

General Rules

It is intended that all rules and policies in this handbook comply with those of the University and Athletics Department. Inadvertent conflicts or confusion between these team policies and the University and/or Athletics Department policies will be resolved in favor of the institutional or departmental policies.

The Student-athlete handbook contains Athletics Department policies that apply to you as a student-athlete. You are expected to review and understand these policies.

1. All players will participate in any practices, demonstrations, promotional efforts and appearances arranged by the coaching staff.
2. All players will participate in mandatory conditioning and weight training when permissible per NCAA rules
3. All players will be expected to operate on the honor code and be honest and open with coaching staff
4. Violating any University rules, dormitory rules, NCAA rules, or any of the practice rules, competition rules, general rules or becoming academically ineligible could lead to suspension, dismissal from the team, and loss of scholarship.
5. You will be required to follow through immediately with all assignment and request from support personnel involved with the Iowa Volleyball program:
 - Following weight training and conditioning program, notifying strength coach and getting permission for any adjustments in assignments or schedule.
 - Responding immediately to any communication from Athletic Administrators
 - Following all requests and mandates from the Academic Advisors office
 - Following through on all physical therapy assignments, doctors appts., etc.

***** failure to follow through with any of these assignments will be considered a violation of team rules*****

6. Contacting Coaches: All players are welcome and encouraged to stop into the office at anytime for any reason. Generally, we will stop whatever we are doing to be able to speak with you, answer questions, or address any need at the time you come by. Stopping in for no reason at all is encouraged as well. Any player is permitted to call any coach at any time of the day or night if you have a problem. If you are in trouble or in a potentially uncomfortable situation (including in the middle of the night), you are welcome to call the coaches who will do whatever is necessary to help.
7. By the NCAA rule guidelines, you are not permitted to compete in organized doubles, triples, or sixes tournaments, inside or outside, during the academic year. You are permitted to play unofficial tournaments and pick-up games at any time, but may NEVER win, or accept, any cash or prizes.

8. All Maintain in an orderly fashion any supplemental information you receive. This will include academic information, volleyball articles, and scouting information
9. Keep all equipment, you may not lend or trade any current gear during the season, even to parents and/or siblings. We would like you to keep most items for yourself, but trading or giving gear away occasionally after the season is permissible.
10. All players must share in the responsibility of being an active part of the first-class image. This includes openly taking pride in academics, being respected by other athletes, students, and staff, as well as each player representing our program in a first-class manner on and off the court.
11. It is the responsibility of every player to keep the locker room in a nice appearance at all times. This includes picking up all trash, keeping the area around your locker neat, and keeping the area around the TV and kitchenette in an orderly manner as well. The locker room is for Iowa Volleyball Players ONLY.
12. All players will share in recruiting responsibilities. Coaches will make every effort to accommodate individual player requests, but keep in mind that strong player involvement in recruiting is essential to the future success of our program and required of all players.
*****Home events with recruits on campus, player-recruiting responsibilities will have priority over time with family and significant others at designated times.*****
13. All Student-athletes should meet with the head coach before searching for / pursuing employment opportunities
14. Cell Phones: You may not bring your cell phone to ANY team meal. That includes training table, during team trips, or any other meal function. No cell phones or watches allowed at practice. Do not EVER use your cell phone while in ANY class, or during any formal meeting.
15. Social Media: Participation in intercollegiate athletics is a privilege. Therefore, you are expected to abide by the [Guiding Principles For Iowa Student Athletes in Their Use of Social Media Sites Policy](#) and avoid engaging in derogatory, profane or discriminatory language or views that can damage your sport, the Athletics Department or the University.
16. Other Media: Keep all other media, public or private, clean and "G" Rated. No swearing, sexual innuendo, or damaging photos. We must be aware of all potential media exposure points. Be aware of what is in the background, the context and the message of any tweet, Instagram, vine, Facebook post, snapchat, or vlog.
17. Appropriate Dress: All players must follow the team guidelines with regards to appropriate dress when traveling in any volleyball related function. Keep in mind that your personal appearance on campus and off campus will be a reflection on the volleyball program. No spandex will be worn outside of the Iowa training facilities.
18. Helmet Rule: If you plan to use any small motorized vehicle (Moped, Scooter, etc.) you are required to wear a helmet at all times. This includes any and all trips, short and long. If you are a second rider on the moped, you are also required to wear a helmet. This is non-negotiable. If for some reason your helmet is lost, damaged, etc. please seek different transportation.

Alcohol Smoking and Drugs

Alcohol, Smoking, Drugs: Rule violations in these areas will require team members to notify the Head Coach or the other reporting avenues. Violations will be considered serious. Players aware of rules violations in these areas who choose not to notify the appropriate authorities will be considered in violation of team policies.

Use of Drugs: Any player who tests positive for drugs of any kind, is caught using drugs, or the Head coach is notified of a player using drugs will be reprimanded in the following way:

- Termination from the team

Smoking Cigarettes: Any player smoking cigarettes is considered a team rule violation will be disciplined by Head Coach. Smoking is not permitted under any circumstances.

Alcohol Policy: From the first day of training camp until final exams are completed in May, as well as summer classes, the policy is as follows:

No player will consume alcohol **24 hours before** any volleyball related commitment the next day. If any match, team practice, individual practice or weight training is scheduled on a particular day, it is understood that no alcohol will be consumed the night before by any player.

No player will miss any class or academic commitment due to the use of alcohol.

If a player confronts another player regarding drinking and driving, it will be the player who is driving that must yield to the demand by a teammate that she should not drive. This is non-negotiable.

If you are limited in practice or in weights, or have any symptoms of being ill, or have missed class due to illness, you can not go out, and will not be permitted to consume alcohol.

Never wear ANY Iowa gear while drinking on or off campus.

The coaching staff will carefully and promptly consider any team rule violation and make a determination as to the appropriate consequence given the circumstances and the past behavior of the student-athlete.

If you are cited for a legal violation, notify your head coach within 24 hours of the incident.

Iowa City Laws and Fines:

The most common violations involving alcohol include Possessing Alcohol While Under the Legal Age (PAULA) and Public Intoxication. It is illegal to possess alcohol in Iowa if you are under 21. Possession can mean that you are carrying or holding an alcohol beverage, or it is in a container that belongs to you like a backpack or a car, or you otherwise have the right to control the alcohol. The police may make reasonable inferences to conclude that alcohol that is in proximity to you is yours, for example, you may be cited for PAULA if you are under 21 and sit down at a table at a bar or restaurant with a glass of beer in front of you and an officer later enters the bar and observes the situation. You would then have to go to court and provide evidence that the alcohol was not yours and you did not possess it. If you are convicted of **PAULA-1st offense, you will be fined \$330.**

What is the definition of being drunk in public or public intoxication?

Public Intoxication in Iowa is the crime of being in a public place and being intoxicated. A public place is defined as any place that the general public has the right to enter, even as a visitor, without obtaining permission from anyone. The front porch of a private residence is not public, but an unlocked, common hallway of an apartment building may be.

Intoxication is defined as by case law to be whenever (1) the person's reason or mental ability has been affected; (2) the person's judgment is impaired; (3) the person's emotions are visibly excited; (4) the person has, to any extent, lost control of bodily actions or motions. State v. Bolden, 695 N.W.2d 506 (Iowa App. 2005) at *10.

Practically speaking, in Iowa City if you have been drinking, and you are uncooperative with the police you run a high risk of being arrested for public intoxication.

If you are convicted of Public Intoxication-1st offense, you are facing a fine of \$65 to \$625 and 30 days in jail.

What are the open container laws in Iowa?

It is illegal in the entire state of Iowa to possess an open container of alcohol in a vehicle. In Iowa City, it is illegal to possess an open container of Alcohol in any public place that does not have a liquor license. This includes parks and parking lots and the sidewalk. It does not include the yard of a private building.

How late can I stay in the bars if I am under 21?

In Iowa City **if you are under 21 years of age, you must exit any bar by 9:59:59 PM or face a \$465 fine.** The exception is if you are working, but you must actually be on the clock, not just going to a bar where you also happen to work.

What are the criminal or legal consequences of alcohol related crimes?

In Iowa, all alcohol offenses, from Open Container to PAULA, are defined as misdemeanors. This means that beyond any fine you must pay, being convicted of these offenses will result in you having a permanent criminal record that you will have to disclose on future job or graduate school applications.

How does the University handle alcohol violations?

The university treats alcohol violations seriously. Students who violate the code of conduct with respect to alcohol can face sanctions including fines, non-academic probation, up to expulsion from the University. Students accused of alcohol violations will receive notice of the violation that includes instructions for how to contest the violation.

Is there an EMS service I can call if I am drunk on campus? Will students get in trouble for calling on campus EMS?

Calling EMS on campus is done by calling 911. When 911 is called on campus, the University of Iowa Police will respond and EMS and fire may respond depending on the situation. A student would not get in trouble with the University for calling EMS on campus if there is a valid reason for calling EMS. Calling 911 when there is no reason to do so may result in criminal charges.

Philosophy of the Head Coach Related to Alcohol

We want each player to have a fun, rewarding, and successful experience here. It is understood that there are times when drinking alcohol is a common part of a typical college experience for student-athletes and non-athletes. However, drinking alcohol is not legally permitted under the age of 21. Illegal activities carry certain risks and consequences and will be considered misconduct of the team rules. Being in a drink establishment after 10:00pm is also illegal and will be considered misconduct of team rules.

There are times when a successful volleyball players and a successful student can have a good time, and still fulfill all commitments to their sport and their academics. We want to strive to find the balance of being a championship team, that does will in school understanding that at times alcohol might be involved in your social circles. We will honor a 24-hour rule for alcohol consumption. No alcohol can be consumed less that 24 hours prior to ANY volleyball related activity. We have agreed to specific cases where consuming alcohol will be considered a rule violation and will be reported to the Head Coach. In other cases, we will count on our players and the team to use proper judgement.

I, _____ understand the team rules and will hold myself and teammates accountable. I will follow our team rules throughout my duration of career as a volleyball player for the University of Iowa.

(signature)

(date)

Practice Rules

1. Arrive at practice 10-15 minutes before the designated starting time and be warmed and stretched
2. All players must be taped, dressed and ready to practice at exactly the specified time. **Player Verts must be inserted prior to the start of practice.** The pre-practice meeting will start exactly at the assigned time.
3. It is your responsibility to get to the training room early enough to allow ample time for treatments and taping.
4. Acceptable practice gear will be all Iowa issued apparel only. All players will wear matching practice gear at all practices.
5. Players will be responsible to make sure the practice courts are set and ready to go. i.e. nets at correct height and tightened, antennas straightened.
6. Every day after practice, balls will be counted, and all trash picked up.
7. You must notify the head coach personally or by phone if for unexpected reasons you may be late or will miss a practice. Notification should be as early as possible, the day before is preferred. Notification should be reminded at the beginning of practice if you need to leave early for any reason.
8. Make every effort to schedule any other commitments around volleyball (doctor's appointments, tutoring session, group sessions, parent arrivals, etc.)
9. If you are limited due to illness or injury, you are still required to attend practice, weight training and meetings unless otherwise instructed by staff.
10. Arriving late from, or leaving early for class is acceptable if:
 - a. You remind coach at the close of practice the day before if you will be arriving late the following day
 - b. You remind coach at the beginning of practice on a day in which you need to leave early
- 11. Regarding injuries:** Be open and honest with coaches and trainers. We will then determine your workload. Communication is the key as we determine your limitations and needs. You should notify the coach if you will need modifications in certain areas (i.e. jumping, use of shoulder, etc.) If you will be limited in any way, you must see the trainer during the day (preferably in the morning) and notify the Head Coach of your limitations. **Do not wait until practice to report limitations.**
12. It is a team rule that the trainer be notified of any injury or illness
13. You may drink water in addition to team water break as long as all shagging responsibilities on the court are being handled. If you need to leave the gym for the bathroom, simply check with the coach to do so.
14. On a weekend with no match scheduled, check with coach before making commitments. A practice or meeting may be scheduled

15. No jewelry will be worn during practice. Per NCAA, jewelry during play is not permitted. A delay sanction could be issued if jewelry removal delays the match. We will practice how we compete.
16. The only excuse for not going for a ball in any drill is if there is imminent danger. Otherwise, every ball in every drill must be pursued.
17. Do not catch a volleyball in a drill unless specified to do so. The rule: simply make a play on the ball to the best of your ability, the same level of effort you would make to keep the ball in play in a match.
18. The rule of acknowledgement: In practice, in matches, and otherwise, when you are given instructions by the coaches, you are required to give noticeable acknowledgement. This simply means that you are listening to the coach. In some cases, you may not agree with it, you may not understand it, but you acknowledge with eye contact that you heard it. "Yes" or affirm with a positive tone.
19. Do not go under the net out of control when attached a tight set

I, _____ understand the team practice rules and will hold myself and teammates accountable.

(signature)

(date)

Home and Away Competition Rules

1. During any trip or competition, you are representing Iowa and our volleyball program. Your conduct and behavior should always reflect those obligations.
2. You are required to bring your own game uniform, kneepads, shoes, and socks in your carry-on bag on every flight
3. Players will be assigned to carry training kits, water bottles and video equipment on trips. It will be your assignment from the time we leave our last practice until it is returned to it's proper placed upon return.
4. Travel Clothes:
 - a. **Flights:** We should 'look nice'. Business casual (no shorts or blue jeans unless otherwise noted).
 - b. **Bus:** You may dress comfortably in sweats or shorts. Captains will choose travel outfits.
 - c. **Home Events:** A first-class appearance to everyone who will see you as a representative of Iowa Volleyball
5. Only the designated floor captain will talk to the officials during the course of the match.
6. No jewelry of any kind will be worn during matches
7. Travel itinerary should be followed exactly unless otherwise noted. 5 minutes early is on-time.
8. All players must bring a photo ID on airline flights
9. Player assignments on away trips include:
 - a. Water Bottles (x2)
 - b. Snack Bin
 - c. Pelican
 - d. Trainer Bag

***Players not fulfilling their responsibilities in any of these areas will be reprimanded and punishment will occur when we return to Iowa.*

10. Players will be benched for violations where poor decisions are made i.e. curfew, or other decisions that impact our team image.
11. At away matches, a light out time will be given on the itinerary. This means no TV, no talking. A good night sleep is essential for excellent performance on the road.
12. For home matches, the team and staff will agree upon a lights out time
13. During road trips, NO significant others will be allowed to accompany the team on the team bus and NO significant others will be allowed in the hotel rooms of players. Any violation of this team rule will result in the potential loss of scholarship.
14. If you have family of friends that you would like to greet there are different protocols for home and away matches.
 - a. Home: fan interaction and interviews are your first priority post-match. After interviews or autographs you will head to the locker room for match recap.
 - b. Away: the team will head to the locker room immediately following for match recap and showers. Interaction with friends and family can follow assuming the time allows.

I, _____ understand the Home and Away competition rules and will hold myself and teammates accountable.

(signature)

(date)

Academics

Philosophy:

The volleyball team will have great pride in academic success. This will be reflected by an outwardly positive outlook towards academics, commitment to class attendance, and taking pride in performance. The entire coaching staff will be very supportive and very involved in all academic issues which affect the team.

Players will report directly to the Head Coach with all issues involving academics, tutors, academic support, etc. The Head Coach will oversee all aspects of academic issues and will be the primary liaison with the academic support staff.

Goals:

- 3.0 team grade point average or higher
- All players eligible and in good standing
- Be regarded as outstanding team academically within the Athletic Department

Working with Professors:

Continue to enhance the reputation of volleyball program by representing the team well with all professors.

1. Have a nice appearance to present a classy image of yourself in all academic settings. You are IOWA VOLLEYBALL.
2. Be attentive and responsive in classes. Sleeping or being inattentive is unacceptable. Follow up with assignments and requests by professors in a timely fashion.
3. If you know in advance you will miss a class, talk with the professor beforehand.
4. If you are struggling in a class, meet with professor immediately. This helps in several ways:
 - a. It demonstrates that you care
 - b. It shows respect for instructor and the class
 - c. You may learn methods to improve your performance
 - d. you are dealing with the situation, not hiding from it

Working with Academic Advisor:

All players will follow up with all meetings, appointments, and assignments from your academic advisor Doug Coonrad. If you need to reschedule, you must call in advance and make an alternative arrangement.

*It is mandatory to check e-mail regularly and to respond in whatever fashion is requested.

Notify the Head Coach if any tutoring situation is not meeting your needs or availability conflicts with practice, travel or matches

Academic Impropriety:

Any player known to be cheating in any form will be reprimanded by coaching staff.

Any player who is formally accused of cheating and sanctioned by the U of Iowa will also be accountable for further reprimand by volleyball staff.

Class Attendance:

Class attendance is a part of the Iowa Volleyball program. Players are accountable to the staff and the team for regular class attendance. You are a student-athlete and must be accountable in that order.

Rule: Head Coach must be informed directly from team members if a player misses a class.

Athletic Training room expectations

My Role:

- First stop in your healthcare as it pertains to athlete, student and self. I am responsible for evaluation, treatment and rehabilitation of your injuries (and illnesses). Regardless of the nature of your ailment, if it is effecting you physically or otherwise, put it on my radar and I will facilitate to the best of my ability or get you in with our doctors when necessary.
- If it is going to affect your participation in any team activities, academics or your day-to-day activities and general well-being, I should know about it. The sooner I know the more effectively I can communicate with appropriate parties about potential modifications, need for referral or follow up appointments or any other necessary steps to get you back to 100%
- I am available for all levels of **health emergencies** 24/7.
 - I prefer to make “appointments” so I can add you to my schedule. If I don’t know you’re coming in to see me, I may not be at my desk. So please give me a heads up!

Prep for practice:

- Come prepared→ Be fed, hydrated, dressed and ready to work
- Be engaged and focused
- Be patient→ There are more of you than there are of me, if you have questions or need something- ask. If I am working with someone else I will assist you as soon as I can

Post Practice:

- Rinse off in shower before using the hot/ cold tubs
- If you need something, see me before showering or TT

Medical appointments:

- All should go through me and our team physicians
 - It is your right to seek help elsewhere. However, if you decide to do so Athletics may not cover the costs
 - If you choose to utilize a different physician, the final decision on your participation will still come from our overseeing team physician
- **YOU** must take on the responsibility of remembering your appointment schedule and getting there on time.

General expectations:

- Athletic clothes (including shoes) for all appointments, evaluations, rehab etc.
 - If coming in before practice be dressed and ready for practice
- Please leave your cell phones in the locker room during rehab
- No food in the Athletic Training room or in the hot/ cold tubs
 - Drinks must be capped
- Please pick up after yourselves→ drinks, rehab equipment, personal items etc.
- Be respectful- not only to me but to each other and to anyone else in the ATR. This means please watch your language, conversation content and your volume
- Great communication
 - I can only help you if I know you need it
 - Let me know well before practice if something might affect your participation to give me ample time to see you and communicate with coaches
 - Tell me when an injury occurs rather than 10pm that night (or 4 days or 2 weeks later).
 - If we have scheduled a time to meet or an appointment – show up
- I am here for you! But please remember this is a two way street- I can only be effective if I am getting honesty and effort on your part

Volleyball Team Manual: S&C

- **PREPARATION BEFORE S&C SESSION:**

- PHYSICALLY AND MENTALLY PRESENT BY THE DESIGNATED START TIME OF THE SESSION.
 - BE RESTED, HYDRATED AND FUELED.
 - YOUR BODY NEEDS ENERGY TO TRAIN AND ADAPT.
 - IF YOU REQUIRE TREATMENT PRIOR TO THE TRAINING SESSION, ALLOW YOURSELF APPROPRIATE TIME.
 - PHYSICALLY PRESENT WITH YOUR ISSUED GEAR. MENTALLY PRESENT MEANS YOU ARE MINDFUL OF WHAT THE SESSION'S THEME CONSIST OF, AND COULD READILY ARTICULATE YOUR SPECIFIC GOALS TO ACCOMPLISH WITHIN THE SESSION.

- **BE PRESENT. HAVE A SENSE OF URGENCY:**

- BE ENGAGING BY MAKING EYE CONTACT AND SPEAKING CLEARLY.
- ACT WITH A SENSE OF URGENCY IN BETWEEN SETS / DRILLS.
 - (EX: HUSTLE UP TO THE DYNAMIC WARM UP LINE AFTER THE TEAMMATE AHEAD OF YOU TAKES OFF. ANOTHER EXAMPLE WOULD AFTER YOU PERFORM A BARBELL EXERCISE, HUSTLE TO ASSIST YOUR PARTNER WITH CHANGING WEIGHT (IF NECESSARY)).

- **POST S&C SESSION RESPONSIBILITIES:**

- LEAVE THE FACILITY IN BETTER CONDITIONS THAN YOU FOUND IT.
- POST WORKOUT NUTRITION.
 - BE MINDFUL OF WHAT YOU ARE PUTTING INTO YOUR BODY. FUEL YOUR BODY WITH A PURPOSE PERFORMANCE CENTERED PURPOSE.
- THE TIME YOU ARE NOT SPENDING WITH A COACH SHOULD ALIGN WITH YOUR GOALS AND TEAM STANDARDS ON THE COURT. RECOVERY MUST BE A PRIORITY.

- **COMMUNICATION AND ATTITUDE:**

- KEEP IT SIMPLE AND REMEMBER THE GOLDEN RULE.
- CULTURE = VALUES + BEHAVIOR - WHAT YOU TOLERATE
 - VALUES = STANDARDS OF BEHAVIOR
 - BEHAVIOR = THE WAY IN WHICH ONE ACTS OR CONDUCTS. EVERY MEMBER OF THE TEAM'S BEHAVIOR MUST ALIGN WITH TEAM VALUES
 - WHAT YOU TOLERATE = IDENTIFY AND CORRECT ANY BEHAVIORS THAT TAKE AWAY FROM TEAM CULTURE