

Meet your coaches:

Michael Matteson

Varsity Head Coach

Coaching experience spanning 28 years and 84 teams, including 50 volleyball and 20 basketball teams from Pre-K through Varsity.

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Travis Kamarata

Assistant Coach

Coaching experience: Estrella Foothills Boys Volleyball (2020-2026), Matrix Boys Club Volleyball (2019-2023), EYS rec volleyball (2015-2019), EYS Lady Wolves Club Volleyball (2016-2018)

Janelle Moran

JV Black Head Coach

Coaching experience spanning 12 years junior high, 8 years club (14-17), and 4 years in high school. "I literally started coaching when I was 18."

Jane Carter

JV Blue Head Coach

Coaching experience spanning 14 years, coaching elementary through high school.

A combined 67 years of coaching experience!

Dear Parents:

Just as a classroom teacher needs your support to bring out the best in your child, we also look for your help in this area.

Inevitably your child will, at some point during the season, feel frustrated or disappointed with some aspect of the program. Often this frustration is a result of a coaching decision that affects her.

If she has a question, a problem, or a misunderstanding, encourage her to advocate for herself, and reach out to us for an explanation. Avoid taking sides with her until she has discussed the situation with us, as we may be the only ones who can adequately provide her with a satisfactory answer. As has been explained, we will openly and clearly explain our position.

The player-coach relationship is very delicate and demands a great deal of mutual respect. We will develop our respect for your child if she handles her problems directly with us. Parental interference can damage the relationship that we are hoping to develop. Having the player deal directly with her coach is an important aspect of the maturation process and should always be encouraged .

If you wish to speak with us about a matter concerning your child's playing performance, please remember that we will openly discuss things with you provided that common courtesy is extended. An emotional outburst or confrontation will only serve to draw us apart. Ultimately, your child will sense the lack of cooperation between her parents and coaches and will tend to lose her interest for what we are hoping to accomplish. It is critical that we work together on your child's behalf—it is of no benefit to her if we pull against each other. Encourage your child's relationship with us; she wants and needs your constant support and approval.

We fully understand and appreciate how much you want your child to play her best. However, it is important that you leave the coaching to us. As professionals, we know what is best for our team's improvement. We know our coaching profession just as well as parents know their profession or trade. In your eagerness to see your child do well, you may suggest to them to do just the opposite of what we have instructed them to do. Naturally, this results in confusion and leads to poor performance.

In your child's best interest, trust that we are experts in our field and allow her the benefit of playing the game one way—the coach's way. We have spent years studying the best ways to teach the game. This is carried over in our teaching of sound principles of volleyball. Our previous history of coaching success bears this out.

Finally, remember that parental support is of the utmost value in the important task of helping your child perform her very best. One or two parents thinking negatively can do a great deal of harm to the entire program.

Pedagogy

Growth Mindset

“Mistakes are good; struggle makes you smarter.” We learn from our mistakes, and we get better through hard work. “Hard work beats talent, when talent doesn’t work hard.”

Random vs Blocked

The drills that have the best transfer from practice to games are those that are more game-like. These “random” drills may look, at first glance, as if we are just playing games or scrimmaging, but know that there is a purpose to every drill, and we are working on skills that will help us be successful on the court in competition. These game-like scenarios are proven to have more transfer to actual games.

Developing the Athlete

We wish to develop every athlete that comes through our gym. Development comes more from practice, and is exemplified in game play. We will spend a considerable amount of each practice working on fundamental skills to help develop each athlete into being a well-rounded volleyball player. We hope to stretch our athletes out of their comfort zone, and have them get better every practice.

Developing the Program

We wish to develop an entire program to ensure long-lasting success. Success for Estrella Foothills High School’s Girls Volleyball program long after the current athletes and coaches have moved on. We hope to accomplish this through building a long-lasting culture. We hope to do this through creating success in this program early. We hope to do this through developing not as separate teams, but as an entire program. We view the Varsity, JV Black, and JV Blue squads as one deep roster. If an athlete develops to a varsity level, and is ready to help our varsity be successful in competition, then we will use that athlete at the appropriate time. We are not separate teams, but one program looking to have success for years to come.

Culture

Gritty Culture

“A growth mindset is the belief that intelligence can be developed. Students with a growth mindset understand they can get smarter through hard work, the use of effective strategies, and help from others when needed. It is contrasted with a fixed mindset: the belief that intelligence is a fixed trait that is set in stone at birth.”

(<https://mindsetscholarsnetwork.org/learning-mindsets/growth-mindset/>)

One of our themes in this program is “Greatness Resides in This,” an acronym for G.R.I.T. We wish to instill in our athletes a culture of growth mindset. We strive to provide an environment where athletes feel safe to make mistakes, as this is where true learning occurs. We want our athletes to exemplify have “grit,” and understanding that hard work is how we make ourselves better, and that natural talent can only take you so far.

Championship Culture

We also wish to instill in this program a culture of winning. Although we strive to develop every athlete in the program, when it comes to Varsity matches (and even JV matches to a lesser extent), success is measured on wins. We wish to put the right athletes in the right place to help the entire program gain this success.

Honest Culture

If a call is in question, and our athletes are called upon to give an honest answer—we want our athletes to feel confident in following their integrity, and give their honest response. Even if this means the loss of a point, even if it is the loss of a match point, we will be Honest in our gym.

Affirming Culture

“Work hard, be nice!” We pick each other up, whether that is literally picking a teammate off the ground, or figuratively picking up a teammate who is low in confidence. We will pick our teammates up through affirming words, positive speak, and trust in each other.

10 Things Teammates Don't Let Teammates Do in CHAMPIONSHIP CULTURES

By Jeff Janssen



EXPECTATIONS OF PLAYERS:

1. **ELIGIBILITY.** The AIA governs extra-curricular activities in Arizona member schools. The AIA states, ‘the student must be currently passing ALL CLASSES in order for her to be eligible to participate in extra-curricular activities.’ This means that schoolwork comes first; however, student-athletes must schedule their time appropriately. The EFHS Volleyball Program will enforce the following regarding ineligibility due to grades: if a student-athlete is ineligible for a total of three weeks throughout the season, she will be dismissed from the team. Academic check is every Monday, and there is an appeal process, but the athlete must complete this process without coach intervention. There is a form to be picked up at the athletics desk in the front office, and the teacher must sign this form. The form must then be turned back into the athletics desk and approved by Mr. Wright before eligibility is granted.
2. **SCHOOL SUSPENSION.** If a student-athlete is placed an out-of-school suspension, she will NOT be permitted to practice or play on the days they are in suspension. If a student-athlete is placed in in-school suspension, playtime may be affected. For example, in-school suspension is until 2:20pm, if we leave prior to 2:20pm, students in in-school suspension will not be allowed to leave early.
3. **TARDINESS.** In the event that a student-athlete is going to be absent or late to a practice, it is the PLAYER’S responsibility to notify her coach or the program’s varsity coach via the communication app “BAND” the day prior to the scheduled practice. Having another player relay the message is NOT acceptable. All unexcused tardies will be addressed in practice.
4. **UNEXPECTED ILLNESS/EMERGENCY.** If a student-athlete becomes sick or has an unexpected emergency during school hours they are required to immediately notify their coach by BAND prior to going home.
5. **UNEXCUSED ABSENCES.** Absences will be deemed such at the discretion of the coaching staff. Each unexcused absence will receive an entire match on the bench; although participation in game warm-ups and practices will still be required. Make decisions based on “team” first and “individual” second. It is strongly suggested that you immediately communicate with your coach for any time away from practice. A student-athlete with three unexcused absences will be dismissed from the program. Excused absences will be discussed among the coaching staff and usually are limited to college visits, weddings, funerals, and high level graduations. Please communicate these as soon as you know.
6. **BUS TRANSPORTATION.** All student-athletes must ride in school transportation to and from all athletic contests. The only exception to this rule is the student-athlete’s parent or guardian may opt to take their student-athlete home, but **ONLY AFTER ALL THREE** matches are completed (JV Blue, JV Black, and Varsity). Supporting the volleyball program as a whole emphasizes citizenship and promotes cooperation and support across all three teams within the program. This is also true for home matches, with the addition of us being required to work home matches. Student-athletes are also required to comply with the school dress code on the bus. The bus is to be clean before leaving for the evening, and a dirty bus will be addressed during the following practice. If transportation from a non-legal guardian is required, this must be approved through the office at least 24 hours in advance.
7. **NIL.** Student athletes are allowed to be contracted for their name, image, and likeness, but the AIA has strict rules against student athletes using school branding or school facilities to fulfill these contracts.

8. **Non-School Participation.** Athletes may not participate in other team/club activities dealing with volleyball. Beach volleyball is a separate sanctioned sport by the AIA, so even though beach volleyball is a derivative of volleyball, any beach participation does not count as non-school participation. Be mindful of your responsibilities to your team though, and avoid any participation that could put you at risk of injury. Please do not participate in any camps, clinics, scrimmages, or practices with other teams, as this will result in a violation of the AIA rules and have a consequence of your ineligibility, and possible forfeiture of any matches you participated in.
9. **PLAYING TIME.** Playing time is a complex mix of an athlete's personal strengths and limitations (physical, emotional, mental and social), skill level, attitude, attendance, work ethic, in addition to the team's positional needs, opponents' tendencies, strategies, long and short term goals, team cohesiveness, player roles, and finally the need to follow the rules of the game. Ultimately, it comes down to 'what is in the best interest of the team.' Coaches do not take the decision of playing time lightly. Much thought and planning goes into the decision making process. If a player has a question or a concern, they are encouraged to address the coach and a meeting may be set up to address the student-athletes concern.
10. **BEHAVIOR.** No egos, individualism, jealousy, crying, or whining will be tolerated. If there are issues or concerns from student-athletes, student-athletes are encouraged to take the time to address the coach. There will be no tolerance with venting on social media, as it leads to negativity on the team. All student-athletes are required to conduct themselves in a first class manner. This includes in the classroom, on school grounds, in the community, on social media, and while traveling with the team. Any behavior that is not in compliance with the goals and ideas of the program, including social media violations, will be addressed in practice. Drug or alcohol use during season will result in termination of team participation.
11. **INJURIES.** If a player is injured, they must immediately report the injury to their coach. Practice must be attended, even with injury, as strategies of the game can be learned through observation. Please make all effort to schedule doctor and physical therapy appointments outside of practice time. Although the program welcomes continued participation from athletes who experience season-ending injuries, athletes will be asked to have an 'all or nothing' level of commitment. If practices are attended, game attendance will be required as well.
12. **EQUIPMENT.** All equipment must be properly worn on the court at the start of practice, kneepads are not ankle accessories, and ankle braces and knee braces must be worn for the entire practice, if required. Hair will be up and out of the face, and all illegal jewelry and metal barrettes must be removed. Please make sure you have appropriate uniforms and uniform accessories for all matches.

The Estrella Foothills High School Volleyball program supports the AIA's 'Pursuing Victory with the Honor' initiative. In the 'Pursuing Victory with Honor' initiative, the AIA creates an environment where the student-athlete, coach, officials and spectators are committed to 'pursuing victory with honor' and teamwork through: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. Although student-athletes will not be tested on these items, they will often be informally quizzed on them by referees at scheduled matches. More information on these 'six pillars' can be found at: <https://charactercounts.org/sixpillars.html>.

EXPECTATIONS OF PARENTS AND OTHER FANS:

- Support the team and coaches.
- Respect decisions made by referees—do not speak to them.
- Respect opposing fans, coaches, and participants.

COMMUNICATIONS COACHES SHOULD EXPECT FROM PLAYERS AND PARENTS:

- Concerns expressed directly to the coaching staff
- Notifications of any schedule conflicts in advance
- Notifications of illness or injury as soon as possible

APPROPRIATE CONCERNS FOR DISCUSSION WITH THE COACHES:

- The treatments of your child
- Methods to help your child improve their skills
- Concerns about a player's behavior

ISSUES NOT APPROPRIATE FOR DISCUSSION WITH THE COACHES:

While the coaches are committed to open communication with parents, there is a certain process that should be observed. In particular, the time before and during a game is dedicated to the players. It is not appropriate for a parent to approach a coach to discuss game or individual player concerns at this time. The coach will be happy to set up a meeting/phone call to address parent concerns at a time that will not interfere with the attention required by the players. An exception to this request is an incident when a player is injured.

PARENT PICKUP

When picking up your athlete at EFHS, please do not use the bus lane in the direct front of the gym. Please pull into a parking spot, and have your athlete find you there. Bus lane must remain clear for buses of all sports, and for emergency vehicles. Do not park or wait for your athlete in these areas.

Please pick up your student athlete in a timely manner. Coaches have to wait with athletes until they are picked up, so please be mindful, and have students picked up within ten minutes of end of practice/end of home game/arrival from away games.

Social Media (<https://www.stack.com/a/a-high-school-athletes-guide-to-using-social-media-effectively>)

When it comes to best practices online, remember that you want to SHINE. Use this simple acronym to help you shape up your online presence.

- **Support:** Use social media to support yourself and others. Show support for others' content as well. Congratulate teammates on great games or practices. Use social media to spread positivity.
- **Highlight:** Use social media to highlight your individual and team accomplishments, along with anything else that you'd like to "brag" a bit about. Ace a test? Land an awesome internship? Let people know about it on social media.
- **Inspire:** Use social media to inspire others who pay attention to your account. Authentically empowering others is one of the most impactful things you can do for yourself. Share quotes or clips you might find inspiring and uplifting.
- **Network:** Use social media for networking and connecting with others by using positive interactions with other likeminded individuals.
- **Educate:** Use social media to educate your audience on the important factors of your life and career. What's important to you and what's helping you be successful on and off the field?

These tips will help you SHINE online the same way you shine in competition.

On the other hand, there are some definite social media no-no's that will not only stop your shine, but likely cause you to ride the PINE.

- **Plagiarize:** Do not post content that does not belong to you without taking the proper steps to get permission. Sharing, retweeting and reposting is fine if you give credit where credit is due. Also, never pretend to be someone you are not online.
- **Illegal Activities:** If it's illegal, don't do it. And especially don't post about it. But... don't do it in the first place. This may sound simple, but a number of athletes have blown potential scholarships by posting about illicit activities on their social media.
- **Negligence:** Do not exhibit negligent behavior. This means think before you post. Put thought into the picture you're painting of yourself online. It may be seen by people who've never met you and who have nothing more to go off of than your social media. If two kids are in a dead heat for a scholarship offer, that could be a deciding factor.
- **Extreme Emotions:** There's nothing wrong with being authentic online, but you should be careful not to let emotions like anger, jealousy or frustration boil over on social media. What may seem like a fine post at the time could look terrible in hindsight after you've had the chance to cool off. Be authentic, but think before you post and keep some aspects of your personal life personal.

In addition to the SHINE and PINE methods for social media usage, here are some other general things to keep in mind before you post.

1. Nothing is truly private. Ever. Even if you're account is locked, people can take screenshots and share them. Those live on long after a post is deleted.
2. Make yourself easily identifiable by including your name, sports, positions and class year in your bio. This will help coaches and other athletes find you and connect with you.
3. What you share, like or retweet is now your content. You're associating yourself with that messaging.
4. Be authentic. Don't constantly compare yourself to others and worry how you measure up. Be yourself.
5. Do not post (or share) anything you wouldn't want to tell your grandmother.
6. Grammar still matters.
7. Never share your log-in info.
8. Use online tools to enhance what goes on in your day to day real life.
9. Don't use social media during class.

Equipment

Jersey

Your student athlete will be issued up to three jerseys this season, that must be cared for and returned upon the completion of the season. They should be washed in cold, turned inside out.

Shoes

Appropriate footwear is a must for volleyball. Shoes must be court shoes with good grip. Any volleyball or basketball shoes will work.

Knee Pads/Ankle supports/Other safety equipment

Any volleyball or basketball knee pads will work, and can be found online or at any sports equipment store. Please wear the necessary equipment to keep you safe and un-injured.

Uniform Bottoms

You must provide your own uniform bottoms. Like-Colored: Uniform bottoms can vary in style (spandex, shorts, leggings, skirts, etc.) but must be the same color (black). Logos: Manufacturer logos on the bottom are subject to the same size restrictions as on the top (less than two inches in one location).

Dress Code

Please come appropriately clothed and properly equipped to all events.

For practice this means shirt, shorts, appropriate shoes, socks, knee pads, and ankle supports (if needed).

For games, this means with your uniform, bottoms, appropriate shoes, socks, knee pads, and ankle supports (if needed). For Matches, teams will decide to dress alike. This can be “dressed up” or spirit-ware, but must be consistent with everyone on the team.

An AIA rule is with changing clothes on the court. If you remove your shirt at any time during a match, your coach will receive a yellow card penalty. If you are changing your jersey (libero change), you MUST do this away from the court.

Another AIA rule being enforced is no jewelry during play. Only small, secured studs or posts worn above the chin will be allowed. No jewelry is permitted below the chin, including string bracelets, commemorative bracelets and body jewelry. In addition, taping over jewelry is not permitted. Please refrain from getting any piercings until the completion of our season.

Attendance

Out of School (OSS)/ In School (ISS)

Out of School Suspension (OSS) will result in no participation for days of suspension. This could result in further play time reduction due to missing practice. In School Suspension (ISS) means participation in practice is still required, but play time may be affected on a match day.

Missing Practice(s)/Match(es)

3 Strike Policy. Three missed practice(s) or match(es) will result in being asked to leave the program. Missing practice(s) or match(es) may also affect future play time.

We ask that varsity attend all JV matches, and JV attend all Varsity matches. During home matches, we must have certain responsibilities covered, such as line judge. All workers MUST be appropriately equipped. For away matches, the support of our teammates is very impactful. With JV matches happening first, we ask that Varsity be cheering on their JV teammates, and we ask the same of our JV players. Our JV players can also learn a lot by watching the varsity play. Failure to support our teammates may affect play time.

Other Rule Considerations:

14.4 NONSCHOOL PARTICIPATION

14.4.1 A student who is a member or becomes a member of a school team shall not practice, have practiced or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to the following team sports: football, flag football, baseball, basketball, **volleyball**, soccer, softball, track relay and swimming relay teams. For purposes of this rule, the interscholastic season of competition shall begin on the competition date as set in the policies and procedures of each sport and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

DETERMINATION: An individual student may take private lessons anytime except during the school day or during school practice sessions. For purposes of this rule, individual private lesson means, and is limited to, one student and one coach/instructor. Schools shall not pay for, arrange or in any way provide these individual private lessons. Individual private lessons shall not be used to circumvent or evade the nonschool participation rule and any such use of private lessons will be considered a violation of the non-school participation rule. (Ex. Bd. 2/18/03)

DETERMINATION:

Q: May a student practice or compete for any non-AIA team after the schools first regularly scheduled high school game and retain that year's high school eligibility?

A: No. The player has participated with a non-AIA team after the first schedule high school game, so that player has forfeited that year's eligibility. (Ex. Bd. 2/17/04)

16.3.4 SPECTATOR REMOVAL

16.3.4.1 Any adult spectator that has been removed from a contest shall be required to complete the NFHS sportsmanship course and provide a certificate of completion prior to attending future contests. Any subsequent removal of the same spectator shall result in the inability of that spectator to attend contests for the remainder of the season of sport.

9.4.8 DOUBLES

9.4.8c Eliminates the judgement call of a multiple contact fault in a single attempt to play the ball on the second team hit if the ball is next contacted by a teammate. This allows for play to continue when multiple contacts on the second team contact do not create an advantage for the offending team. Prolonged contact and multiple attempts to play the ball are still faults. If a player contacts the ball multiple times during one attempt to play the ball on a team's second hit and an opponent is next to contact the ball, a multiple contact fault has occurred. If a player contacts the ball multiple times during one attempt to play the ball on a team's second hit and players from both teams next contact the ball at the same time in the plane of the net-legal and play continues.

15.11 NIL

15.11.1.1 Name Image and Likeness (NIL): A student-athlete may benefit from the use of their name, image and likeness (NIL) provided the NIL is not connected to his/her AIA sanctioned high school team or activity program. A student that is in violation of this bylaw and shall immediately lose eligibility if that student, his/her family member, or anyone else on behalf of that student, enters into an agreement with an individual, corporate entity, partnership, association, or any other party or organization which violates the guidelines in AIA bylaw 15.11.1.2.

Game Time Jobs

We are striving to cultivate an Affirming Culture, a Winning Culture, and a Leading Culture. We will accomplish this by ensuring that our events are run better than any other events in this state! We need to make sure that our teams feel supported, our fans are working in our favor and being served, and that our referees are supported. These needs will be met through the sharing of duties during home matches. All varsity players are expected to be dressed out and ready to work the JV games. All JV players are expected to stay and work the Varsity games. (Once we have a JVB team, it will be Varsity work JV-B, JV-B work JV-A, and JV-A work Varsity.)

These duties will consist of:

Line Judge 1—you will watch the lines and judge in, out, touch, antennae, etc. on one side of the court. Must be wearing court shoes. Failure will result in having to wear the “Shoes of Shame.”

Line Judge 2—you will watch the lines and judge in, out, touch, antennae, etc. on the other side of the court. Must be wearing court shoes. Failure will result in having to wear the “Shoes of Shame.”

Ball Rotation 1—we will do a three-ball rotation, where the game ball will rotate between these three balls, and we maintain a fluid speed. Ball Rotation 1 stands/sits to one serving side and delivers the ball to server. Must be wearing court shoes. Failure will result in having to wear the “Shoes of Shame.”

Ball Rotation 2—we will do a three-ball rotation, where the game ball will rotate between these three balls, and we maintain a fluid speed. Ball Rotation 2 stands/sits in middle, and relays ball to serving side. Must be wearing court shoes. Failure will result in having to wear the “Shoes of Shame.”

Fans — our fans need to have models of cheering on our teams that reinforce the culture we are striving to cultivate. Our teams need affirmation from each other and being a loud “bleacher creature” helps us succeed on the court.

You can find your match day assignments at: <https://coachmjmatteson.com/work/>

Other Gym Rules

Athletes, when entering the gym for practice or games, please use the side entrances. The west doors will be open for access from campus. The east doors will be open for access from the student parking lot. Please use the side entrances, and not the lobby entrance.

For practices, please make sure your water bottle is sealable and will not be spilled if knocked by a volleyball. If you have a water bottle that would spill, please store this in the lobby during practice.

Clean up after yourselves and keep track of your personal items. No trash left on bus or bench. Check for your stuff before leaving, specifically water bottles. Leave everywhere better than we found it.

Be respectful...Don't mooch. If someone offers it, be gracious, but don't ask for food. You don't know who is truly in charge, and the person you might be asking doesn't really have the authority to say yes. If our booster provided food for you, and someone else took it, how would you feel?

Support each other. You should be in student section or behind bench cheering on whichever team is playing. Get ready early, warm up efficiently, and then be present for your teammates. Be engaged in the game and cheer each other on. I shouldn't be asking where everyone is...IF a team member tells you to come support, it is probably because I told them to get their team together. All teams will be completely dressed out prior to the start of the first match.

You must be appropriately equipped to play, and to work. Failure to have appropriate shoes to line-judge or do ball rotation will result in you having to wear the “shoes of shame.” If you are working the next match, you need to make sure you are available immediately after your match so that the refs can talk to you.

Do not ask for the parent sign-out until the last set of the varsity match. You cannot leave until after varsity is over. For home matches, you are not to leave until the coaches dismiss you after clean up.

Parent pickup needs to stay out of the bus lane. After practices and after games.

Message your ride when we are about fifteen minutes from school (when we get off the freeway). Pick up should be within ten minutes of arrival.

Facebook

@estrellavolleyball

Instagram

@efhs_volleyball_boosters

Coach Matteson

mmatteson@buhsd.org

@CoachMatteson

<https://coachmjmatteson.com/>

Fundraising

Tax Credit

In Arizona there is a great opportunity to provide a donation once a year to a school or school program, and you will receive this amount as a tax credit on your state tax returns. This means that every dollar donated through tax credit will come back to you this April. Tax Credit is how we pay for our coaches. Our Tax Credit Account is **520 Girls Volleyball**.

Wolves Classic

We need all JV athletes to work the matches at our tournament, plus we need parent volunteers to work the hospitality room and concessions at our tournament.

SnapRaise!

We will begin our SnapRaise! campaign for this season on August 19th. Athletes just need to provide email addresses of friends and family to request donations for our program. Funds raised help us pay for tournament entry fees, equipment and gear, t-shirts, and have helped off-set championship ring costs.



Estrella Foothills Girls Volleyball 2026

About Our Fundraiser

Thank you so much for visiting our fundraising page. Your support means the world to us as we work hard in our volleyball journey. We are truly grateful for any contributions you can make, big or small. Every bit helps us reach our goals. Please consider sharing our page with family and friends to spread the word. Together, we can make a difference and create unforgettable memories this season!



Program Leader

Michael Matteson



<https://raise.snap.app/donate/estrella-foothills-girls-volleyball-2026>

Schedule

Updated schedule information can be found on my website: <https://coachmjmatteon.com/EFHSGirls/> the AIA website: <https://azpreps365.com/teams/volleyball-girls/3071-efoothills/213524-varsity> or MaxPreps: <https://www.maxpreps.com/az/goodyear/estrella-foothills-wolves/volleyball/schedule/>

Flexibility is key, matches can be rescheduled at any time.

2026 Girls Volleyball Schedule

21-Aug	Varsity Scrimmage	Estrella Foothills
26-Aug	vs ALA-Queen Creek (Neon)	Estrella Foothills
27-Aug	@ Betty H. Fairfax	Betty H. Fairfax (Phoenix)
2-Sep	@ Bradshaw Mountain	Bradshaw Mountain (Prescott)
4-Sep	Wolves Classic	Estrella Foothills
5-Sep	Wolves Classic	Estrella Foothills
8-Sep	@ Eastmark	Eastmark (Queen Creek)
9-Sep	vs Verrado (Suicide Awareness – Purple)	Estrella Foothills
10-Sep	@ Goodyear (Reg)	Goodyear
17-Sep	vs Peoria (Reg) (Harry Potter)	Estrella Foothills
21-Sep	@ Kofa (Reg)	Kofa (Yuma)
23-Sep	@ ALA – West Foothills (Region)	ALA – West Foothills (Wadell)
29-Sep	vs Somerton (Reg) (Matador, wear Red) (No JV Blue)	Estrella Foothills
1-Oct	@ Agua Fria (Reg)	Agua Fria (Avondale)
2-Oct	Bulldog Showdown	Barry Goldwater (Phoenix)
3-Oct	Bulldog Showdown	Barry Goldwater (Phoenix)
6-Oct	vs Buckeye (Beach)	Estrella Foothills
12-Oct	vs Goodyear (Reg) (Dig Pink)	Estrella Foothills
19-Oct	@ Peoria (Reg)	Peoria (Peoria)
20-Oct	vs Kofa (Reg) (Patriot)	Estrella Foothills
22-Oct	vs ALA-West Foothills (Reg) (Safari/Camo)	Estrella Foothills
26-Oct	@ Somerton (Reg) (No JV Blue)	Somerton (Yuma)
28-Oct	vs Agua Fria (Reg) (Senior Night-For Love of the Game)	Estrella Foothills

Communications

Please sign-in and provide your Email address.

BUHSD201 App (Rooms):

Say "hello" to even more in the **BUHSD 201 app.**



Download the **BUHSD 201** app from the iOS App Store or Android Play Store and enable Notifications.



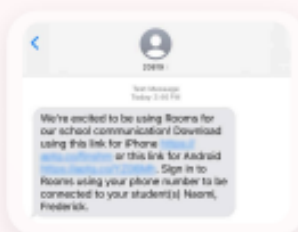
Rooms Quick Start Guide for Families



↳ Your one place for school messages, updates, and more.

Login to Rooms

You're already enrolled, and can login at any time. You can access Rooms from your school app, mobile web, or browser.



Login from Text Invite

- 1 Tap the link to open the invite or open your School App and select Rooms
- 2 Enter your phone number or email

or

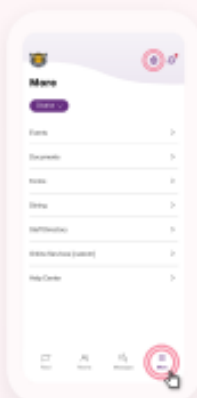


Login from School App

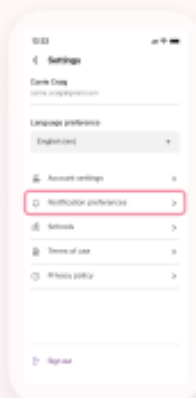
- 3 Select "Sign in with code"
- 4 Enter the authentication code received

Set Notification Preferences

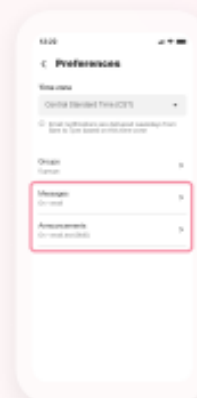
Once you are logged in, you can choose how and when you receive updates.



- 1 Open your school app, tap "More" and select the settings icon.



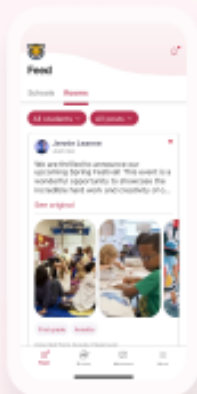
- 2 From settings, select "Notification preferences".



- 3 In "Preferences" select "Messages" and "Announcements" to customize your preferences for notifications for each.

Stay Connected

Rooms helps you stay in touch with your child's teachers and school staff, all from one secure place.



Browse Feed

Stay connected with district and school updates and news.

View Rooms

See announcements, materials, and class info for each class, group or team for your child.

Send Messages

Read, reply, and send messages to your child's teachers and other staff at the school.

Explore More

Access events, menus, forms, and more for your district.



Need help?

Visit info.apptegy.com/rooms-central or contact your school.



Estrella Foothills High School (EFHS)

Volleyball Program

2026 Team Rules and Expectations

1. **ELIGIBILITY.** The AIA governs extra-curricular activities in Arizona member schools. The AIA states, 'the student must be currently passing ALL CLASSES in order for her to be eligible to participate in extra-curricular activities.' This means that schoolwork comes first; however, student-athletes must schedule their time appropriately. The EFHS Volleyball Program will enforce the following regarding ineligibility due to grades: if a student-athlete is ineligible for a total of three weeks throughout the season, she will be dismissed from the team. Academic check is every Monday, and there is an appeal process, but the athlete must complete this process without coach intervention. There is a form to be picked up at the athletics desk in the front office, and the teacher must sign this form. The form must then be turned back into the athletics desk and approved by Mr. Wright before eligibility is granted.
2. **SCHOOL SUSPENSION.** If a student-athlete is placed an out-of-school suspension, she will NOT be permitted to practice or play on the days they are in suspension. If a student-athlete is placed in in-school suspension, playtime may be affected. For example, in-school suspension is until 2:20pm, if we leave prior to 2:20pm, students in in-school suspension will not be allowed to leave early.
3. **TARDINESS.** In the event that a student-athlete is going to be absent or late to a practice, it is the PLAYER'S responsibility to notify her coach or the program's varsity coach via the communication app "BAND" the day prior to the scheduled practice. Having another player relay the message is NOT acceptable. All unexcused tardies will be addressed in practice.
4. **UNEXPECTED ILLNESS/EMERGENCY.** If a student-athlete becomes sick or has an unexpected emergency during school hours they are required to immediately notify their coach by BAND prior to going home.
5. **UNEXCUSED ABSENCES.** Absences will be deemed such at the discretion of the coaching staff. Each unexcused absence will receive an entire match on the bench; although participation in game warm-ups and practices will still be required. Make decisions based on "team" first and "individual" second. It is strongly suggested that you immediately communicate with your coach for any time away from practice. A student-athlete with three unexcused absences will be dismissed from the program. Excused absences will be discussed among the coaching staff and usually are limited to college visits, weddings, funerals, and high level graduations. Please communicate these as soon as you know.
6. **BUS TRANSPORTATION.** All student-athletes must ride in school transportation to and from all athletic contests. The only exception to this rule is the student-athlete's parent or guardian may opt to take their student-athlete home, but **ONLY AFTER ALL THREE** matches are completed (JV Blue, JV Black, and Varsity). Supporting the volleyball program as a whole emphasizes citizenship and promotes cooperation and support across all three teams within the program. This is also true for home matches, with the addition of us being required to work home matches. Student-athletes are also required to comply with the school dress code on the bus. The bus is to be clean before leaving for the evening, and a dirty bus will be addressed during the following practice. If transportation from a non-legal guardian is required, this must be approved through the office at least 24 hours in advance.
7. **NIL.** Student athletes are allowed to be contracted for their name, image, and likeness, but the AIA has strict rules against student athletes using school branding or school facilities to fulfill these contracts.
8. **Non-School Participation.** Athletes may not participate in other team/club activities dealing with volleyball. Beach volleyball is a separate sanctioned sport by the AIA, so even though beach volleyball is a derivative of volleyball, any beach participation does not count as non-school participation. Be mindful of your responsibilities to your team though, and avoid any participation that could put you at risk of injury. Please do not participate in any camps, clinics, scrimmages, or practices with other teams, as this will result in a violation of the AIA rules and have a consequence of your ineligibility, and possible forfeiture of any matches you participated in.
9. **PLAYING TIME.** Playing time is a complex mix of an athlete's personal strengths and limitations (physical, emotional, mental and social), skill level, attitude, attendance, work ethic, in addition to the team's positional needs, opponents' tendencies, strategies, long and short term goals, team cohesiveness, player roles, and finally the need to follow the rules of the game. Ultimately, it comes down to 'what is in the best interest of the team.' Coaches do not take the decision of playing time lightly. Much thought and planning goes into the decision making process. If a player has a question or a concern, they are encouraged to address the coach and a meeting may be set up to address the student-athletes concern.
10. **BEHAVIOR.** No egos, individualism, jealousy, crying, or whining will be tolerated. If there are issues or concerns from student-athletes, student-athletes are encouraged to take the time to address the coach. There will be no tolerance with venting on social media, as it leads to negativity on the team. All student-athletes are required to conduct themselves in a first class manner. This includes in the classroom, on school grounds, in the community, on social media, and while traveling with the team. Any behavior that is not in compliance with the goals and ideas of the program, including social media violations, will be addressed in practice. Drug or alcohol use during season will result in termination of team participation.
11. **INJURIES.** If a player is injured, they must immediately report the injury to their coach. Practice must be attended, even with injury, as strategies of the game can be learned through observation. Please make all effort to schedule doctor and physical therapy appointments outside of practice time. Although the program welcomes continued participation from athletes who experience season-ending injuries, athletes will be asked to have an 'all or nothing' level of commitment. If practices are attended, game attendance will be required as well.
12. **EQUIPMENT.** All equipment must be properly worn on the court at the start of practice, kneepads are not ankle accessories, and ankle braces and knee braces must be worn for the entire practice, if required. Hair will be up and out of the face, and all illegal jewelry and metal barrettes must be removed. Please make sure you have appropriate uniforms and uniform accessories for all matches.

The Estrella Foothills High School Volleyball program supports the AIA's 'Pursuing Victory with the Honor' initiative. In the 'Pursuing Victory with Honor' initiative, the AIA creates an environment where the student-athlete, coach, officials and spectators are committed to 'pursuing victory with honor' and teamwork through: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. Although student-athletes will not be tested on these items, they will often be informally quizzed on them by referees at scheduled matches. More information on these 'six pillars' can be found at: <https://charactercounts.org/sixpillars.html>.

I have read the 2026 Estrella Foothills High School Volleyball program's rules and guidelines. I agree to understand, promote, and abide by the rules and guidelines set forth by the coaches at EFHS and are committed to the 'Pursuing Victory with Honor' initiative.

Printed Player's Name

Parent/Guardian Signature

Date

Student/Athlete Signature

Date