

Iowa State Volleyball 2019 Team Handbook

“Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life forever.”

Amy Poehler

IOWA STATE ATHLETIC DEPARTMENT TEAM RULES

Participation on an intercollegiate athletics team at Iowa State is a privilege. The following document includes team rules which outline the expectations for how you will represent yourself, your team, and Iowa State University. This includes the expectation that you will not engage in behavior that is detrimental to the image of your team, the athletics department and/or Iowa State University. If you engage in behavior that, in the sole discretion of the head coach, is determined to be detrimental to the Iowa State Football team, then you may be suspended or dismissed from the team and your athletics financial aid may be cancelled. The majority of team rules in this document are specific to your sport, however, they also encompass rules and regulations as outlined in the following documents which are available online or in the athletics department for your review:

- I. Iowa State University Student-Athlete Discipline Policy
- II. Iowa State Student Code of Conduct
- III. Iowa State Athletics Drug Testing Policy
- IV. Big 12 Conference Handbook
- V. NCAA Manual

Violations of any rules in these documents are considered violations of team rules and you are subject to the discipline outlined in each document.

Violations of other team rules that result in your dismissal from the team (by the head coach) may be appealed to the Director of Athletics or designee.

2019 Iowa State Volleyball Team Handbook

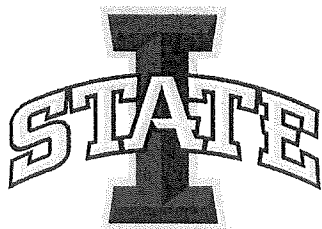
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Iowa State Volleyball Cyclone Code of Conduct

- I am **grateful** for the opportunity to be a Cyclone.
- I show **respect** and **appreciation** to everyone.
- I celebrate my **teammate's** success above my own.
- I can always be heard saying *please, thank you* and *you're welcome* when interacting with others.
- Phrases such as *Good morning, Be safe, How are you,* and *Have a great day* are all part of who I am.

I am the respectful CYCLONE.



ISU Volleyball Policies and Procedures

Participation on an intercollegiate athletics team at Iowa State is a privilege. The following document includes team rules which outline the expectations for how you will represent yourself, your team, and Iowa State University. This includes the expectation that you will not engage in behavior that is detrimental to the image of your team, the athletics department and/or Iowa State University. If you engage in behavior that, in the sole discretion of the head coach, is determined to be detrimental to the Iowa State Volleyball team, then you may be suspended or dismissed from the team and your athletics financial aid may be cancelled. The majority of team rules in this document are specific to your sport, however, they also encompass rules and regulations as outlined in the following documents which are available online or in the athletics department for your review:

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General Responsibilities

1. Be early for all practices, workouts, and meetings.
2. Respond to all staff texts, phone calls and emails right away IF A RESPONSE IS REQUESTED.
3. Make sure Teamworks App is working properly, we use it for messages, travel, etc.
4. Follow the proper procedures for turning in uniforms and equipment.
5. Clear any outside activities with the coaching staff or compliance office first – this includes outside work, charity/school donations or appearances, outside competitions, gifts from boosters or fans, loans and scholarships.
6. Be extremely careful about what you post on social media, including sites like Twitter, Snapchat, Instagram. We do not monitor your site but you could be reprimanded if something negative comes to our attention. If your coaches would be embarrassed to see it, then don't post it!
7. If you are involved in any sort of emergency off the court, notify Christy or another coach as soon as possible. It is your responsibility to have this conversation personally.
8. Keep the locker room, training room, practice area clean – pick up after yourself and keep your locker tidy. When you leave for the night, make sure the locker room is ready to show recruits.
9. Cell phones OFF anytime a team meeting or any other appointment or meeting begins.
10. Team members are not to date managers, trainers, practice players or teammates.

Academics

1. All freshmen are required to attend study table 6 hours/week the first semester, including weeks we travel. Once you reach a 2.5 GPA or higher, you are dismissed from study table. If your cumulative GPA drops below a 2.5 during your career, you are required to attend Study Table until you are at or above 2.5 again.
2. Check in regularly with Jeff Cesler. Also use your advisor in your major.
3. IN THE FALL we will generally practice 3-6pm, make every effort to be done with class by 2pm. IN THE SPRING we will generally practice 7-9:30am, make every effort to start all classes after 10am. Let coaches/Ces know if you are not able to do this!
4. Be on time for tutor sessions. For any tutoring situations that arise, contact Ces.
5. Academics are your priority. If you feel you need to miss practice for an academic reason, let the coaches know.
6. The goal for our Team GPA is 3.20 each semester.

Practice and Matches

1. Let Christy know by noon if you are going to miss a practice for any reason or if you think you will be limited that day. Also, if you are having some emotional issues that may take away from your performance, let a coach know ahead of time.
2. Each team will determine their drinking policy, but in general keep it to a minimum and understand elite athletes need to take exceptional care of their body.
3. No drinking if you are underage.
4. Report any injuries or illness to a trainer right away. Take your rehab seriously and keep all appointments.
5. All players will wear ankle braces or be taped for matches and all practices (unless coaches tell you it will be a light serve and pass practice).
6. Wear ISU issued gear for practice & match.
7. The equipment room provides laundry service for practice and match apparel. Take advantage of this and turn your apparel in right way.
8. Bring foam roller to every practice and away match.
9. Memorize each game plan whether you anticipate playing or not. Even if you are not a contributor yet, you can still help your teammates and help us win.
10. No cell phones once warm ups (this includes foam rolling), practices, matches, meetings etc begin until you are dismissed. Review scouting reports outside of these times.
11. You may not publicly comment (good or bad) on officials or publicly criticize other teams – this is subject to penalty from the Big 12 conference.
12. Stay after matches to sign autographs – we will not meet after home games. Always take time to talk with fans. Interact and be pleasant – even after a tough loss.
13. If a certain fan makes you feel uncomfortable or you feel they are being inappropriate, it is okay to end the conversation. You don't have to be rude, just politely excuse yourself. If a fan is inappropriate, report this behavior to a coach. Your safety is our #1 priority.
14. If you don't understand or disagree with your role on the team, talk to the coaching staff. The coaching staff will not talk to parents about playing time and team issues.
15. If you are injured and out of practice, you are to either be doing rehabilitation or helping with practice (shag balls, flip score).
16. Wear bench sweats on the bench if you need to stay warm or if you are not in uniform for some reason.

Whoop Band

The Whoop Band monitors your sleep habits, strain and recovery to better assist you, coaches and athletic trainers to help enhance performance. If you are voluntarily wearing the Whoop band, you agree to the following:

1. Expectations of use:
 - a. Worn 24/7 with a few exceptions (injury, attire for work or class, etc)
 - b. Your band is your responsibility. Treat it as if you paid for it.
 - c. Keep it charged.
 - d. Do not lose it.
 - e. Replacement cost will be \$75.
2. Coaches will have access to:
 - a. Recovery %
 - b. Daily strain scores
 - c. Team alerts
3. Medical staff will have access to:
 - a. Hours slept
 - b. Sleep/Rise times
 - c. Heart rate data
 - d. Recovery %
 - e. Daily strain scores
 - f. Team alerts
4. Data WILL be used for:
 - a. Practice modification when necessary based on strain and recovery scores
 - b. Prescribing medical care based on self-reported alerts, abnormal sleeping patterns, or consistent high strain/low recovery scores
5. Data WILL NOT be used for:
 - a. Monitoring nightly routines surrounding bed times
 - b. Tracking student-athletes' personal activities
6. The coaching staff reserves the right to suspend your use of the Whoop band if you fail to meet expectations of use.

Travel

1. When traveling all players are required to wear ISU issued gear.
2. We will travel to and from matches as a team unless cleared with one of the coaches.
3. Seniors will perform bag checks before loading bag on bus/plane.
4. Take care of your equipment responsibilities. Double check you have your equipment when you get off the plane! When traveling, find out if your equipment needs to go to a coach's room or to practice. We will have equipment and roommate assignments each trip.
5. Attend all meals when eating as a team. Even if you do not plan on eating, we want you there to socialize with your teammates and to hear any announcements.
6. When ordering meals – no soda, no fried foods (yes, chicken tenders are fried), and no desserts. Coaching staff reserves the right to edit your food orders.
7. If you fail to get your food order in by the deadline, one will be selected for you that is healthy and nutritious!

8. Before we board a plane, fill up your water bottle and drink it in flight. Also after practices on the road, fill up your water bottle before you leave to rehydrate right away.
9. Keep cell phone use and texting to a minimum on team trips. This includes shorter bus/van rides to and from the gym, team meetings and meals, and when we are at the gym. NO texting during meals or meetings (that means any meetings – with coaches, training room, Ces, tutors, etc.). You may use it to call home and check in or in case of emergency but keep it short.

Recruiting

1. No drinking with or in front of recruits. Do not talk about drinking/partying with recruits on their visit.
2. Take time to get to know recruits and their families. You are our best selling point, make recruits feel welcome and wanted. If you are the host, you must be with the recruit the WHOLE time; you can not leave them with other people to go out with your friends or family, etc.
3. Make an effort to be a part of any recruiting visit you can. We won't ask you to be a part of a visit unless it's an important recruit. Respond to our texts requesting your help with a quick yes to no.
4. For unofficial visits, you will have to pay for your own meal. For official visits, only the recruit host receives cash to pay for meals and entertainment.
5. If a recruit is staying overnight and you are the host, you must spend your time with them. All players are also required to spend time with them that evening unless otherwise stated by the coaches. We will ask this of you only a few nights every semester, and this must come before family on those nights. You must ask permission of the coaches before you opt out of not spending time with a recruit.

Time Demands

1. A day off will be a complete day off – with the exception of rehab, academics, volunteer activities and some life skills.
2. We will not schedule anything on your day off, including meetings, except in case of emergency.
3. Traveling home from competition is no longer considered a day off, so on occasion that may force us to travel and practice on the same day.
4. We will notify you well in advance of changes to our schedule.
5. If you have concerns about time demands please talk to your Time Demands Reps or the coaching staff.

Violations of team rules that result in your dismissal from the team (by the head coach) may be appealed to the Director of Athletics.

Represent Cyclone Volleyball in a positive, mature, and professional manner. Act like an adult and you will be treated like one. Take responsibility for yourself.

Cyclone Volleyball Mentor Program

“You shouldn't just work on your jump shot. You should work on being a better person, a better teammate, and a better friend.”

Sue Wicks, WNBA

Mentoring is a power-free, two-way mutually beneficial learning situation in which the mentor provides advice, shares knowledge and experiences.

The Role of a Mentor

- Mentors encourage personal growth and development.
- Mentors are positive influences.
- Mentors help build self confidence.
- Mentors are open and honest; they have no hidden agendas.
- Mentors demonstrate a caring demeanor.
- Mentors understand that everyone likes a compliment.
- Mentors don't extinguish hope; they inspire.
- Mentors maintain professionalism at all times.
- Mentors are willing to set aside time.
- Mentors build trust.
- Mentors maintain confidentiality.

A Mentor is...

- Coach
- Facilitator
- Listener
- Friend
- Guide

A Mentor is not...

- Savior
- Therapist
- Servant
- Omniscient being

Mentors

JB: AG

PM: AH

JH, AR: KM

TB: KS

IE, BA: JC

EH: MS

CH: AL

The Role of a Mentee

- Be open and receptive to advice
- Accept feedback and be willing to act upon it
- Communicate and open up
- Know when to ask for help
- Be willing to meet on a regular basis

Expectations

Mentors will take initiative *throughout the year* to get together with their mentees

Mentors will check in with their mentees at least once a week – sit and talk, eat a meal together, study together, etc.