classwork while they are excused from the absence. If a student's grade is affected by game travel, the student may be suspended from early release games.

- Athletes will arrive to school well groomed, wearing blue jeans, tennis shoes and the appropriate game day t-shirt or jersey.
  - While in uniform, it is imperative that the athlete has appropriate conduct. Inappropriate conduct while in a Lady Generals volleyball uniform will result in immediate suspension from practice/game play requiring a parent conference.
- Athletes must ride the bus to the game location in full uniform. Athletes may choose to wear casual off-court footwear (slides, crocs, etc.), if this option is selected as a team.
- While at the game site, athletes will be supportive and positive of other teams playing. The athletes will always show good sportsmanlike conduct and will always be polite. Unsportsmanlike conduct will result in immediate removal from the team.
- Following the game, athletes MAY ride home with a parent with prior approval. Approval must be given BEFORE game day. The athlete must coordinate with another player to ensure that their game jersey is returned to the locker room.



## Uniform

- Jerseys:

Athletes will be given the appropriate game day jersey each game day. The athlete will be responsible for returning the jersey to the coach/manager at the conclusion of the day when returning to the school.

- Shorts/Pants:

Athletes will be responsible for providing their own shorts to wear for game day. Athletes may wear any length of black shorts. While 2.5" shorts are the standard length, if an athlete is more comfortable in longer shorts, than that will be allowed.

- Athletes may also choose to wear full length leggings that reach the ankle bone. They must have no visible logos and be spandex material.

- Shoes:

Wisdom High School will provide Varsity athletes adidas shoes that will be worn for games and in-season practices. These shoes will NOT be worn outside or anywhere other than games/practices.

- The athlete will be responsible for this item for the entirety of the season and will return item at the end of the season.

- Game Bag/Backpack:

Athletes will be issued a game day bag/backpack to be used to travel to and from the game play sites.

- The athlete will be responsible for this item for the entirety of the season and will return item at the end of the season.

- Socks:

As part of the team fee, varsity athletes will receive game day socks. The athlete will be responsible for washing these socks throughout the season and ensuring that they have them for each game.

- At the conclusion of the season, athletes will be able to keep all socks.

- Team Sweatpants/Sweatshirt:

Varsity athletes will receive team sweatpants and sweatshirt. The athlete will be responsible for laundering throughout the season and ensuring that they have this item for each game.

- The athlete will be responsible for this item for the entirety of the season and will return item at the end of the season.

Costs for unreturned or lost items is shown at right. Failure to return items and/or pay item fees will result in the students' transcript being held.

Item:	Cost:
Jersey	\$30
Shoes	\$55
Game Bag	\$40-60
Sweatpants	\$35
Sweatshirt	\$35

### School Conduct:

- Being a student athlete is demanding and requires that the athlete be a successful student first and foremost.
  - Teachers will be able to report any conduct concerns to the coach. These reports may result in the student athlete sitting out practices, games, or tournaments.
- Student athletes will speak with teachers, administrators, and all school personnel with respect:
  - "Yes ma'am/sir", "No ma'am/sir"
  - "Thank you"
  - "You're Welcome"
- While in school, the below conduct violations may result in suspension from team:
  - Public Displays of Affection (PDA) with significant others (male or female)
  - Tardiness to school/classes
  - Cursing/Swearing
  - Write-Ups
  - Dress Code Violations

### Grades:

- Grade checks requiring each of the athlete's teachers to submit the current grade must be turned in each Friday on the grade check form.
- If a student fails to turn in the grade check form, the student may be suspended from game play until the grade check form is received.
- If a student athlete is at risk of failing a class, (grade <70) they will be asked to report to study hall prior to practice for 30 minutes each day. This will allow the student to complete any missing assignments and/or visit with their teacher to discuss improvement of the grade.

### Phone Policy:

- Student athletes are NOT allowed to have their phones with them at any time during practice or game play.
  - Student athletes must leave their phones, watches, headphones, etc. in the locker room during practices/trainings.
  - Student athletes will be asked to check-in their phone to the team manager during game days. The athlete may only access phone for emergencies.
  - Parents may contact the coach(es) via cell phone if an emergency arises and they are not able to contact their athlete directly.

### **Calendar**

Calendar is subject to change and should be used to effectively plan for the summer and pre-season. An updated calendar will be issued in August with game days, homecoming, college game days, and any other important dates.

Wisdom High School  
Lady Generals Volleyball

Athlete Agreement

I, \_\_\_\_\_ (athlete name), have carefully read all sections of the 2022-2023 Lady Generals Volleyball Athlete Handbook. I fully understand the commitment and expectations of me as a student athlete, and if I fail to follow these policies, the appropriate consequence will be enforced by the coach(es).

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Agreement

I, \_\_\_\_\_ (parent/guardian name), have carefully read all sections of the 2022-2023 Lady Generals Volleyball Athlete Handbook.

- I understand what is expected of my student athlete and agree to support my student athlete to the best of my abilities.
- I understand the financial commitment outlined in this document and will discuss with the coaches should a payment plan be required.
- I understand the practice schedule outlined in this document and agree to work with the coaches regarding attendance to all practices and games.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sign and return this form prior to the conclusion of try-outs on Friday August 12<sup>th</sup> to  
Coach Hendrix