

VIKINGS VOLLEYBALL 2025



TEAM HANDBOOK
GRACE LUTHERAN SCHOOL

CONTENTS

Contact Information for Volleyball Coaches

Volleyball Team Membership Criteria

Team Expectations

Coaching Philosophy

Information on the Sport of Volleyball

Levels

Our conference schools and addresses (North West Suburban Conference)

Games

Scoring

Attire for Practice and Competition

Grace School's Academic Ineligibility Policy

A Few Rules to Note

Specific Situation examples

What to Expect at a Volleyball Match

Locations of our Games

Contact Information for Volleyball Coaches

Boys Varsity: Coach Margeaux McBride margeaux.mcbride@yahoo.com

Girls Varsity: Coach Marni Beals marnibeals@gmail.com

Co-Ed Junior Varsity: Coach Ty Geschke tgeschke@my.dom.edu

Volleyball Team Membership Criteria

Prospective Volleyball Team members must be academically eligible and abide by the team rules, as well as Grace Lutheran School, Conference, and Lutheran Sports Association guidelines. **We require the following documents to be turned in to coaches or to the school office before the first day of practice.**

1. Current Physical (Physicals are considered current for 13 months)
2. Parent Permission Form (This form requires parent/guardian and student signatures.)
3. Concussion Form (This form requires parent/guardian and student signatures.)
4. Viking Code of Honor signature section (This form requires parent/guardian and student signatures.)

The **\$100 Athletic/Activities fee** must be paid by check or cash to the school office or in your FACTS account. If payment is made through FACTS, please forward your receipt to smccabe@graceriverforest.org (This money goes towards purchasing new equipment and providing officials for matches.)

Team Expectations

Strive to be your best.

We expect our athletes to come to practices and games ready to give their best effort. Put yourself in a position to succeed by planning ahead and bringing the things you need like appropriate attire and definitely bring a game spirit!

Contribute in a positive way to the program.

Listening to coaches give directions and insights is an important way to show you are sincere in being a productive member of this team and eager to improve your own performance.

Be a good example.

It is fun to bond with teammates and experience the thrill of being a part of something bigger than just yourself. Understand that athletes represent the whole team and our whole school community.

Show respect to coaches, teammates, parents, officials, opponents, spectators, and the environment/equipment.

Take care of your uniform.

Athletes are responsible for the uniform they are issued at the beginning of the season. The jersey needs to be washed with cold water on a delicate setting. Hang to dry. The uniforms will last much longer if treated this way.

Coaching Philosophy

The Grace Volleyball Program seeks to provide a positive environment to introduce the sport of volleyball and to promote all the important values athletics offer. We believe that all of our athletes should get to play in games and experience the range of positions in volleyball. This program provides the valuable experience of working with teammates and the joy of working together towards achievement. We highly regard the development of character, self-discipline, honesty, and responsibility, understanding that these values are just as important as winning. Respect is foundational in our program. Be respectful to yourself, your teammates, your coaches, the referees, and to the spaces in which we practice and play. Most importantly, all of us are God's beloved children! Always remember: even as we strive to be our competitive best, our worth is never determined by how many points we can earn on the court. We are all absolutely precious in God's eyes and it is in this confidence that we learn and grow.

Information on the Sport of Volleyball

Levels: Grace Lutheran School and the NWSLC Conference has competition for three levels of volleyball teams. Girls Varsity is comprised of 7 and 8 grade girls, Boys Varsity is comprised of 7 and 8 grade boys, and we also have a Co-Ed Junior Varsity (JV) team which has both girls and boys, typically in the 5 and 6th grades.

Our Conference: NWSLC- North West Suburban Lutheran Conference

St. Andrews- 260 N. Northwest Highway, Park Ridge, 60068

St. Paul- 18 S. School Street, Mount Prospect, 60056

St. Peter- 111 West Olive Street, Arlington Heights, 60004

Grace Lutheran School- 7300 W. Division St., River Forest, 60305

Games: Volleyball games are called matches and take place in the gymnasium of the host school. We play each school in our conference twice during the season, alternating locations. We also have a few games outside of our conference schools (locations noted on the last page).

Scoring: Rally scoring shall be used in tournament play with a point being awarded on each serve. Games shall be played to 25 points. A team must win by two points. A match shall consist of the best two-out-of-three games. The third game shall not be played unless it is necessary to determine the winner of the match. (Per LSA rules, page 5.)

Attire needed for practice: Players should wear comfortable shorts, t-shirts, and bring knee pads for practice. Athletic shoes are required for participation (Crocs are not acceptable). Volleyball specific shoes are a great choice. Players may consider wearing cross training shoes. Running shoes would not be appropriate for the movements required by the sport of volleyball.

Attire needed for competition: **Athletes will be issued a uniform top and will wear their own black shorts.** Our team uniform tops are for game day only, and should be washed in cold water, gentle cycle, and hung to dry. Students are responsible for the care of their uniform and they must turn in the same uniform they were issued in August at the end of the season in October.

Academic Eligibility Requirements for Athletes at Grace Lutheran School: Our athletes are required to be academically eligible to participate in practices and games. The full details on the grade check process are noted in the Parent Handbook found on our school website under the "Current Families" tab.

*7 and 8 graders may not have more than one class with a grade below 65%. Grades will be checked on Tuesday morning each week and if a student is not meeting the standard, he/she will be ineligible to participate in practice or games/matches/meets until the next Monday (even if the missing work is turned in and the grade goes up).

*3-6 graders may be held out of a practice or competition for an incomplete major project or if incomplete daily assignments become a reoccurring problem.

*A student of any grade may also be held out of practice or competition or removed from the team due to reoccurring inappropriate behavior at any time during a school day or after school event.

Host Team Requirement for Game Day: The host team will provide a volunteer scorekeeper. We need your help with this, parents!

A Few Rules to Note: The National Federation of State High School Associations' volleyball rules govern play in our Lutheran School Association. There are all kinds of rules; specific uniform rules and even rules about where coaches can stand. According to the rule book (IHSA & NFHS) "**Jewelry is not allowed**, though medical or religious identification may be worn and taped to the body. Unnecessary delay is charged for jewelry discovered during play." **This extends even to the soft string bracelets and plastic beads in hair braids.** Two examples of situations in which the legal and illegal versions are outlined from the 2022 season are included in this handbook.

Our coaches will guide athletes on what they need to know regarding following the rules of the game and it is not unusual for coaches to ask the referee for his/her guidance on site. We include the following examples so parents and athletes can get an idea of specific things the officials are monitoring and this helps us understand that the rulings are not arbitrary. These rules exist to keep athletes safe and have been adjusted over the years in response to experiences across the country. If we don't follow the rules of our association, we don't get to play!

SPECIFIC 2022-23 SITUATIONS (National Federation Rulings)

SITUATION 1: During team warmups, the officials notice a player on Team A wearing plastic beads at the end of hair braids. The braids, pulled back in a ponytail and secured with an elastic hair tie, (a) extend down the player's back swaying back and forth as the player moves; (b) fall above the player's shoulders moving within the plane of the player's shoulders. **RULING:** (a) illegal, (b) legal. **COMMENT:** Hair-control devices and other adornments in the hair that are securely fastened and do not present a risk of injury to the player, teammates or opponents are permitted. In situation (a), the official shall notify the coach of Team A and allow the player to make the equipment legal by securing the beads closer to the head and within the plane of the shoulders to minimize risk of injury from swinging beads. (4-1-6)

SITUATION 2: No. 5 on Team R is struck in the head by a hard-hit attack and immediately displays signs and symptoms of a concussion (loss of balance, dizziness and confusion). The R1 calls an injury time-out. The R2 explains to the head coach of Team R that No. 5 must be removed from the contest and will not be able to return to play until cleared by an appropriate health-care professional. **RULING:** Correct procedure. **COMMENT:** When an athlete exhibits signs, symptoms or behaviors consistent with a concussion, that athlete shall be immediately removed from the contest and shall not return to play until cleared by an appropriate healthcare professional. The officials are not to diagnose injuries, but to remove the athlete and notify the coach. Allow the health-care professional to determine the outcome of the injury. (5-4-3c(18), 5-6-3i, 10-3-5, 11-4-1, NFHS Suggested Guidelines for Management of Concussion, Appendix B)

What to Expect at a Volleyball Match and How to Prepare

A Few Days Before: Parents/Guardians are responsible for providing transportation to and from our matches. It's a great idea to arrange car pooling plans ahead of time to help manage the effort of driving and to connect with other families involved in the program. Ideally, athletes will arrive at the match location 20 to 30 minutes ahead of the scheduled game time if at all possible.

The Night Before: Athletes should pack a bag with their uniform, shoes, healthy snacks and an extra water bottle. Athletes might need a long sleeve t-shirt and/or a pair of sweat pants for travel as the weather gets cooler.

When We Arrive at the Host School: We will gather our team in the gym and players will listen carefully to instructions from the coach.

During the Game: Athletes will sit on the bench together and stay focused on the game. We cheer for each other and encourage each other. We have a ritual of a team huddle and cheer at the beginning of the game and during timeouts. We also need to be aware of listening to the direction of the officials and coaches so that we understand what is happening on the court and continue learning. Matches are a tremendous opportunity to learn. Our focus is on improvement.

Parents: Come and support the team! Parents get to cheer from the bleachers in the gyms in which we play. You are our best (and only) fans. We view you as so important to the success of our program that we have included an additional Parent Code of Conduct page in our Team Handbook. Your support makes an important difference!

A note regarding how to view competitors: The people we compete against are there to help push us to our best efforts. View volleyball games as a chance to find out where you are in your development on that day. *Think the thoughts that are going to help you!* It's natural to get a little nervous, just don't let yourself get overly nervous. Developing self-control is an excellent skill to practice. Get the butterflies flying around in your stomach to fly in formation. 😊

A Few Rules to Know: Coaches and athletes must follow rules set by The National Federation of State High School Volleyball Associations, Lutheran School Association, as well as our Conference. Note the special points made on our Information on the Sport of Volleyball page.

Sportsmanship: Grace athletes are classy. We encourage each other. We do not need to put others down because we are focused on our own performances. We respect our competitors and rise to the challenge of intense play, making sure competition brings out our best efforts.

Competing is very challenging, and offers fantastic rewards!

Away Volleyball Match Locations

Bethany	1550 Modaff Rd., Naperville 60565
St. Peter	111 W. Olive St., Arlington Heights, 60004
St. Paul	18 S. School St, Mount Prospect, 60056
Christian Liberty	502 W. Euclid Ave., Arlington Heights, 60004
St. Andrew	260 N. Northwest Hwy., Park Ridge, 60068
Immanuel Lutheran	1850 Chestnut Ave., Glenview, 60025