

# ***ORHS VB PARENT MEETING***

2024-25

USE THE QR CODE TO  
SIGN IN



# ***COACHES***

## ***TOMMIE SLEDGE***

21 years of coaching volleyball  
2 State Tournament Appearances

## ***BRIANA TAYLOR***

7 years of coaching volleyball

## ***LISA RUFFCORN***

2 years of coaching volleyball

## ***ADDIE MAREK***

4 years of coaching volleyball

# ***ORHS Athletic Trainers***

- STAY HYDRATED!!
- Visit on-site prior to seeing a doctor, if possible
- If you go to a doctor, please bring a note to turn in
- Trainers will be in the training room at 6:30am every morning
- DO NOT go in during practice time to get a previous injury checked

# ***Adrenaline Fundraiser***

- App based fundraiser
- Athletes obtain contact numbers or emails and call/text contacts

Scan the QR Code to view our website:

<https://www.orhsvb.com/>

**Schedule**  
**Summer Activities**  
**Tournament Information**  
**Sponsorship Information**



# In-season vs. Off-season



**CONROE**  
INDEPENDENT  
SCHOOL DISTRICT

**2024-2025**  
**Red Blue Calendar**  
Oak Ridge High School  
APPROVED 1/16/21

- Planning appointments during practice time



# ***Booster Club - Mrs. Rhodes***

- Freshman parent rep
- JV Parent rep
- Concessions expert
- Hoco float planner/ rep
- Hospitality committee for Battle of the Oaks
- SPONSORS
- Concession Sign Up
- Locker Boards 10/14, Overalls 9/5, etc.



# *Spirit Fees*

- Pay for game day shirts and equipment for athletes
- Go towards updating team equipment
- Due 8/16 cash or check (*ORHS BOOSTER CLUB*)



# ***SPONSORS & SHIRTS*** (Taylor)

- Sponsorships
- Game Day shirts (students provided by spirit fee, extras are optional)
- Team Shop link will be sent out when it is opened (optional)

# **GAME DAY MEALS** *(Marek)*

- Game Day meals home optional, away provided
  - JV & Freshmen HOME Meals - 8 home games X \$12.50 = \$100
  - Please pick your meals TODAY
  - Fees are due 8/16
- Varsity home & away are purchased through spirit fee
  - Please pick your meals TODAY

# ***JV & FRESHMEN MEALS***

<http://tiny.conroeisd.net/Na8HK>

Paper copy is also available



# ***VARSITY MEALS***

<http://tiny.conroeisd.net/xEWdU>

Paper copy is also available



# ***Due Dates***

- Spirit fee due on or before 8/16
  - Any financial concerns please communicate with Coach Sledge
- Handbook signature page due on or before 8/16
- Meal money due on or before 8/16

# ***GAME DAY***

- JV & Freshmen are expected to stay until the END of the varsity game
- They are NOT allowed to have their phones out when we are at a home game
- Their phones will be collected before we board the bus for away games
- Athletes may be signed out at the conclusion of the Varsity game.
  - Coach Marek or Coach Ruffcorn will have the sign out sheet
  - Athletes may go home with another parent with 24 hour email notice to their coach

# **HANDBOOK**

- Being on time is a priority for this program
- Absences must be reported to coaches BEFORE the absence
  - Makeup must be completed before player is eligible to play in the upcoming games (burpee mile)
- Players will dress out DAILY in volleyball practice clothes
- Riding the bus TO away games and can be signed out from away games by their parent only after the conclusion of the varsity game.
  - May leave with another parent with a 24 hr notice email to coach

# ***HANDBOOK***

- Display attitudes & behaviors that will facilitate team success
- Handle volleyball problems through the proper chain of command
  - Athlete to coach
  - Athlete to head coach
  - Parent to coach
  - Parent to head coach
  - If not resolved - parents, head coach and athletic director, Diedre Vasquez



# ***HANDBOOK***

- Cell phones should remain in lockers during volleyball practice
  - Cell phones will be taken up prior to entering the bus for away games
  - THIS IS TO FACILITATE TEAM BONDING AND COMMUNICATION
- Playing time nor practice time will ever be equal
- Social media: we adhere to the CISD and ORHS social media guidelines. Please make yourself familiar with these guidelines.
- Character: any verbal or physical actions that disrupt team unity will not be tolerated

# *Parent Coach Communication*

## APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. Treatment of your daughter mentally and physically
2. Ways to help your daughter improve
3. Concerns about your daughter's behavior

## ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. PLAYING TIME
2. OTHER PLAYERS
3. TEAM STRATEGY

# ***SPORTS YOU***



PARENTS: please scan the QR  
Code to join our SportsYou

Download the SportsYou app  
Add Team  
Team Code: QF5A-48TS



***THANK YOU!***

All QR Codes & meal order papers are printed at the sign in table