

DARE TO DREAM THAT ALL THINGS ARE POSSIBLE!!
BUILDING FOR SUCCESS ONE STEP AT A TIME...



2018 Volleyball
Athlete and Parent
Information Packet



COACHES CONTACT LIST:

HEAD COACH

Volanda Beasley

bcastleyv@castleberryisd.net

Office phone: 817-252-2149

Classroom phone: 817-252-2168

ASSISTANT COACHES

Lauren James

jamesl@castleberryisd.net

Office phone: 817-252-2100

Misti Merck

merckm@castleberryisd.net

Classroom phone: 817-252-2198

Chs Volleyball Remind101

<https://www.remind.com/join/ybcas>

OR

Enter 81010 and text @ybcas

Castleberry Independent School District Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

- ... Violation of the *Athletic Code of Conduct* will be considered on an individual basis.
- ... You will be treated fairly.
- ... You are an athlete year round.
- ... Comply with school policy.
- ... Conduct yourself as a lady/gentleman at all times.
- ... Always tell the truth.
- ... Do not steal.
- ... Do not make excuses.
- ... Do your best in the classroom.
- ... Respect your teammates.
- ... Do not participate in other non-school related sports while your sport is in season.
For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.
- ... Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- ... If you have a concern, talk to your coach in private.



VOLLEYBALL

APPEARANCE:

- WEAR THE CORRECT PRACTICE CLOTHES EACH DAY (M/TH = BLACK SPANDEX & RED SHIRT)
- (WED/SAT =BLACK SPANDEX & GREY SHIRT)(TU/FRI = COVER SHIRT and BLACK SHORTS)
- WEAR YOUR HAIR UP AND OUT OF YOUR FACE AT ALL TIMES; DO NOT WEAR JEWELRY
- DO NOT ALTER YOUR UNIFORM OR PRACTICE ATTIRE IN ANY WAY
- ALWAYS LOOK LIKE A VOLLEYBALL PLAYER (KNEEPADS, SOCKS, AND COURT SHOES ON)
- ROAD TRIPS – GET OFF THE BUS READY TO PLAY
- NO I-PODS / CELL PHONES AT PRACTICE
- **“Nothing succeeds like the appearance of success.”**

ATTITUDE:

- MAINTAIN A POSITIVE ATTITUDE – ENCOURAGE YOUR TEAMMATES; BE ENERGETIC, ENTHUSIASTIC, FOCUSED
- DEDICATE YOURSELF TO THE PROGRAM – YOU BELONG TO SOMETHING BIGGER THAN YOURSELF
- NO DISTINCTION BETWEEN GRADE LEVELS – WE ARE ALL LIONS! SUPPORT ALL TEAMS AT ALL TIMES
- PRIDE IS A MUST!! BE...PREPARED, RESILIENT, INDISPENSABLE, DEPENDABLE, EXCITED
- **“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.”**

BEHAVIOR:

- DO NOT USE FOUL LANGUAGE – EXTRA CONDITIONING WILL RESULT
- NO TOBACCO OR ALCOHOL – CONSEQUENCES WILL BE SEVERE
- IN THE CLASSROOM:
 - TREAT YOUR TEACHERS WITH RESPECT (YES SIR / NO SIR / YES MA’AM / NO MA’AM)
 - KEEP YOUR GRADES UP – TURN WORK IN ON TIME AND DO QUALITY WORK
 - GIVE TEACHERS A GAME SCHEDULE AND INVITE THEM TO GAMES
- ISS / DISCIPLINE /LOW GRADES – EXTRA CONDITIONING AND OTHER MEASURES WILL BE USED
- **“What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.”**

TRANSPORTATION:

- BE ON TIME – WE CAN NOT, AND WILL NOT, WAIT
- ALWAYS RIDE THE BUS HOME WITH YOUR TEAMMATES AFTER GAMES/TOURNAMENTS

PRACTICE:

- BE ON TIME: *EARLY* IS ON TIME, ON TIME IS *LATE*, LATE IS *UNACCEPTABLE*
- NEVER MISS A PRACTICE – IF YOU ARE SICK, I NEED TO KNOW (**CALL 254-366-5747**)
- HUSTLE!!– ENERGY AND ENTHUSIASM IS CONTAGIOUS; LAZINESS AND APATHY IS CANCEROUS
- TAKE CARE OF OUR EQUIPMENT – DON’T KICK VOLLEYBALLS; DON’T HANG ON THE NETS
- NO INJURY PREVENTS YOU FROM DRESSING OUT
- **The more you sweat in practice, the less you bleed in battle.”**

MATCHES:

- BE INTENSE AND FOCUSED DURING THE MATCH – ON THE COURT AND ON THE BENCH
- NO IDLE TALK WARMING UP – THAT TIME SETS THE TONE FOR THE MATCH
- CHECK THE SCHEDULE CAREFULLY – AVOID CONFLICTS THAT WOULD CAUSE YOU TO MISS A MATCH

***PARENTS/GUARDIANS—As with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals and skills, but the following will not be discussed:

- **Playing Time**
- **Play Selection**
- **Personnel**

CASTLEBERRY

VOLLEYBALL

KNOW YOUR SPORT

OFFENSE

1. ATTACKING

- a. MENTAL PREPARATION
- b. MECHANICS
- c. HITTING LINE/CROSS-COURT
- d. OFF-SPEED/TIPS
- e. TOOLING THE BLOCK
- f. READING THE DEFENSE
- g. SITUATIONAL STRATEGIES

2. HITTER COVERAGE

- a. SETTER'S RESPONSIBILITIES
- b. OPPOSITE HITTER
- c. LIBERO'S RESPONSIBILITIES
- d. TRANSITION TO DEFENSE
- e. READING THE BLOCK

3. SYSTEMS

- a. 4-2
- b. 6-2
- c. 5-1

4. SETS

- a. OUTSIDE HITTER
 - i. 5, HUT, 32
 - ii. SWING
 - iii. STACK
 - iv. SHOOT
- b. MIDDLE HITTER
 - i. 1,2 and "A"
 - ii. SLIDE
 - iii. "X"
- c. RIGHTSIDE HITTER
 - i. "A", "B" AND "C"
 - ii. "X", SPLIT
- d. BACKROW ATTACK

DEFENSE

1. SYSTEMS

- a. ROTATION DEFENSE
- b. MAN-UP DEFENSE
- c. "READ" DEFENSE
- d. PERIMETER DEFENSE

2. COMMUNICATION

3. BLOCKING

- a. MIDDLE BLOCKER'S DUTIES
- b. SINGLE/DOUBLE/TRIPLE
- c. SWING BLOCK
- d. OFF-SIDE BLOCKER'S DUTIES

4. DIGGING

- a. LIBERO'S RESPONSIBILITIES
- b. SETTER'S RESPONSIBILITIES
- c. OFF-SIDE BLOCKER
- d. DEFENSIVE SPECIALIST

5. DEFENSIVE SITUATIONS

- a. BACK-ROW ATTACK
- b. 2ND BALL ATTACK
- c. "SETTER OUT"
- d. SAVES
- e. DEFLECTION OFF BLOCK

6. RUN DOWNS/SAVES

7. TRANSITION

- a. SPEED
- b. COMMUNICATION
- c. SUPPORT

8. SETTER'S ROLE

CASTLEBERRY

VOLLEYBALL

PHILOSOPHY

SETTING – CONFIDENCE

- 1. KNOW YOUR HITTERS**
- 2. PRAISE YOUR PASSERS**
- 3. BE A LEADER – RUN THE OFFENSE**
- 4. COMMUNICATE WITH THE COACH**
- 5. STAY POSITIVE – “TAKE THE BLAME”**

ATTACKING – DISCIPLINE

- 1. BE AGGRESSIVE – CALL FOR THE SET**
- 2. BE SMART – KNOW WHEN TO SWING AND WHEN TO FAKE**
- 3. PRAISE YOUR SETTER**
- 4. COMMUNICATE WITH YOUR TEAMMATES**

DEFENSE – PRIDE

- 1. BLOCKERS**
 - a. QUICK ON TRANSITION FROM OFFENSE TO DEFENSE**
 - b. ANTICIPATE THE SETS**
 - c. KNOW YOUR OPPONENT’S TENDENCIES**
 - d. COMMUNICATE WITH YOUR TEAMMATES**
 - e. QUICK ON TRANSITION FROM DEFENSE TO OFFENSE**
- 2. DEFENSIVE SPECIALISTS**
 - a. BE ATTENTIVE ON THE BENCH – READY TO ENTER THE GAME**
 - b. WANT THE BALL**
 - c. ENCOURAGE THE HITTER WHO PLAYS FOR YOU ON THE FRONT ROW**
 - d. COVER YOUR HITTERS**
 - e. COMMUNICATE WITH YOUR TEAMMATES**
- 3. LIBERO**
 - a. BE A GOOD LEADER**
 - b. WANT THE BALL**
 - c. WORK WITH YOUR BLOCKERS**
 - d. COMMUNICATE WITH YOUR TEAMMATES**
 - e. COMMAND THE GAME**

SERVING – COMPETITOR

- 1. LOOK FOR A GAP IN THEIR SERVE RECEIVE**
- 2. SERVE TO A NEW SUB**
- 3. SERVE TO A PLAYER WHO HAS JUST COMMITTED AN ERROR**
- 4. BE ABLE TO SERVE POSITIONS ON A COURT**
- 5. HAVE A TOUGH TOP-SPIN SERVE IN YOUR ARSENAL**
- 6. TRANSITION QUICKLY FROM SERVER TO BACK-ROW DEFENDER**

CASTLEBERRY

VOLLEYBALL

WORK OUT PLAN

SUMMER/PRE-SEASON STRENGTH & CONDITIONING

- 1. STRENGTH – WEIGHT TRAINING**
- 2. STAMINA – WORK ON CONDITIONING, SPEED, AGILITY & QUICKNESS**
- 3. IMPROVE MENTAL TOUGHNESS**
- 4. INCREASE TEAM COMMITMENT – MAKE AN INVESTMENT**
- 5. IMPROVE OVERALL SKILLS IN CAMPS AND LEAGUE PLAY**
- 6. DEFINE AND SET INDIVIDUAL GOALS**

TWO-A-DAYS

- 1. EVALUATE TALENT**
- 2. TEACH TEAM PHILOSOPHY**
- 3. INTRODUCE ALL AREAS OF GAME STRATEGY**
- 4. INTRODUCE AND PRACTICE FUNDAMENTALS**
- 5. MAKE CUTS AND PICK TEAMS**

PRE-DISTRICT SEASON

- 1. DEVELOP TEAM CONCEPT**
- 2. IDENTIFY & CORRECT TEAM WEAKNESSES**
- 3. WORK TOGETHER AS A TEAM (COHESIVENESS)**
- 4. BUILD ANTICIPATION TOWARD THE DISTRICT SCHEDULE**

DISTRICT SEASON

- 1. FOCUS ON ONE GAME AT A TIME**
- 2. CONTINUE TO IMPROVE SKILLS**
- 3. ADJUST TEAM GOALS, IF NECESSARY**
- 4. GET INTO THE STATE PLAYOFFS!**

PLAYOFFS

- 1. REALIZE TEAM GOALS!**
- 2. PLAY WITH PASSION!**
- 3. OVERACHIEVE!**

OFF-SEASON WORKOUTS

- 1. RE-EVALUATE TALENT**
- 2. RE-FOCUS ON FUNDAMENTALS**
- 3. INCORPORATE NEW SYSTEMS/TECHNIQUES**

PLAYER PROFILES

OUTSIDE HITTERS

- EXCELLENT STAMINA
- QUICK FEET
- QUICK RELEASE AFTER ATTACK
- STRONG, FAST ARM-SWING
- CONFIDENT
- STRONG DEFENDER

DEFENSIVE SPECIALISTS

- GREAT SPEED
- GOOD REACTION TIME
- UNSELFISH
- AGGRESSIVE & CONFIDENT
- GOOD COMMUNICATOR
- QUICK REFLEXES

SERVERS

- CONFIDENT
- GOOD COURT VISION
- GOOD TRANSITION SPEED
- GOOD CORE STRENGTH
- GOOD PASSER

MIDDLE BLOCKERS

- QUICK REFLEXES
- STRONG UPPER BODY
- GOOD FOOTWORK
- GOOD LATERAL MOVEMENT
- GREAT COURT VISION
- EXCELLENT STAMINA
- SIZE

SETTERS

- COURT LEADER
- CONFIDENT & SMART
- STRONG, "SOFT" HANDS
- GOOD CONTROL
- AGGRESSIVE & STEADY
- GREAT SPEED
- GOOD COURT VISION
- COACHABLE

LIBEROS

- AGGRESSIVE AND CONFIDENT
- LEADER
- DISCIPLINED
- MUST UNDERSTAND THE GAME
- GOOD SPEED
- WELL CONDITIONED
- FEARLESS & UNSELFISH

RIGHT SIDE HITTERS

- QUICK FEET AND ARM-SWING
- SMART HITTER
- STRONG BLOCKER
- GOOD HANDS (SETTING)



CASTLEBERRY

VOLLEYBALL

POSITION DESCRIPTION & RESPONSIBILITIES

OUTSIDE HITTER

The outside hitter most often attacks the balls which setter sets to the antenna to the left side of the court. Therefore after the serve outside hitters place themselves to the left front position. Sometimes setters will run offensive plays in which outside hitters run to hit balls "inside" around the middle blockers; therefore, they must be quick, versatile players.

Outside hitters many times play both the front row and the back row and are responsible for hitting 10 foot-line attacks, usually from the left back position when playing in the back row.

Outside hitters have to have the skills to pass, attack, block, serve and play defense. They are often the players who score the most points in a game because they usually get the most sets in a game.

Outside hitter's defensive passing responsibility on both the front and back row makes them an extremely important player for the team.

Often counter attack sets after the defensive play will go to the outside hitters - they carry the responsibility of hitting the ball against a solid block when the pass is off the net.

RIGHT SIDE HITTER

Right side hitters usually don't have passing responsibilities. They stand behind the passers on the rotation while libero and outside hitters pass the ball and they place themselves to the right front playing position.

Right side hitters need to have great blocking skills since they play against the outside hitter of the opponent when on the front row.

Right side hitters need to have good setting skills since they will often take over "second ball" responsibilities when the back-row setter passes first ball.

SETTER

The setter is the playmaker, point guard or the quarterback of the volleyball team. A setter's responsibility is to run the team's offense and build up offensive scoring opportunities for the team.

The setter often plays both front row and back row, therefore she needs to be able to block, serve and play defense.

The setter needs to have good blocking skills because in front row position in a 5-1 offensive system, she plays against the opponent's outside hitter who often carries a big load of the attacking responsibility for the opponent.

The setter plays the right front or the right back position.

CASTLEBERRY VOLLEYBALL

POSITION DESCRIPTION & RESPONSIBILITIES

MIDDLE BLOCKER

The middle blocker's main responsibility is to stop the opponent's offense at the net.

The middle blocker builds a block which stops the ball, or allows the team to dig the ball up better by forcing the opponent's offense to alter their attack.

Middle blockers' job is to stop the opponent's middle hitters or outside hitters in co-operation with her front-row teammates.

Middle blockers need to have great blocking, attacking and serving skills.

Middle Blockers in the Back Row: middle blockers usually play defense only on one rotation - after their serve. After losing the rally of their serving turn, a libero usually comes in and replaces the middle blocker. It is possible, however that the MB stays and plays left back defense.

LIBERO

The libero is a back row specialist who is allowed to play back court only.

The libero wears a different color shirt in the team and is allowed to enter and exit the game without substitution request.

The libero can replace any player on the court and most often replaces middle blockers.

Since her play is in the back court only, the libero needs to have the best passing and defensive skills on the team. The libero needs to have exceptional serve receive skills because often they pass a larger area than other serve receivers in the team.

The libero most often plays the left back or middle back position on defense.

DEFENSIVE SPECIALIST

Defensive specialists enter the game on the back row to replace front row players whose passing and defensive digging skills are not very strong.

Defensive specialists carry a serve receive and defense responsibility in the back row.

Defensive specialists usually serve and often play the full back row rotation before giving the spot in the front row back to the offensive player again.

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2070



CASTLEBERRY VOLLEYBALL

Make-up Practices/Matches 2018-19

Definition: (Excused vs Unexcused)

Excused

1. Medical—Doctor's note + phone call(make-up)
2. Illness—Phone call / email notification (make-up)
3. Illness---Present at practice (no make-up)
Note: Must be in attendance 4 out of 7 periods at school.
4. Death in the family + phone call (no make-up)
5. Family emergencies + phone call (make-up)

Unexcused

1. Absences due to vacation
2. Illnesses – no contact
3. Absent from practice
4. Attendance Saturday school

Volleyball guidelines

Excused – 15 min. circle drill + 20 serves in, 20 hits in, 50 wall passes consecutive.

Unexcused – 25 min. circle drill + 30 serves in, 30 hits in, 75 wall passes consecutive.

Tardiness to practice is not acceptable. A note from a teacher is required for entrance.

3 consecutive unexcused absences from practice without notification can be grounds for dismissal from the volleyball program(regardless of make-ups completed).

If a set or match is missed, the athlete will not participate in the next set or match. Athletes are required to attend each event with the rest of the team.

If practice is missed the day before a match, the athlete will not participate in the next match.



CASTLEBERRY HIGH SCHOOL

VOLLEYBALL SCHEDULE

2018



DATE	DAY	GRADE	OPPONENT	LOCATION	TIME
August 4	Saturday	9, JV, V	Scrimmage	CHS	9:00 AM
August 6	Monday	9, JV, V	Scrimmage	CHS	9:00 AM
August 7	Tuesday	9, V	Vanguard Prep	Away	5:00, 6:00 PM
August 9	Thursday	V	Zebrafest Tournament	Away	2:00, 3:00, 6:00 PM
August 10	Friday	9, JV, V	Paradise	Away	12:00, 1:00, 2:00 PM
August 11	Saturday	V	Zebrafest Tournament	Away	TBA
August 14	Tuesday	9/JV, V	Alvarado	Away	5:00/5:00, 6:00 PM
August 16-18	Thurs.-Sat.	V	Jewett Leon Tournament	Away	TBA
August 21	Tuesday	9/JV, V	Maypearl	Away	5:00/5:00, 6:00 PM
August 24	Friday	V, 9/JV	West	CHS	5:00, 6:30/6:30 PM
August 28	Tuesday	9/JV, V	Crowley	CHS	5:30/5:30, 6:30 PM
August 31	Friday	V, 9/JV	OD Wyatt	CHS	5:30, 7:00/7:00 PM
September 4	Tuesday	9/JV, V	OPEN	-	OPEN
September 7	Friday	V, 9/JV	*Diamond Hill-Jarvis	CHS	5:45, 7:15/7:15 PM
September 11	Tuesday	9/JV, V	Springtown	CHS	5:00/5:00, 6:00 PM
September 13	Thursday	9, JV	Brewer Tournament	Away	TBA
September 14	Friday	V, 9/JV	*Dunbar	CHS	5:45, 7:15/7:15 PM
September 15	Saturday	9, JV	Brewer Tournament	Away	TBA
September 18	Tuesday	9/JV, V	*Lake Worth	CHS	5:45/5:45, 6:45 PM
September 20	Thursday	9, JV	Lions Tournament	CHS	All Day
September 21	Friday	V, 9/JV	*Western Hills	Away	5:45, 7:15/7:15 PM
September 22	Saturday	9, JV	Lions Tournament	CHS	All Day
September 25	Tuesday	9/JV, V	*Benbrook	CHS	5:45/5:45, 6:45 PM
September 28	Friday	V, 9/JV	*Kennedale	Away	5:45, 7:15/7:15 PM
October 2	Tuesday	9/JV, V	*Dunbar	Away	5:45/5:45, 6:45 PM
October 5	Friday	V	Alumni Game	CHS	6:00 PM
October 9	Tuesday	9/JV, V	*Benbrook	Away	5:45/5:45, 6:45 PM
October 12	Friday	V, 9/JV	*Western Hills	CHS	5:45, 7:15/7:15 PM
October 16	Tuesday	9/JV, V	*Kennedale	CHS	5:45/5:45, 6:45 PM
October 19	Friday	V, 9/JV	*Lake Worth	Away	5:45, 7:15/7:15 PM
October 23	Tuesday	9/JV, V	*Diamond Hill-Jarvis	Away	5:45/5:45, 6:45 PM
October 29-30	Mon.-Tues.	V	Bi-District Playoffs	TBD	TBA
November 1-2	Thurs.-Fri.	V	Area Playoffs	TBD	TBA
November 5-6	Mon.-Tues.	V	Regional Semi-Finals	TBD	TBA
November 8-10	Thurs.-Sat.	V	Regional Tournament	TBD	TBA
November 14-17	Wed.-Sat.	V	State Tournament	Curtis Culwell Center Garland, TX	TBA

*** Denotes District Game**

Athletic Coordinator/Head Volleyball Coach:

Executive Director of Student Services & Operations:

Principal:

Superintendent:

Yolanda Beasley

Lenny Lasher

Dr. Elizabeth Priddy

John Ramos

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 tryouts	2 tryouts	3 tryouts	4 scrimmage
5	6 scrimmage	7 @ Vanguard Prep 9/v	8 practice	9 Grandview varsity tournament Subvarsity practice	10 Game at Paradise 12,1,2 9th, jv, v LION NIGHT 6PM	11 varsity Grandview
12	13practice	14 @ Alvarado	15 practice	16 varsity travel tourna- ment Leon Jewitt	17 Varsity at Leon Jewitt	18 Varsity at Leon Jewitt
19	20 practice	21 @May Pearl	22 practice	23 practice	24 Vs WEST	25 Varsity practice 9-11
26	27 practice	28 Vs Crowley	29 practice	30 practice	31Vs OD Wyatt	

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day Practice 5-7 ALL	4 OPEN practice	5 practice	6 practice	7 ** District open Military night too Diamond Hill	8 varsity practice
9	10 practice	11 Open— vs Springtown 5pm	12 practice	13 Brewer 9th/jv Tournament Varsity practice	14 **Dunbar	15 Brewer 9th/jv Tournament Varsity practice 9-11
16	17 practice	18 **Lake Worth Middle School night	19 practice	20 CHS 9th/JV tournament Varsity practice	21**@Western Hills	22 CHS 9th/JV tourna- ment (Varsity work)
23	24 practice	25 **vs Benbrook Middle School Night	26 practice	27 practice	28**@Kennedale	29 varsity practice 9-11
30						

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Practice	2**@Dunbar	3 practice	4 practice	5**Open practice Alumni	6 Varsity practice
7	8 Practice	9**@Benbrook	10 practice	11 practice	12**Western Hills Senior Night	13 Varsity practice
14	15 practice	16**Kennedale Teacher Appreciation Night	17 practice	18 practice	19**@Lake Worth	20 Varsity practice
21	22 Practice	23**@Diamond Hill	24 practice	25 practice	26 TBA Warm up game	27 District Certification Varsity Practice
28	29 BI DISTRICT	30 PLAYOFFS	31 Varsity practice			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 AREA PLAYOFFS	2 AREA PLAYOFFS	3
4	5 REGIONAL SEMIS	6	7	8 REGIONAL QUARTER FINALS	9 REGIONAL QUARTER FINALS	10 REGIONAL FINALS
11	12	13	14 STATE VOLLEYBALL	15 TOURNAMENT	16 STATE VOLLEYBALL	17 TOURNAMENT
18	19	20	21	22 THANKSGIVING	23	24
25	26	27	28	29	30	

Castleberry Independent School District

Department of Athletics

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STANDARD REQUIREMENTS FOR LETTER JACKET RECIPIENTS (GRADES 9 - 12)

When determining letter jacket recipients, sponsors will observe the following standard requirements:

- 1) The student and parent/ guardian must sign the organization's extracurricular participation agreement.
- 2) The student must be considered a participant from the first until the final date of the season.
- 3) The student must remain academically eligible from the first until the final date of the season.
- 4) The student must demonstrate an attitude of commitment while exemplifying the philosophy of the organization.
- 5) The student must be recommended by the sponsor of the organization and approved by the principal and appropriate director.
- 6) Student letter jackets will be provided by the district for approved organizations. Students will receive only one jacket with one varsity letter during their high school career. An additional symbolic award will be presented to a student who earns an additional letter(s) by the corresponding organization. Additional patches will be the financial responsibility of the student.

In addition to the above standard requirements, the sponsor may request that additional requirements be identified for his/her program.

Organization	Dates	Additional Requirements
Football	Aug.-Oct.	Play in a minimum of eight (8) quarters at the varsity level.
Cross Country	Aug.-Oct.	Participate in three (3) varsity meets and the District Cross Country Meet.
Volleyball	Aug.-Oct.	Participate in ten (10) games at the varsity level.
Basketball	Nov.-Feb.	Participate in ten (10) games at the varsity level.
Soccer	Nov.-Mar.	Participate in seven (7) games at the varsity level.
Track	Feb.-May	Earn 10 points in the season or 1 point at the District Track Meet.
Baseball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings
Softball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings.
Tennis	Feb.-Apr.	Participate in two (2) varsity meets and the District Tennis Meet.
Athletic Training	Aug.-May	Standard Requirements (see above).

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CASTLEBERRY HIGH SCHOOL VOLLEYBALL ATHLETE/PARENT AGREEMENT AND CONSENT FORM

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Castleberry High School VOLLEYBALL Athlete/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player

Signature of Player

Date

Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Castleberry High School Volleyball Athlete/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)

Relationship to Player

Signature of Parent/Guardian

Date

DESCRIPTION OF AWARDS GRADES 9-12

A participant school or member school district may give an award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in U.I.L. interschool competition. Each year a participant school or member school district may present additional awards, not to exceed \$20 each, for participation in each additional interschool organization.

The major award (\$70) presented to a student participating in the organization in grades 9-12 is a jacket with an attached 5" letter. This award will be presented to the student in the sport in which he/ she first earns a letter. An additional symbolic award will be presented to a student who earns an additional letter/ s. The additional award shall not be given to a student for an activity during the same school year that a major award is earned, if the total award exceeds \$70.

GRADES 7-8

A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$8 per year (total for all U I L activities) A student may accept a symbolic award in recognition of his / her achievement in an interschool contest if it is given by the organization conducting the contest (all tournament awards, ribbons, plaques, and medals)

Individual certificates of achievement will be presented to students in grades 7 and 8 for each sport in which the student participates and fulfills the Standard Requirements for Award Recipients as identified in this section.

I have read the above information and consent to the responsibilities outlined in the Standard Requirements for Letter Jacket Recipients.

Student Signature

Date

Parent/ Guardian Signature

Date