

Dear Warrior Families,

Thank you for letting us serve you! Metro Warriors Homeschool Athletics has a rich history of faith, community, and competition. It is our desire that this club brings glory to God, and that we train young women to do the same. We want a club that leans toward Christ as He is always the goal. Join us in this worthy pursuit.

PURPOSE

The Metro Warriors provides young homeschooled women in the metro Omaha area with a Christ-centered sports program. We offer leadership and coaching from a Christian perspective with the intention of supporting the home and encouraging physical, social, and spiritual growth

Warriors purpose to :

Build excellence and bring glory to God through sports and teamwork.
Encourage sportsmanship, dignity, worth and resilience through competition.
Provide coach mentors who will encourage Christ-like character in our athletes.

EXCELLENCE

We will strive to develop and demonstrate excellence in the following areas:

Competition (*Matthew 25:14-30, 2 Thessalonians 1:11* "... and that by his power he may fulfill every good purpose of yours and every act prompted by your faith.") Focus on excellence and fulfillment of God-given potential, refusing to define success solely on the contest's final score. A genuine respect and concern for our opponents and the realization that a worthy foe elicits the best in us

Academics (*Proverbs 23:12* "Apply your heart to instruction and your ears to words of knowledge", *2 Timothy 4:14-17*) Intelligence is a gift from God, and God cares what we do with our intellect. Will we use it for Him? The Warrior board and our coaches want to promote an environment that encourages intellectual pursuits and supports the academic goals of homeschool families.

Personal Growth (*Proverbs 2:9-11* "9 Then you will understand what is right and just and fair—every good path. 10 For wisdom will enter your heart, and knowledge will be pleasant to your soul. 11 Discretion will protect you, and understanding will guard you.", *2 Timothy 2:20-21*) Commitment to use the athletic experience as a vehicle to develop the whole person. The establishment of a true and lasting legacy within our programs based upon our student-athletes' future roles as leaders (husbands/wives, parents, employers/employees, friends, etc.)

Community and World Impact (*Matthew 28:19-20* "Therefore go and make disciples of all nations...", *Mark 12:29-31*) A wholehearted commitment to use the athletic experience as a platform for sharing the gospel of Christ. Student-athletes and coaches who will seek to model the life of Jesus Christ through acts of service toward their team, Warriors, Omaha metro area, and the world

To evaluate our athletic programs and all persons involved in them in the light of the Bible

(*2 Timothy 3:16; Psalm 119:105, 130; Psalm 139:23,24; Hebrews 4:12* "For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.")

To use athletics to train girls to walk in a manner consistent with the Scriptures (*Deuteronomy 6:4-9; 1 John 2:6; John 15:10; Hebrews 12:11* "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.")

To cooperate with our parents as we labor together in the process of training the people entrusted to us (*Ephesians 6:1-9; Romans 12:3-8; Galatians 5:13-15* "You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love ...")

To teach each of our athletes to do all they can to strengthen the team, doing their part for the good of the whole (*Philippians 2:1-11; Ephesians 4:1-6; Romans 12:3-5* "...so in Christ we who are many form one body, and each member belongs to all the others ..."; *Romans 15:1-7; 1 Corinthians 12:12-26*)

NUTS AND BOLTS:

REGISTRATION REQUIREMENTS

To have your athlete fully registered for Metro Warriors, complete the following tasks: Many of these tasks are online.

1. Medical release
2. Parental contract
3. Athlete contract
4. Informational sheet for roster
5. Pay registration fees
6. Sign-up to volunteer and submit a \$100 volunteer check to be held by Warriors. Your check will only be deposited if you do not fulfill your volunteer obligation.

REGISTRATION FEES

Volleyball: 5th-8th grade \$200
9th -12th grade \$225

Basketball 5th -8th grade \$200
9th-12th grade \$275

PARENTAL VOLUNTEER REQUIREMENT

Parents are required to either serve on the board or volunteer in other areas.

If not on the board, sign up for the following

1. One TEAM JOB
2. Scorekeep at least once for your team
3. One WARRIOR JOB
4. Sign up for two 4 hour shifts at Nationals.
5. Sign up to bring 2+ food items for Nationals.

The registration process is not finished until you have signed up to volunteer. Volunteer positions are described in the back of this handbook. More detailed descriptions are on our google drive account at <https://drive.google.com/open?id=0B1-yRu3Ey3slZXJ6S25zdjllSkU> Please know that you may or may not get the volunteer jobs that you want, and parents can keep their Warrior jobs from year to year. If you serve on the board, you only need to sign up for Nationals.

New this year, Warriors is requiring a \$100 volunteer check that will not be deposited until the end of the season, and only if families have not volunteered in all of the above categories.

What if I sign up and then cannot complete the task that I volunteered for?

If for some reason, you are unable to complete your task, you are responsible for finding your own substitute or trade with someone else.

Participation and eligibility requirements:

Athletes must be homeschooling or attending a Rule 13 school and be in grade 5-12. Participation is limited to eight years.

Travel/ approximate costs

Varsity travels 4-5 weekends a season. Travel costs: \$250-\$350

Junior Varsity travels 3-4 weekends a season. Travel cost: \$150-\$250

Junior Varsity 2 travels 2-3 weekends a season. Travel costs: \$100-\$200

Website:

In the past, the Metro Warriors Homeschool Athletics website has been very minimal. We are working to make it a source of information for our Athletes, families, and potential athletes. Ideally, you should be able to locate your team schedule, Warrior calendar, recent pictures, and this handbook in pdf form, among other details. Most of your questions should be easily answered through the website. If not, ask a board member.

Communications:

The Warrior website is a wealth of information including schedules, dates, pictures, cancellations, links to volunteer jobs and the parent/athlete handbook, and registration information. The Warrior board will also communicate some current and sensitive information through the Monday Morning email.

CALENDAR

VOLLEYBALL SEASON	First week of August- end of October
NATIONALS	First weekend of November
FREE BB CLINICS	TBD
BB SEASON	2nd week of November -end of February
FREE VOLLEYBALL CLINICS	TBD
IN HOUSE OFF SEASON CLINICS	Once a week February- Middle of May
SUMMER VOLLEYBALL	Bennington league:June Tuesday afternoon practices UNO team camp late July

PARENT MEETINGS:

Parents are required to attend one of the informational meetings prior to each season. Parents, even if your daughter has been in Warriors for multiple years, your attendance is required because there are changes every year, you are vital to our program, and your attendance promotes community. New families need you to welcome, include, and guide them through the details of the Warrior Athletics.

All new parents and uninformed parents must attend a scorekeeping class as all parents are required to take their turn keeping book at their athlete's games. We want all families to have opportunity to watch their kid play from the stands.

Pictures

To keep costs down for Warrior families, Warriors use parent volunteers to take pictures. Parent Volunteers are asked to share those pictures with omahawarriors7@gmail.com. Team picture parents and 1-2 volunteer parents will take team and individual photos at a scheduled time each season. This season, the picture day date are

Volleyball _____

Basketball _____

Fundraising

In the past, Warriors as offered fundraising opportunities such as selling cookie dough, magazines and coupon books. This job, however, is not a board responsibility and will be offered only when parents choose to lead and organize it.

Dress code

- Shorts must have more than 4" inseam.
- No cut offs.
- No rolling of shorts.
- Biker shorts may be worn under athletic shorts.
- T-shirts with sleeves. No tank tops unless worn under t-shirt.
- only appropriate wording and images are allowed on clothing
- no words on butt of pants or shorts
- No midriffs showing.
- Appropriate court shoes only free of debris must be worn on gym floor.

Uniform/Equipment:

Metro Warriors employs parent volunteers to manage and care for team uniforms and equipment.

NATIONAL HOMESCHOOL VOLLEYBALL TOURNAMENT:

For 18 years, Metro Warriors Home School Athletics have hosted a National Volleyball tournament every year on the first weekend of November. It is a fabulous event, and teams have come from as far as California, Baltimore, Arizona, Texas, Virginia, and the Midwest to participate. It is our primary outreach to home-schooled women athletes nationwide proving top competition, fostering community, and showcasing national talent locally.

Furthermore, NHSVBT is Metro Warriors' major fundraiser. Volleyball and basketball program expenses are not covered by registrations alone. The NHSVBT fills in the financial gaps for Warriors and helps keep registration costs down for parents.

Parents are required to serve two 4 hour shifts and prepare hospitality food for Nationals, and Warrior athletes are expected to serve when they are not competing. The NHSVBT is a huge undertaking, but it is fun for the athletes and parents to work together to create something amazing. It is also fun to meet people from clubs around the country and to watch excellent volleyball.

Please reserve the following weekend to serve at the National Volleyball Tournament:

November 1-4, 2017

REIMBURSEMENT PROCEDURES:

1. For board members, all purchases over \$50 must be approved by the Director or the Metro Warriors treasurer.
2. For non-board members ALL purchases must be approved by the Metro Warriors treasurer.
3. If you volunteer in a position that requires you to spend money, the treasurer will provide a budget for you in advance. You can consider that communication your approval. If the treasurer fails to communicate the budget, then ask him or her.
4. When purchasing items for Warriors, please do not mix your purchase with personal purchases. The Warrior purchase should be a separate transaction from your household purchases.
5. Follow the steps below to secure a reimbursement from Warriors. These steps assist in quick reimbursement and electronic file keeping for our treasurer. Do not give any board member a receipt.
 - a. On the top of the receipt, write the item purchased and for what purpose.
 - b. Take a phone picture of the receipt with writing on it. The receipt must be easily read in order to receive reimbursement. Preferably place the receipt on a white piece of paper before taking the picture. (this saves on printer ink)
 - c. Email the receipt to metrowarriorsefo@gmail.com
 - d. Fill out the reimbursement form at https://docs.google.com/forms/d/e/1FAIpQLSdtwdVi_qcFa_FwHS_-J7ZJv7ilerIqQrkIH4RQLQKTRgDHAQ/viewform?usp=sf_link
 - e. Do not throw away your receipt until you have been reimbursed.

EVALUATIONS:

At the end of each sport season, every student-athlete and parent will have an opportunity to evaluate all things Warriors including the board and coaching staff. We believe that these evaluations will help Warriors to pursue excellence as we serve Christ and the Warrior community.

Informed Consent:

By its very nature, competitive athletics can put students in situations in which serious, catastrophic and perhaps fatal accidents could occur. Students and parents/guardian must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, participation in athletics is inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. By granting permission to your son/daughter to participate in athletic competition, a parent/guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving many risks of injury.

INJURY PROTOCOL:

1. Injuries that occur while participating in Warrior athletics should be reported to the coach or a board member.
2. The coach's first concern is for the safety and health of the student athlete. If at any time a coach feels that a participant may bring further harm to themselves or others, that coach will remove the participant from the activity. Coaches will heed the advice given by doctors and may ask for further input from a doctor before allowing further participation.
3. If it is a head injury, follow the concussion protocol.
4. The present board member or coach will assess the nature of the injury to determine if medical help is needed.
5. If injury is an emergency, call 911 immediately, then call the parent
6. The present coach or board member will fill out an injury report for every injury.

7. A coach or board member will also do a follow-contact with parent and athlete to assess progress. All forms are filed with Metro Warriors.
8. For serious injuries or concussions, Metro Warriors requires a written release from a doctor before returning to participation.

CONCUSSION PROTOCOL:

On the court Procedure

1. A Concussion test should be implemented by a coach or board member immediately after a concussion is suspected to provide a brief, objective tool for assessing the injured athlete’s cognitive status during the acute period post-concussion.
2. Symptoms Evaluation
3. Neurologic Exam
4. Mental Status Testing
 - √ Orientation
 - √ Concentration
 - √ Anterograde/Retrograde Amnesia
5. The coach or board member present will fill out a concussion notification form to be signed by the parent and returned for documentation on the date of injury
6. The student athlete will not resume practice that day or future dates until parent observes and seeks medical attention and determines that symptoms have subsided. It is the policy of Metro Warriors that in the event of a concussion, a written release from a doctor is required before returning to participation.

While in the care of Metro Warriors, the athlete’s status will be monitored by a coach every 5-10 min.

What to expect from the Warrior board:

Members of the Warrior board are committed to obeying and honoring Christ and demonstrating a life under the control of the Holy Spirit. Board members love our athletes and families and are dedicated to serve them joyfully. They seek to effectively and efficiently plan, organize, communicate, listen to concerns, problem solve graciously, create a positive community, and provide strong leadership and direction. They desire spiritual and athletic excellence and work to bring glory to God through Warriors.. If Warrior Board members are well-supported by Warrior parents, they can be eternal minded, purpose focused, and future vision thinkers for Warriors.. We believe that Athletics alone is shortsighted as is any purpose without Christ. Christ is always the goal, and athletics is the tool Warriors uses to grow our girl athletes into young women who love God and worship Him through hard work and excellence.

	NAME	PHONE
WARRIOR DIRECTOR	Jim Wamhoff	701-240-5021
VB SECRETARY	Paula Crozier	402-709-6169
VB TREASURER	Amy Mattox	402-813-4070
VB REGISTRATION	Angela Walter	402-515-8835
VB VOLUNTEER	Marlene Johnson	402-913-6469
BB DIRECTOR	Mike and Marty McCombs	402-880-7937, 402-813-8304
BB REGISTRATION/ COMMUNICATIONS	Jenny Bickel	402-203-3085
BB VOLUNTEER ORGANIZER		
NATIONALS DIRECTOR	Marjie Davis	618-310-5091

What to Expect from Warrior Coaches:

Coaches that are committed to Christ and demonstrate a life under the control of the Holy Spirit, love young people and are knowledgeable in their sport. Each coach will be familiar with first aid, go through coach's training and demonstrate an understanding of the rules, and strategy of his/her given sport. Each coach is expected to be a Christian role model; regularly engaging the team in prayer, devotions, life lessons and is actively involved in a Christ-centered church which believes in the authority of the Bible. Coaches should strive not only to disciple Warrior athletes but also lovingly desire to present truth to opposing teams as well. Coaches are trained to hold meaningful, organized practices emphasizing the fundamentals of their sport.

VOLLEYBALL

		PHONE
VARSIITY	Jess Miszuk	
JUNIOR VARSITY		
JUNIOR VARSITY 2		
8TH GRADE	Rachel Glanzer	
7TH GRADE		
5TH 6TH GRADE		

BASKETBALL

		PHONE
VARSIITY	Rachel Glanzer	
JUNIOR VARSITY	Jess Miszuk	

SPORTSMANSHIP

Our Responsibilities to God

Christians are ambassadors for Christ and the light of the world. II Corinthians 5:20 says, *"We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God."* Metro Warriors' top priority is to exemplify the character of

Christ. Therefore, it is essential that every coach, every player, every parent, every student, and every fan maintain a good Christian witness at all of our athletic events. Other teams and their fans, both Christian and non-Christian, are watching us, and we have a great opportunity to display God's honor so that they might be drawn closer to Jesus and His saving grace. How does the world know that we are authentic followers of Christ? By the love we demonstrate and by our unity. Jesus said, *"By this all men will know that you are My disciples, if you love one another."* (John 13:35) He also prayed for us: "May they be brought to complete unity to let the world know that You sent Me and have loved them." (John 17:23)

Our Responsibilities in competition:

Beyond the guidelines and regulations that Warrior athletes and parents are obligated to follow, it is the hope that everyone associated with our athletic programs recognize the purpose of sportsmanship. As a Christian community, we are called to mirror the love that God has for all people, including those whom we compete against. Anyone associated with an athletic contest has a responsibility to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited, to the following:

- ! Show respect for teammates, opponents, and officials.
- ! Treat opponents as guests in your facility.
- ! Accept both victory and defeat with grace and dignity.
- ! Refrain from heckling, jeering, or using profane language.
- ! Be positive in words and actions.

Our Responsibilities in relationship to one another:

- ! Be kind
- ! If you have an issue with another Warrior, go to that person to respectfully discuss it. Warriors do not gossip or complain about each other. Small problems become big problems when we gossip.
- ! Social Media should be used only to encourage and lift others up not to gossip or say unkind things. Include others
- ! Befriend new Warriors
- ! Be gracious and forgiving when others fail.
- ! Put your eyes and focus on your teammate-not your phone.
- ! Encourage
- ! Pray for each other

Our Responsibilities off the court:

It is the desire of the Warriors board and our coaches that our athletes conduct themselves as worthy ambassadors for Christ on and off the court. While we cannot monitor all off court behavior, we ask that you live lives in submission to Christ.

Parents are the primary role models for their children. It is critical that parents set the best example of sportsmanship in competition, with one another, at home, and in the community.

PLAYING TIME

Grades 5-8:

It is the Warriors athletic philosophy that these are the developing years for our young athletes, and while we do not promise minimums, we do make an effort toward playing time for all players at this level.

High School: 9th-12th grades

While it is true that the Warrior board and coaches believe it to be important to broaden the experience of our athletes, and that broadening is enhanced by playing time, it is also an important goal of the Warrior program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of games in which athletes must compete are established at the Junior Varsity or Varsity level. Playing time decisions are left up to the individual coaches.

The coach will determine how much each player will play according to the strengths and weaknesses each player exhibits. Each player is competing for playing time and a starting position. Those making varsity teams will compete with teammates for playing time and starting positions. The coach will determine an athlete's playing time according to the athlete's overall performance, hustle, hard work and attitude in practice and games. Parents SHOULD NOT expect a coach to discuss playing time.

The Player Should: Practice so intensely that the coach feels pressure to reward him with playing time. Coaches notice intensity in practice, not occasional periods of intensity, but every day, every minute intensity. To have any legitimate reason to talk to a coach about playing time concerns, a player must bring to that meeting a history of practicing with excellence. Understand everything the team does, both offensively and defensively. A player can't expect to play if his coach has doubts about his understanding of what to do in the game. Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury or illness or other reasons. Be ready to go whenever and wherever needed. You should want to play- whether for long or short periods of time. Be ready by staying in the game mentally both on the court and on the bench. When the coach starts to think about whom to sub into a game, your chances of being chosen will be increased if he sees you focused, aware of the game situation, and encouraging your teammates from the bench. If you are a non-starter, genuinely cheer for those who start. There are two things that might affect the chances of a sub going into the game: the starter's mistakes, or the starter's playing with such great intensity and success. A true team player will cheer for the latter to occur. If you are a starter, be genuinely glad when the subs get to play and cheer for them. A starter can easily become spoiled and selfish. That is however, an inappropriate team mentality. Respect the subs for the role they play in practice, pushing you to become a better player. The Parent Should: Consider the "big picture" before becoming critical. Remember that you are not at practice, and often game to game decisions are based on what happens in daily practice. Give the coach time to evaluate his players, to see who gets the job done. Realize that even the best players have an "off night" and that a less talented player can have a great game and deserve to be in the game more than usual. Avoid sowing seeds of dissention. Resist the urge to talk to other parents or fans about your dissatisfaction. Everyone loves to have company in their misery, but no good ever comes from it. Encourage your athlete to talk to the coach when playing time questions exist. Avoid robbing your child of a wonderful opportunity to mature and develop communication skills of his own. You may need to help him think through what to say to the coach. Support the coach even though you may not agree with his decisions. It will make your athlete's experience a much better one overall.

PROCEDURE FOR COMMUNICATING CONCERNS:

Read Matthew 18:15-19

To note:

1. Generally, the first responsibility is for the athlete to talk to the coach. A coach appreciates communication from the athletes regarding team or individual situations. A coach will not "hold it against" an athlete for wanting to talk about a situation.
2. It is inappropriate for parents to address coaches with concerns before or after a game or practice. If a parent wants to speak with a coach about a concern, it should be done at a suitable time via a face to face appointment. Discussing problems with a coach in a public venue before or after an athletic event is not an appropriate place or time.
3. The issue should RARELY be playing time. Warriors has a separate policy for that. If a student or family is concerned about their athlete's playing time, they must meet the requirements of the policy before the athlete approaches their coach. It should almost always be the athlete communicating with her coach regarding this issue. This is part of the maturing process for our girls.

Chain of Command

Many of us want to go straight to the top with a complaint; however, every successful organization follows an established chain of command. By doing so, Warriors Home School Athletics will maintain a high level of accountability

Level 1 – If the athlete has an issue, The student must first meet with the coach to share her concern. While the coach has a responsibility to listen to the needs of her players, she may not always be able to make the changes that a player requests. Parents should require this first step. It teaches our girls to deal with their own struggles responsibly. The Warrior Board is considering carving out time before or after practice for athletes to talk to coaches.

Level 2- If the athlete still feels that the issue has not been resolved, then the athlete and the parents can meet with the coach. It is important that coaches listen to parents and their concerns. The coach has a responsibility to all parties to explain individual decisions that directly affect the student athlete. However, the coach does not have to arbitrarily or automatically change their decision. The coach must communicate with the parents; this is a component of coaching.

Level 3 – Meet with director of Warriors, one other board member, coach, and the athlete. This meeting will allow for the family to now be heard by the board if no resolution occurred at the first two levels.

The chain of command is not complicated; it is essential in avoiding problems. More importantly, we are commanded in Matthew 18:15-20 to confront in an orderly fashion.

METRO WARRIORS ATHLETIC EXPECTATIONS

1. To be on time for practices and games, or to contact the coach if I cannot make it.
2. To listen to instructions and follow the team rules as set by the board and the coaches.
3. To show respect and loyalty to the coaches, players, and other authority figures in the program.
4. To willingly take direction, instruction and discipline.
5. To demonstrate enthusiasm for practices and playing the game.
6. To help maintain the practice facility and equipment issued to me.
7. To dress according to these guidelines during METRO WARRIORS functions:
 - Shorts must have more than 4" inseam.
 - No cut offs.
 - No rolling of shorts.
 - Biker shorts may be worn under athletic shorts.
 - T-shirts with sleeves. No tank tops unless worn under t-shirt.
 - No midriffs showing.
 - Appropriate court shoes only free of debris must be worn on gym floor.
8. To refrain from using drugs, tobacco, alcohol or any other controlled substances that would hurt my body or hinder my testimony or the testimony of my team and teammates.
9. To report all injuries to the coaching staff as soon as possible.
10. To always remain encouraging to ALL those around me (refraining from abusive, foul or degrading, disruptive or complaining language, including gossip and rumors).
11. To be a good example to those around me (refraining from coarse jesting, PDA...)
12. To be safe in all my behaviors, including refraining from body-piercing and tattooing.
13. To wear my seatbelt at all times when traveling to games in or out of town.
14. To refrain from driving any player, other than a sibling, to a game.
15. To limit cell phone or electronics usage during, before and after practice to only that which is necessary. If I need to use the phone, I will use it alone. I will not socialize "around" my phone or electronic device while at practice or a game.
16. To limit cell phone or electronics usage during out of town trips to whatever the coach and my team have agreed to. When boundaries are set, I agree to comply.

I fully understand and agree to follow the above expectations while I am a member of the METRO WARRIORS program. I realize that any violations could result in loss of privilege or suspension, as a parent to attend games or practices, or as an athlete to participate in practices and/or games.

Athletes Signature

Date

PARENT EXPECTATIONS/CONTRACT:

As a parent, I agree..

1. To encourage and support the coaches as a parent and not undermine the authority of the coaches or board
2. To remember that my daughter plays for her own enjoyment, training and discipline, to the glory of God and not for my own glory
3. To make every reasonable effort to have my daughter attend all scheduled practices and games and fulfill her commitment to the team
4. To treat coaches, fellow parents, game officials, players and spectators with respect at all times, not coaching anyone from the stands
5. To follow the principles of Matthew 18:15-19 by following the Warrior chain of command regarding any problems, concerns, or comments that I might have regarding the WARRIOR program
6. To make coaches aware of any physical, mental or emotional problems that my daughter may experience, to be kept with all confidentiality
7. To abide by the guidelines set up for games held in or out of town, including, but not limited to: making sure my athlete dressed according to WARRIOR standards, that she is riding with a parent or driving by herself (or with siblings only), that she is wearing her seatbelt at all times, and encouraging proper off-court conduct
8. To support the program by volunteering to help with the many functions surrounding it including, but not limited to: all tournaments that we host, court duties, team duties, practice time set-up and clean-up, Sports Banquet.
9. To make sure all guests whom I invite to any WARRIOR function understand the expectations as they are written here
10. To the best of my ability, encourage and enforce my daughter to abide by the contract she has signed.

I fully understand and agree to follow the above expectations while my daughter is a member of the WARRIOR program. I realize that any violations could result in loss of privilege or suspension, as a parent to attend games or practices, or as an athlete to participate in practices and/or games

Parent/Guardian Signature

_____ date _____

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily • Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coach's' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

1. Keep your teen out of play. If your teen has a concussion her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussions says your teen is symptom- free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

2. Seek medical attention right away. A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

3. Teach your teen that it's not smart to play with a concussion. Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that she is “just fine.”

4. Tell all of your teen's coaches--we don't have a school nurse. about ANY concussion. Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while she is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, . If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion: Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional. It's better to miss one game than the whole season.

For more information and to order additional materials free-of-charge, visit:

<https://www.cdc.gov/headsup/pdfs/policy/headsuponconcussioninsportspolicies-a.pdf>.

VOLUNTEER POSITIONS FOR WARRIORS

Metro Warriors Home School Athletics has a rich history of faith, community, and athletics. What makes Warriors so inviting is our history of families that roll up their sleeves and work side by side to create something wonderful. Warrior parents understand that Warriors is not a drop off program, and it cannot sustain or succeed on the backs of a tired few. The blessings and byproducts of this Warrior throw-in spirit are strong community, long lasting friendships, and joyful memories.

PARENT VOLUNTEER JOBS

TEAM JOBS

PAL

Team parent: The team parents are responsible for bringing the balls, medical kits scorebooks, stat sheets. They must be present on the day that we inflate balls and distribute med kits.

Uniform parent: keeps and washes uniforms: must bring uniforms to picture day

Picture parent: takes pictures at games, must be present for picture day

Medical release parent: prints all medical releases and puts them in the uniform bin

Ref parent: pays the ref

Score keep scheduler: puts all parents on a scorekeeping rotation

Communication parent: checks cancellations on the PAL or CYO websites and communicates that to team via text

Social coordinator parent: plans at least one social event for team

Coaching parent. (sometimes a parent may want to coach)

High school

Team parent

Uniform parent

Picture parent

Medical release parent

Score keep scheduler

Communication parent

Social coordinator parent

Travel parent: organizes all travel arrangements for team

Paperwork parent: This parent ensures that every athlete and parent signs all of the hold harmless agreements

Coaching parent

WARRIOR JOBS

ADVERTISE PARENT

This parent submits Warrior advertisements to the home school etrees, HEN, and the Hen newsletter, social media, Warrior facebook page, and emails to current Warrior families. Advertisements include Volleyball and Basketball programs and clinics.

ALUMNI GAME

While the board schedules and rents the courts for the alumni game, this volunteer parent plans,invites and advertises for it. It is usually scheduled in October, and is a fun event for current and past athletes and families to spend time together and play ball.

BABYSITTING

Sometimes our coaches need babysitters at practice, so they can coach. Before the season. This parent talks to the coaches to see what dates are needed and sets up a schedule for Warrior families to sign up to babysit.

BANQUET

The Warrior banquet is usually held in Spring, and typically, Juniors and their parents are responsible for planning it. These parents reserve the location, decorate, plan the order of events, honor the seniors, and create a program.

BANQUET VIDEO

This parent or teen collects pictures and video from Warrior families and creates an end of the year video to share at the banquet.

CLINICS

This parent organizes coaches for clinics and is responsible for being present at clinics to check-in athletes and answer parental questions.

FUNDRAISING

At the beginning of the season, this parent organizes the fundraising opportunities for interested Warrior families.

PAL SCHEDULER

Before the season, this parent schedules games with the PAL or CYO leagues.

PIZZA PARTY

This parent(s) organize a pizza/sign making party for Nationals. This party is typically after practice 2 weeks prior to Nationals

SUMMER BALL

This parent organizes, schedules, and recruits coaches for Summer ball. He or she is also present at practices to check in athletes and collect money.

TEAMMATES

This parent pairs teammates and provides a collection location for teammates to share letters and gifts.

TECHNOLOGY

This person manages our website.

TOURNAMENT SCHEDULER (high school)

For volleyball, this parent starts scheduling tournaments for our fall calendar. For basketball, this person starts scheduling tournaments in August for their winter calendar.

VALENTINE'S DAY PARTY (basketball parent)

This parent plans, organizes, shops for, advertises, and runs the annual Valentine's party

WARRIOR WEAR

At the beginning of the season, this person organizes, and distributes t-shirt sales.

NATIONALS

COURT SUPERVISOR

This person manages the courts at Nationals to make sure that all jobs are filled

CONCESSIONS

This person organizes, plans, shops for, and manages the concession stand at Nationals.

HOSPITALITY

This person organizes, plans, shops for, and manages the hospitality room at Nationals.

SCHOLARSHIP

This person reviews and selects National scholarship applicants/recipients.

SECRETARY NATIONALS

In the weeks prior to Nationals, this person works with the director to create the Nationals program and all documentation relating to Nationals.

SOUVENIRS

This person organizes, plans, shops for, and manages the Souvenir table at Nationals.

TROPHY PLANNER

This person orders, organizes, and presents medals and trophies for Nationals.

BOARD JOBS

WARRIORS DIRECTOR

The Director is the head over all of Warriors, however is mostly responsible for running the VB program, leading board meetings, hiring and training coaches.

SECRETARY

The secretary keeps meeting notes, schedules the Warrior Calendar, and communicates with the board and team.

TREASURER

The treasurer manages the Warrior account, pays bills, collects registration monies, adheres and manages Warrior budgets and communicates with the board.

PARENT VB VOLUNTEER COORDINATOR

The Parent Volunteer Coordinator manages all the parent volunteers, answering questions and finding volunteer jobs that match the needs of the parent.

NATIONALS DIRECTOR

The Nationals Director plans, organizes, and executes all things Nationals. He or she needs an army of helpers

NATIONALS ASSISTANT DIRECTOR

This person assists and shadows the Nationals Director

BASKETBALL COORDINATOR

The BB Coordinator directs all things BB; leading team meetings, hiring coaches, scheduling tournaments.. Team planning starts in August for the Winter BB season.

BB REGISTRATION/COMMUNICATIONS

This person collects registration and monies for the treasure and communicates with the board, athletes, and parents.

BB VOLUNTEER COORDINATOR

The Parent Volunteer Coordinator manages all the parent volunteers, answering questions and finding volunteer jobs that match the needs of the parent.

