

Castleberry Independent School District

Department of Athletics

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



Athlete & Parent Information Packet

Volleyball

2021

Coach Information

Head Volleyball Coach

Dena Atzenhoffer
atzenhofferd@castleberryisd.net
817-252-2170

Assistant Coaches

Ted Garcia
garciat@castleberryisd.net
817-252-2000

Carlos Abad
abadc@castleberryisd.net
817-252-2159

SportsYou

Volleyball code: 9M3CYLHM

Strength & Conditioning Coordinator

Ty Edwards / edwardst@castleberryisd.net / 817-252-2075

Athletic Trainer

Frank Acevedo / Acevedof@castleberryisd.net / 817-252-2074

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.
- Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- If you have a concern, talk to your coach in private.



CASTLEBERRY HIGH SCHOOL VOLLEYBALL SCHEDULE 2021



DATE	DAY	GRADE	OPPONENT	LOCATION	TIME
August 7	Saturday	F/JV/V	Castleberry Scrimmage	CHS	TBA
August 10	Tuesday	F/JV/V	Eastern Hills	Eastern Hills	5:00/ 6:00/ 7:00 PM
August 12 & 14	Thurs. & Sat.	V	Castleberry Tournament	CHS	9/ 11:00 AM&1:00 PM
August 13	Friday	F/JV/V	Benbrook	CHS	5:00/ 5:00 / 6:00 PM
August 17	Tuesday	F/JV/V	Western Hills	Western Hills	5:00/ 6:00/ 7:00 PM
August 19-21	Thurs.- Sat.	V	Glen Rose Varsity Tournament	Glen Rose	TBA
August 24	Tuesday	F/JV/V	Diamond Hill Jarvis	Diamond Hill Jarvis	5:30 / 5:30 / 6:30 PM
August 27 & 28	Fri. & Sat.	V	Argyle Tournament	Argyle	TBA
August 31	Tuesday	F/JV/V	Mineral Wells	CHS	5:00 / 5:00 / 6:00 PM
September 3	Friday	V/F/JV	Everman	Everman	5:30/ 5:30 / 6:30 PM
September 7	Tuesday	F/JV/V	West	West High School	5:00/5:00/ 6:00 PM
September 10	Friday	V/F/JV	Glen Rose	CHS	5:00/6:00/6:00 PM
September 14	Tuesday	F/JV/V	**Bridgeport	Bridgeport	4:30/6:00/6:00 PM
September 17	Friday	V/F/JV	**Krum	CHS	5:00/5:00/6:00 PM
September 18	Saturday	JV	Alvarado JV Tournament	Alvarado	TBA
September 21	Tuesday	F/JV/V	**Argyle	CHS	5:00/6:30/6:30 PM
September 24	Friday	V/F/JV	**Springtown	Springtown	4:30/5:30/6:30 PM
September 25	Saturday	9/JV	Castleberry 9/JV Tournament	CHS	TBA
September 28	Tuesday	F/JV/V	**Lake Worth	CHS	5:00/5:00/6:00 PM
October 1	Friday	V/F/JV	**Decatur	Decatur	4:30/5:30/6:30 PM
October 5	Tuesday	F/JV/V	Cater Riverside	CHS	5:30/5:30/6:30 PM
October 8	Friday	V/F/JV	**Bridgeport (Homecoming)	CHS	5:00/5:00/6:00 PM
October 12	Tuesday	F/JV/V	**Krum	Krum	4:30/6:00/7:00 PM
October 15	Friday	V/F/JV	**Argyle	Argyle	4:30/5:30/6:30 PM
October 19	Tuesday	F/JV/V	**Springtown	CHS	5:00/6:30/6:30 PM
October 22	Friday	V/JV/F	**Lake Worth	Lake Worth	4:30/5:30/6:30 PM
October 26	Tuesday	F/JV/V	**Decatur	CHS	5:00/6:30/6:30 PM

**** Denotes District Game**

(PN) - Parent Night

Head Volleyball Coach:

Dena Atzenhoffer

Assistant Coaches:

Teo Garcia, Carlos Abad

Girls Athletic Coordinator:

Dena Atzenhoffer

Executive Director of Student Services:

Lenny Lasher

Principal:

Catherine Williams-Ridley

Acting Superintendent:

Renee Smith-Faulkner

8/3/2021

August 2021



July '21							September '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3					1	2	3
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NT Inservice Practice 6am-8:00am Practice 4:30-6:30pm	3 NT Inservice Practice 6am-8:00am Practice 4:30-6:30pm	4 All-Inservice Practice 6am-8:00am Practice 4:30-6:30 pm	5 All-Inservice Practice 6am-8:00am Practice 3:30-5:30 pm Parent Meeting 5:30	6 All-Inservice Practice 1:00-2:30 Lion Night 5pm	7 Castleberry Scrimmage TBD
8	9 All-Inservice Practice 4:30-6:30pm	10 All-Inservice Serve/Pass 2:00 Bus Leaves at 3:45 @ Eastern Hills 5,6,7	11 First day of School Practice 4pm-5:30pm	12 Castleberry Tournament	13 Vs. Benbrook 5,5,6	14 Castleberry Tournament
15	16 Practice 4pm-5:30pm	17 @ Western Hills 5,6,7	18 Practice 4pm-5:30pm Pictures 4:30	19 Glen Rose Tournament	20 Practice 4pm-5:30pm	21 Glen Rose Tournament
22	23 Practice 4pm-5:30pm	24 @Diamond Hill 5:30/5:30/6:30	25 Practice 4pm-5:30pm	26 Practice 4pm-5:30pm	27 Argyle Tournament	28 Argyle Tournament
29	30 Practice 4pm-5:30pm	31 Vs. Mineral Wells 5/5/6	1	2	3	4
5	6	Notes				

September 2021

August '21							October '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Practice 4pm-5:30pm	2 Practice 4pm-5:30pm IMMS vs Mineral Wells	3 @Everman 5/5/6	4
5	6 School Holiday Practice- TBA	7 @West 5/5/6	8 Practice 4pm-5:30pm	9 Practice 4pm-5:30pm IMMS @ Creekview	10 vs Glen Rose 5/6/6	11 Practice 9-10:30
12	13 Practice 4pm-5:30pm	14 @Brigdeport 5/5/6	15 Practice 4pm-5:30pm	16 Practice 4pm-5:30pm IMMS vs Prairie Vista	17 Vs Krum 5/6/6	18 Practice 9-10:30
19	20 Practice 4pm-5:30pm	21 vs Argyle 5/5/6	22 Practice 4pm-5:30pm	23 Practice 4pm-5:30pm IMMS vs Springtown	24 @ Springtown 5/6/6	25 Practice 9-10:30
26	27 Practice 4pm-5:30pm	28 Vs Lake Worth 5/5/6	29 Practice 4pm-5:30pm	30 Practice 4pm-5:30pm IMMS @ Argyle	1	2
3	4	Notes				

October 2021

September '21							November '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 @Decatur 4:30/5:30/6:30	2
3	4 Practice 4pm-5:30pm	5 Vs Carter Riverside 5:30/5:30/6:30	6 Practice 4pm-5:30pm	7 Practice 4pm-5:30pm	8 Vs Bridgeport 5/6/6 Football Homecoming	9
10	11 School Holiday Practice-TBA	12 @Krum 5/6/7	13 Practice 4pm-5:30pm	14 Practice 4pm-5:30pm	15 @Argyle 5/6/6	16 Practice 9-10:30
17	18 Practice 4pm-5:30pm	19 Vs Springtown 5/5/6	20 Practice 4pm-5:30pm	21 Practice 4pm-5:30pm	22 @Lake Worth 5/6/6	23 Practice 9-10:30
24	25 Practice 4pm-5:30pm	26 @ Decatur 5/5/6:30	27	28	29	30
31	1	Notes				

Lady Lion Team Rules

The TEAM/PROGRAM comes first! Guidelines have been made to promote and incorporate this belief.

1. TRAVEL

- A. Players will ride to and from all games and tournaments with the team.
- B. In extenuating circumstances, like final exams or if on a Friday night out of town game, parents are leaving from the game to go out of town, players may leave with their parents to go out of town with them. If players are involved with band or cheerleading, they will be released to the band/cheerleading sponsors after the end of the volleyball games and will return to the high school with the band/cheerleaders.
 - a. In all cases, the player will only be released to the parent/ legal guardian or the school sponsor of the later activity. At no time will the athlete be allowed to leave with a friend, sibling, aunt, etc.
- C. Players will not leave games or tournaments to eat with their parents. They will stay with the team. If a parent wants to bring their daughter food or go with the team to eat, that is permissible.

2. GAME SITUATIONS

- A. Pre-game:
 - a. Home games – Freshman/JV players need to be in the gym ready to begin warm up at least 30 minutes prior to the first match. Varsity players will be in the gym, in the stands for the first serve of the first match.
 - b. Out of town games – the bus will leave when it is scheduled to do so. If a player misses the bus, they should have their parent get them to the game anyway (a player is not to drive their self to the match). She will not be allowed to start the match and will receive disciplinary action. Players have been given and will be reminded of this guideline: If you're early, you're on time. If you're on time, you're late. If you're late, you're running.
- B. Game time: Parents should remain in the stands and be supportive of their daughter and their team. They should not come down to the floor while their daughter is warming up or the game is going on. That is a major distraction.
- C. Post game: Freshman and JV teams will be expected to sit together as teams and watch the varsity match following their respective games. Varsity players will be expected to sit together as a team and watch the freshman and JV games. The team will meet immediately after the game for a short post-game meeting.
- c. The coaching staff will give parents approximate return times from out of town games. Players should be picked up in a timely manner in both out of town and home games. The coaching staff will supervise players until parents pick them up.

3. INJURIES

- A. Players should distinguish between pain and injury. Pain is soreness but with the ability to still play. Injury is pain without the ability to play. Coaches need to be informed of both pain and injury.
- B. If there is an injury to a player, the **player needs to see the athletic trainer prior** to and following each practice and game, as deemed by the athletic trainer. Failure to show up for treatment indicates the player is ready to go and is no longer injured
- C. **Before consulting a doctor, the athletic trainer needs to be consulted.** This will save players/parents time and money.

4. UNIFORMS/PRACTICE CLOTHES

- A. Players will be issued equipment. They are expected to wear it, take care of it, have it clean and ready for use each day.
- B. Practice clothes are to be worn each day in practice only. They are not to be worn home. They will be washed by school personnel each day.
- C. The day of the game, players are expected to have their uniform BEFORE they get on the bus. When preparing for “battle” players need to have all of their “armor” (uniform top/bottom, socks, ankle braces, kneepads, shoes, warm ups). Failure to do so will result in disciplinary action.

5. PHONES/IPads/COMPUTERS

- A. On out of town games, phones will be forfeited to coaches upon entering the bus. Phones will be returned to players when the bus is 15 minutes from returning to the high school.
- B. During practice, phones are NOT to be brought into the gym – they are to be locked up in the dressing room.
- C. Computers and iPads may be used for school work on out of town trips. They are not to be used for surfing the web or checking social media outlets.

6. MEDIA/SOCIAL NETWORKING SITES

- A. Do NOT post anything offensive or negative about your school, team, or teammate on Facebook or other social networking sites. Team issues need to be dealt with face to face, in the privacy of the team locker room. We will not air our “dirty laundry” for all the world to see.
- B. Coaches occasionally will/may ask to “friend” or just view player’s sites to check for team issues.
- C. Refer to Castleberry Athletic Department policy for additional info, ***but at all times, remember you are representing Castleberry High School and your community and you should do so honorably.***

7. LOCKERS

- A. Locks will be issued. Use them to protect your valuables. **Lock your things up!**
- B. Keep your lockers neat and orderly. The coaching staff is not your maid or your mother.

8. LOCKER ROOMS

- A. The locker room is your second homes. Respect it. Keep it clean and straight. Pick up after yourself. Put things away. Hang things up.
- B. Only CHS athletes are allowed in the locker rooms. It is a privilege to be a Lady Lion!
- C. Locker rooms will be **locked** during the day. Take your purses, back packs and books with you.

9. COACHING QUESTIONS

- A. If a player has a question about their playing situation, they should address their respective coach. If a parent has a question about their daughter’s playing situation, they should address their daughter’s immediate coach. From there they can follow the chain of command: immediate coach, head coach, coordinator, athletic director, Superintendent, school board. Coaches will meet with parents during their scheduled conference times during the school day. Parents should call the school or email the coach to schedule the appointment.

- B. Coaches will only discuss the specific player. They will not discuss other players on the team.
- C. 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 & skills, but the following will not be discussed:
 - Playing Time
 - Play Selection
 - Personnel

10. MISSED PRACTICES

- A. Players should never miss a practice unless there is a death in the family or they have a serious illness.
- B. Doctor appointments, orthodontist appointments, etc. should be scheduled at a non-practice time
- C. If a player misses a practice for a school related activity, they will still have to make up conditioning
- D. Missed practices will result in 25 playable serves, 100 passes to yourself, 100 sets to yourself, 10 down and backs.
- E. If a player has 3 unexcused practices, they are subject to removal from the team.

11. PARENT SUPPORT

- A. Parents should support their daughter's efforts. They should let her know they are behind her.
- B. Coaches do the best they can with the knowledge they have. They will always work to make your daughter better. Support them in their effort.
- C. Support the teammates of your daughter. All work hard. All want to make the team. All want to be in the starting line-up. All play a part in the success of the program. **Support the TEAM!**

12. PREJUDICES

- A. Coaches are prejudiced against bad attitudes and selfish players.
- B. Coaches are prejudiced for players who work hard every day, who encourage their teammates, who expect the best of themselves and their teammates, who never "slack", who put the TEAM ahead of themselves, who expect to win, who fight to win, who never give up, who do "right".
- C. BE PROUD OF WHO YOU ARE, WHERE YOU COME FROM, WHO YOU PLAY WITH. Be PROUD to wear that jersey, that name on your chest. BE PROUD TO BE A LADY LION.

Summary of Make-Up Practices

Excused:

1. Medical: Doctor's Note + Notification to Head Coach
2. Illness: Notification to Head Coach
3. MUST BE IN ATTENDANCE AT SCHOOL FOR 3 OF THE 4 PERIODS TO BE ELIGIBLE TO PARTICIPATE IN PRACTICE OR COMPETE AT A MEET
4. Death in Family: Notification to Head
5. Family Emergency: Notification to Head Coach
6. Tutorials / STAAR Related / School Related: Notification to Head Coach

Unexcused:

1. Absences due to vacation of any kind
2. Any of the Excused absences that require notification to Head Coach
3. Absent from Practice

Any Excused Absence:

Athlete will be expected to make up the practice they missed in full.

Any Unexcused Absence:

Athlete will be expected to make up the practice they missed in full, AND, will run an additional running workout that will Missed practices will result in 25 playable serves, 100 passes to yourself, 100 sets to yourself, 10 down and backs.

Castleberry Independent School District

Department of Athletics

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

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.

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

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 (817) 252-2071



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