

TSAS

Volleyball Program

Handbook

Tulsa School of Arts and Sciences

2024 - 2025 School Year



Introduction

The purpose of this handbook is to share important expectations, policies, and useful information about our new volleyball program. Please, contact us if you have any questions.

Head Coach

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Athletic Director

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Principal

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Important Dates

Aug. 14 - First day of school

A.S.A.P. - Take a physical form to your student's doctor to complete a sports physical

Aug. 22 - Volleyball practice starts

(Practices will held after school every Mon, Tues, Thur, & Fri from 4:00 - 5:00 PM during season)

Sept. 1 - Volleyball game season starts

Before Oct. 12 - Regional tournament date not yet announced

Oct. 17, 18, & 19 - State tournament weekend



TSAS is an independent public charter school in which every student is welcomed as they are, known and valued for who they are, challenged to become a better version of themselves, encouraged in their efforts to become that person, and celebrated for their successes.

Volleyball Program Values

At TSAS, we believe **learning is a process in which all can participate and succeed.** For our volleyball program that means treating each other with respect, modeling integrity, and promoting sportsmanship, as well as preparing students for their futures in a global community through developing important leadership and life skills.

At TSAS, we believe **our community should foster the intellectual, emotional, and physical well-being of each student.** For our volleyball program this means viewing ourselves as a community within this greater community. Participating in team sports improves interpersonal skills such as the development of empathy for others, self-confidence, and sense of personal responsibility.

At TSAS, we believe in creating a **supportive and responsive learning environment with high standards and expectations for all students** which compels them to be active participants in their own education. For our volleyball program this means that every volleyball practice and game is an opportunity to learn and practice new skills and techniques that exercise both the body and the mind.



Player Expectations

EFFORT: Show up and do your best. Putting in your best effort every time is what makes rapid growth happen. The individual effort you put into each serve, pass, set, hit, and save is more important than the score at a scrimmage or even a game.

RESPECT: Show respect for yourself and others at all times. Clear communication is essential for the health of a team. No put downs, no name calling, and no blaming others. Is it helpful? Say it! Is it hurtful? Keep it to yourself. Negative self-talk will equally not be tolerated.

INTEGRITY: Speak, respond, and behave in a way in which you can be proud. Mistakes and misunderstandings will happen between teammates. When they do we should all be quick to apologize and show that we mean it by making better choices moving forward.

TEAMWORK: Be a team player. Everyone has different abilities, skills, and strengths. Every player is a valuable part of the team. No matter what happens on or off the court, never forget that if you need help- you have people to ask for it. We can accomplish more together than we can on our own!

All TPS secondary schools are members of the Oklahoma Secondary Schools Activities Association and must follow rules and policies that have been established by the OSSAA. This includes academic and residential eligibility requirements. To be eligible to participate in any TPS athletic program, a physical and medical history form must be completed, as well as, a participation, consent and concussion form must be electronically signed and submitted. A student cannot practice or participate in games without completed, signed and submitted forms.



Parent/Guardian Expectations

SUPPORT: Supporting your student's attendance at school and for practice is critical to their personal growth. The first thing they need to participate in volleyball is a completed medical history form and a physical examination to okay them for sports activity completed by a physician, physician's assistant, or advanced practice nurse. The physical form must be stamped or signed by the qualified person who completed the examination.

UNDERSTANDING: You might not always agree with every decision made by a member of the coaching staff, and you might not always agree with decisions made by players, but please be there to support your child and the program in a positive manner.

ENCOURAGEMENT: Youth benefit from positive feedback. Focusing on things your child completes well will boost their confidence to complete harder. Be a fan of all members of the team when they are playing.

SPORTSMANSHIP: Please represent the school at each game by showing good sportsmanship towards referees, coaches, players, and fans from our school and other schools.



Policies

Absences: Practice attendance will directly affect student opportunity to play in games.

Attendance at practice and games is mandatory. The volleyball season is short, and players should only miss practice or a game if there are extenuating circumstances. Players must be in attendance for half a day of school in order to practice or play in a game. If a player gets prior approval from a coach or a school admin, they may miss part of the school day and still practice that evening. Reasons for missing a part of the day that would constitute an excused absence would be an appointment or funeral. If a player misses part of the school day and has not informed a coach or administrator of the absence in advance, the absence will be considered unexcused, and they will not be able to practice or play if there is a match that day.

Sickness: If a player is sick for any part of the school day and misses any portion of school for sickness, she is not eligible to participate in practice or a game that evening. The player or a parent/guardian is responsible for informing the coach. Failure to do so will result in an unexcused absence.

Injuries: Athletes and parents must report any injuries to a coach immediately. From there the severity of the injury can be assessed and the proper measures can be taken. Players should only miss practice due to an injury if it is a concussion or another injury that requires medical clearance from a doctor before returning to play. If an injury is not serious, players should still attend practice and participate in a way that is safe and appropriate considering the injured area. Any missed practices without coaches' approval or communication with a school administrator will be considered an unexcused absence.

Player Conduct: Our players and coaches are expected to be ambassadors of the school. The volleyball program reserves the right to not play a player or allow a player to be part of the team for any violation seen as inappropriate by the coaching staff or school administrator.





Volleyball Rules Summary

Complete rules for play can be found on the Oklahoma Secondary School Activities Association website: OSSAA.com

RULE 1 - AGE, PHYSICALS AND PARENTS' CERTIFICATE OF CONSENT

Section 1 - Any student who reaches their 19th birthday before Sept. 1 will not be eligible for athletic competition. Any student who reaches their 16th birthday before Sept. 1 will not be eligible if enrolled in the 9th grade or below. Any student who reaches their 15th birthday before Sept. 1 will not be eligible for the 8th grade or below.

Section 2 - No student shall be eligible to represent their school in athletics until there is on file with the principal a physical examination and parental consent certificate. Physical examinations are required for students each year. All physicals given for OSSAA participation must be given no earlier than May 1 of the preceding year in which the students are to participate and before the first day of practice. Parent(s)/guardian(s) must sign the parental consent form each year before the student participates in any organized athletic practice session including contest participation.

RULE 2 - ATTENDANCE

Daily attendance for each class period during the school day as well as the cumulative record of attendance for a semester shall be in

RULE 3 - SCHOLASTIC ELIGIBILITY

Section 1 - A student must have received a passing grade in 5 subjects in which they were enrolled in during the last semester they attended fifteen or more days.

Section 2 - Scholastic eligibility for students will be checked after 3 weeks (during the 4th week) of a semester and each succeeding week thereafter. Schools may choose to run eligibility



checks on any day of the week. The period of probation and ineligibility will always begin the Monday following the day eligibility is checked. A student must be passing in all subjects they are enrolled in during a semester. If a student is not passing all subjects enrolled in on the day of the grade check, he/she will be placed on probation for the next one-week period.

Section 4. Students With Individualized Education Programs or Plans in Special Education Classes A student, who is enrolled in special education classes, and has an Individualized Education Program or Plan (IEP) who does not meet the above eligibility requirements may be permitted to participate under this rule, if the student has been certified by the member school principal as doing a quality of work consistent with the expectations and objective of the Plan.

RULE 4 - CONDUCT OF STUDENTS

Section 1 - A student who is under disciplinary action or who is suspended from school or an activity shall be ineligible until reinstated by the school principal. Likewise, a student who is disqualified during a game or contest because of unsportsmanlike conduct shall be ineligible. A disqualified student shall remain ineligible for at least one contest before they are reinstated by the principal. A student whose conduct consists of fighting, cursing or using foul language toward a game official will be automatically suspended from participating in a minimum of the next 2 regularly scheduled games or contests. Any substitute or team member who leaves the team bench and enters the playing area during a fight or any other serious unsportsmanlike act shall be ejected.

Section 2 - No player shall enter a contest under a name that is not their own.

RULE 7 - PARTICIPATION

Section 1 - 7th grade school year and 8th grade school year students are permitted to participate in athletics at the 9th grade level or below, but are not permitted to participate in athletic activities open to students in grades 9th through 12th unless approved to participate at that level by OSSAA's Board of Directors. A student at the 9th grade level may participate with 7th and 8th grade students in junior high athletic competition, and also may be permitted to participate in varsity or junior varsity athletic competition open to students in grades 9 through 12.



A student must have completed the 8th grade to participate in varsity or junior varsity athletic competition open to students in grades 9 through 12, unless approved to participate at that level by OSSAA's Board of Directors.

RULE 8 – ESTABLISHING AND MAINTAINING ATHLETIC ELIGIBILITY

Section 1 - To be eligible to participate in athletics, the student must be residing with the student's parents (or custodial parent/court-appointed guardian with legal custody of the student). The student must also be lawfully enrolled at a secondary school grade level (grades seven through twelve) in a member public school district or at a member school.

Section 10 - Authority to grant exceptions OSSAA may grant an exception to a student facing ineligibility when it is found that the application of this rule works an undue hardship on the student.

RULE 16 - BEGINNING AND ENDING OF SPORT SEASONS FOR HIGH SCHOOL

Section 5 - The season for volleyball may begin in August with the opening of school. Organized practice for volleyball may begin no earlier than July 15. Organized practice is defined as school or anticipated school personnel directly or indirectly giving individual or team instruction concerning the fundamentals of a particular sport. The season for all sports shall close with its state championship tournament or meet. If a game or meet is postponed and no date is open to play the postponed game or meet, the Board of Directors shall have jurisdiction in determining whether the season may be extended.

Section 7 - The Board of Directors will not approve an application from a member school for sanction of a meet or tournament following the close of the season for that sport.

RULE - 20 PROCEDURES FOR DETERMINING VIOLATIONS, WAIVERS AND APPEALS

Section 1 - Each member school is responsible for notifying OSSAA promptly whenever a violation of OSSAA rules or policies is suspected, or an allegation of a violation has been received by the school. A failure to report a suspected or alleged violation to OSSAA may subject the school to sanction or penalty.



FAQs

Are there tryouts? No, if a student has completed and turned in all the required paperwork, they may participate on the team as a practicing player.