

# WAKELAND VOLLEYBALL



Parent & Player Meeting 2022-2023



Please scan this QR  
code to fill out our  
sign in form!

# *Meet Our Coaches*



★ **U'iLani Womble - Head Coach**

[wombleu@friscoisd.org](mailto:wombleu@friscoisd.org)

★ **Ally Cobb - Varsity Asst. Coach**

[cobbal@friscoisd.org](mailto:cobbal@friscoisd.org)

★ **Emily Mainord - JV Coach**

[mainorde@friscoisd.org](mailto:mainorde@friscoisd.org)

★ **Alyson Frare - Freshman Coach**

[frarea@friscoisd.org](mailto:frarea@friscoisd.org)

**Coaches Office Phone: 469-633-5775**

# *Program Information*

- ★ Teams — Varsity, JV, Freshman A
- ★ District matches
  - Start time: 5:45
  - Start date: September 9th
- ★ 2021-2022 Tournaments
  - Varsity: Rockwall Tournament & NWISD Tournament
  - JV: SWAC Tournament & FISD JV Tournament
  - 9A: SWAC Tournament & FISD Freshman Tournament
- ★ Girl's athletics is double blocked 1A/1B
- ★ All practices will be conducted **before** school, no after school practice or workouts

# *Tryout Information*

## *Fall 2022*

- ★ Season begins **Monday, August 1**
- ★ The first week of the season will be our tryout process and will be concluded with our scrimmages on that Friday & Saturday
- ★ All teams will be finalized on **Saturday August 6**
- ★ First official match: **Tuesday, August 9 at Rockwall High School**

# *Summer Important Dates*

## ★ **WHS Volleyball skills hours**

- **Location:** Wakeland HS
- **Time:** 11:00-12:00 PM
- **Dates:** See flyer

## ★ **WHS Volleyball Pre-Season Team Camp**

- Incoming WHS volleyball players (all teams)
- **Location:** WHS
- **Time:** 1:00-3:30 PM
- **Dates:** July 25-27, 2022

## ★ **WHS Strength & Conditioning Camp**

- **Dates:** June 6-July 21 (off week of July 4th)

## ★ **WHSVB Summer Camp:** Incoming 7th and 8th

- **Location:** Cobb Middle School
- **Dates:** May 31- June 2
- **Times:** See flyer

# *FISD Athletic Paperwork*

**All athletes must have all required documentation completed before they are able to workout:**

★ **Rankone Paperwork (3 forms)**

- FISD Travel Card
- FISD UIL/Athlete Participation Forms
- Student Handbook Acknowledgement

★ **IMPACT test — Concussion Baseline**

★ **Current athlete physical**

- 2022 Athlete Physical Form
- Must be completed using the correct form (2020 in top right corner)
- MUST BE SIGNED BY athlete, parent AND physician

# *Calendars & Schedules*

All calendars and schedules are located on our website. This includes:

- ★ Important Summer Dates
- ★ 2022-2023 program wide match schedule
- ★ Daily workout calendars (*August-October*)

[wakelandvolleyball.weebly.com](http://wakelandvolleyball.weebly.com)

# *Player Expectations*

**If you're early on time,  
if you're on time you're late.**

- ★ Attend every practice
- ★ Miss a practice? Make up a practice.
- ★ Communicate directly with your coach, through SportsYou or email
- ★ Varsity playing time is ***not guaranteed***
- ★ JV, 9A playing time is not equal
- ★ Accept that all decisions are made for the benefit of the team



# *WHSVB Equipment*

- ★ Athletes will be issued the following equipment:
  - 3 workout shirts for practice: blue, gray, orange
  - Sweatshirt
  - Game socks
  - Game spandex
  - Game bag (ATHLETIC EQUIPMENT ONLY)
- ★ Athletes are responsible for laundering all practice clothes and to have their own shoes and/or ankle braces
- ★ Coaches will wash uniforms after each match

# *Game Day Expectations*

- ★ **Tuesday Home Matches** — after school ends, report to the aux gym and the main gym (V) to set up for the match
- ★ **Friday Home Matches** — after school ends, report to the aux gym (9A) and the main gym (JV) to set up for the match
- ★ Athletes will always travel to and from matches and tournaments **on the bus**
- ★ If you sign up for game day meals, these will be provided for all district games, excluding tournaments
- ★ Athletes are expected to sit together in the stands when supporting the team that is still playing

**During competition, athletes should not be on their phone, working on homework, talking with boys/friends, hanging out in the locker room. Everyone is expected to be actively participating in supporting the WHS volleyball athletes that are on the court.**

# *Offseason Expectations*

- ★ If you are playing another sport, you will go to your next sport at the conclusion of volleyball season. **You will be expected to return to volleyball after that season ends.**
- ★ You must participate in volleyball offseason to be eligible to tryout the following season.
- ★ If you only play volleyball, you will stay in volleyball offseason all year in order to be eligible for tryouts the following season.

# *Multi-Sport Athletes*



# Social Media



**Coach Singleton**  
@CoachSings



Follow

Had to unfollow/stop recruiting a young man this evening. Still amazed by what recruits tweet/retweet. College coaches are watching.

Reply Retweeted Favorite More Assign To

RETWEETS  
6,758

FAVORITES  
2,819



9:17 PM - 14 Mar 2014



**Brandon Chambers**  
@coachchambersmu



Follow

Never let a 140 character tweet cost you a \$140,000 scholarship.



RETWEETS  
262

FAVORITES  
185



6:51 PM - 25 Aug 2014



**Herb Hand**  
@CoachHand



Follow

Dropped another prospect this AM due to his social media presence...Actually glad I got to see the 'real' person before we offered him.



RETWEETS  
4,253

FAVORITES  
2,084



8:19 AM - 30 Jul 2014



**Coach Sean Covich**  
@SeanCovich



Dear recruits: If I research your social media and find multiple uses of profanity/pics of alcohol, will likely cost you a scholarship #next

1/6/16, 9:51 AM

# *Athlete Communication*

Discuss any concern or problem with the appropriate coach. Concerns or problems will be addressed in the following order:

1. Athlete → team coach
2. Athlete/parent → team coach → head coach
3. Athlete/ parent → team coach → head coach → athletic coordinator



# *Parent & Spectator Expectations*

**Your athlete will not have a great practice, every practice. She will not always come home happy and she may need to vent just like everyone else. However, please refrain from engaging in negative conversations at home concerning other players, program policies, etc.**

- ★ Support our coaches, especially in the stands
- ★ Parent conferences will include the athlete. Coaches will not discuss team placement, playing time, or other athletes.
- ★ For more information — [UIL Parent Manual](#)

# *WHS Athletic Trainers*

## **WHS Athletic Trainers — TW Womble & Rachel Langford**

- ★ Athlete treatment times — Monday-Friday from 7:30AM-9:00AM in the field house training room
  - Athletes will not receive treatment if they arrive after 8:15 AM
- ★ Team Doctor — Dr. Dan Maurer, *Performance Orthopedics*
  - Orthopedic surgeon who specializes in sports injuries
  - In our experience, Dr. Maurer will take the best course of treatment and will try to go the non-surgery route if possible (get athletes healthier, faster)
- ★ Weekly doctor clinic with Dr. Maurer, every Monday morning at 7:30AM in the field house training room
- ★ Dr. Maurer also holds an injury clinic on Saturdays during fall sports from 8-10 am at his office location



# *Join the Wolverine Club!*



## **WHSVB Parent Liaisons:** **Tara Pfiffner & Alison Jones**

### ★ **Active Link — Athlete registration & fees**

- Wolverine Club Dues
- Team Fees
- Game Day Meals — Jersey Mike's / Chick-Fil-A
- Yard signs, car decals, & much more!
- Varsity athlete banners & pre-game cover shirts

### ★ **WHSVB Spirit wear — UrbanThread**

# *Join the Wolverine Club!*

- ★ **First home game concessions — August 23th**
  - Need two parent volunteers to help organize concession stand schedule/duties.
  - All volleyball parents will be signed up to work the concessions at some point during the season
- ★ **Tournament hospitality rooms at WHS**
  - Sub-Varsity & Middle School
  - Please be ready and willing to help with the hospitality room
- ★ **Team Parents (JV & Freshman A)**
- ★ **Event committees**
  - Banquet
  - Game Day Decorations
  - Game Day Meals
  - Many more!

# *Follow Us Online!*



**Wakelandvolleyball.weebly.com**

Program updates, schedules, and other information is posted on our website and will be updated throughout the season!

**@Wakelandvb**



Live scoring, game reminders, program pictures and much more are posted on our Twitter page throughout the season!





*What Questions  
Do You Have?*