

Union Volleyball – Basic Guidelines – 2025-2026

Camp for 7th, 8th, and 9th Graders - details can be found online at www.unionvolleyball.net.

Camp occurs May 27-29 from 9am-12pm Tuesday through Thursday at the Union Freshmen Academy. 10th-12th grade players work the camp for our younger players tentatively from 8:00-12:30. 8th and 9th grade players will benefit from the time on the court, so camp provides an opportunity to strengthen ball control and knowledge of the game. Players also gain an understanding of common drills we will utilize once practice begins in July. Many kids just start playing volleyball in Union in 7th or 8th grade, so we have a lot of ground to cover before we play our first match in early August. Camp also allows coaches and players to begin establishing a rapport; most importantly, it allows teammates to begin working together and establishing new friendships. If an 8th/9th grade player is in town, it is encouraged she attends camp May 27-29

Playing Time

We keep a lot of kids, more kids than we can honestly play in every match. It is our goal to provide playing time, but time will not split equally. Players and players must understand and be prepared to accept that not everyone plays.

Player's Behavior Expectation

A player represents her parents, her coaches, her teammates, Union Public Schools, and Union Volleyball at all times. Behaving in a manner capable of tarnishing the reflection a player has on the program will not be tolerated and will be addressed immediately. Social media lives forever in a screenshot. Players on a team are like sisters in a family; sometimes they wear on each other, and we will work through that. Not to be tolerated is the purposeful demeaning or mistreatment of another player.

Drug and Alcohol Contract

Engaging in activities related to drugs or alcohol violates the school's policy, and the consequences set forth by the school will be followed. Students sign the drug and alcohol contract – be sure to read it!

Practice Start Times During School

Players should be dressed and on the court within 15 minutes of dismissal from 5th hour or arrival on campus if traveling. Junior high players at the 8th grade will have 30 minutes of study hall ahead of practice starting each day during school.

Missing Practice

Students are expected to be in attendance at each and every practice, both during the summer and after school. Students absent from practice, outside of a school requirement or an injury being treated under the care of a doctor or Union's athletic trainer, will make up the missed conditioning before being allowed to return to the court for future matches. It's not a punishment, but it will be in place of a two to three hour practice; time to complete the conditioning takes 40-60 minutes.

Self-Diagnosis

Players are not excused from working out with the team unless written notice is provided from a doctor or Union's athletic trainer. Parents may not request a student miss a team workout for any reason. If reason enough exists to miss, reason enough exists for the player to see the trainer or a doctor. If it is for reasons other than an injury, such as a cold or other temporary ailment, the player might be better served resting at home. Failure to participate can result in removal from the class. Visiting Union's athletic training center is highly recommended for sport related injuries. All players must receive permission before seeing the trainer during practice time; the trainer is available before and after school for drop-ins.

Concerns as a Player or Parent

Is it a player or parent concern – who should address the coach? Parent concerns involve the physical and emotional well-being of a child and should be brought to the attention of the coach immediately. Player concerns involve topics related to the player's role in the volleyball program. Playing time is a player's concern first; coaches always want to address the player ahead of the parent. The communication line must remain open between player and coach. Parents should encourage a player to speak with her coach when concerns arise. See also "Playing Time" above.

Dress Code on the Court

Players are expected to wear a t-shirt and shorts or black/blue spandex. No shirts other than uncut crew neck t-shirts are permitted. Any athletic short is fine, but no spandex other than black or blue is allowed. Hair up and no jewelry.

Team Assignment

Teams will be assigned based on the player's ability and the needs of the team. These assignments are fluid and may change at any time throughout the season.

Staying on Game Day After Playing a Match – 9th, JV, and Varsity

All players are expected to be in attendance all evening during matches where multiple teams play. The varsity and JV are there when the 9th grade plays; 9th grade is expected to be present while the JV and varsity play. Older players support younger kids, and younger players support older ones. We arrive at tournaments as a team, and we leave as a team after all responsibilities are met; if we stay to officiate after losing our final match, each player stays regardless of whether she is working the match or not. The facility courts will be off-limits during home matches unless supervised or at the direction of a coach. Players will be dismissed by the team's coach.

Home Games – 9th, JV, and Varsity

High school players are expected to report to the gym immediately following 5th hour; bus riders from the 9th grade are allotted ten minutes after the bus arrives to dress for their game. Sophomores will clear any obstructions in the playable area. Juniors will set up benches. Seniors will set up the table with the necessary game balls, score sheets, pens, pencils, microphone, and game music. Varsity will dress out before the JV match. JV will dress out after setup. Varsity officiates 9th grade. 9th grade officiates JV. JV/9th officiate varsity; 9th will only be needed if JV needs help due to low numbers. The officiating team is expected to officiate or do homework if not needed to officiate during a set. The non-officiating team is cheering and supporting the playing team. Teams will report to the facility for warm-ups at the direction of a coach. Following all home matches, 9th grade and JV tear down the net, clean up the table area, and put away the chairs. The booster club provides food only for the players scheduled to play.

Gear Requirements

Union provides the jersey only. Players provide their own black spandex. Students are highly encouraged to wear knee and ankle protection; color is not specified. Matching shoes are not mandated.

Hazing

In no shape, form, or fashion is hazing allowed. Never will any player do anything to make another player feel she is less than another. There is no grunt work saved for younger kids, and there is no rite of passage activity. Each person is a teammate, and we were once all the younger kid or the new kid. We will not tolerate anyone forgetting every teammate deserves equal treatment. Words and actions will build up our teammates, and our words and actions should never divide us.

Bus Transportation

Kids are expected to ride the team bus both to and from away matches. Ultimately, parents make the final decision. Riding the bus is the expectation. High school parents will pick up at the high school following away matches. Junior high parents will pick up at the 8th grade following away matches.

Prompt Parent Pick Up

A coach must stay with kids waiting for a ride. If arriving on time presents a hardship, consider ride-share to pick up your child at a teammate's home later. Please arrive within 5-10 minutes of the scheduled dismissal time to help everyone arrive home in a timely manner.

Communication

It is our goal to keep everyone informed in a timely manner. Sports You will be the primary source to relay information. Long-standing information will be found at www.unionvolleyball.net. Social media accounts include: Twitter (unionvballtulsa), Instagram (union_volleyball_tulsa) or Facebook; find our FB page by searching "Union Volleyball – Tulsa, OK".

Players are to use Sports You for group chats. Groups will be set up to include a coach. No other social media platforms are allowed for group communication.

Summer Workouts for 9th-12th Teams– Mandatory if in town – Junior High Teams not included

Sign up for Summer Pride workouts – best bang for the buck (\$75). In addition to strength training, over 4 hours per week of court training will be included in the price of summer workouts and will follow Coach Clare's workouts, Tuesday through Thursday, June 3-July 11, excluding dead week, June 28-July 6.

Link to pay - <https://ok-union.intouchrecepting.com/>

Summer League

JV and Varsity kids will participate in the Catoosa Summer League starting June 3 and ending June 26. Details TBA.