

## Crook County Middle School Volleyball 2022

Hello Parents!

Thank you for allowing your child to join our program. We may be a brand new coaching staff but we are not new to this program. Every single one of your coaches grew up here and started their careers in the same gym as your girls!

We had a wonderful turnout. Lots of familiar faces and even more new ones. We love seeing our returning players but it is extremely exciting to see new players. Our goal is to create an environment they want to return to!

### Expectations for players at practice:

- **Be on time**: practice hours are 3:30-5:30 and our goal is to be touching a volleyball by 3:45. Hustle to the gym and get your gear on!
- **Help set up and take down**: every program at every level requires nets to be set up and equipment to be taken out of storage. Coaches will do their best to set up as well, but everyone needs to know how to do it.
- **NO PHONES**: during our practice hours. We have very little time and social life can wait 2 hours. (Unless discussed beforehand with a coach for early pickups or medical reasons)
- **Hustle at all times**: during drills, picking up balls, water-breaks.. We have little time and want to use it wisely
- **Try new things**: Learning can be uncomfortable. It's hard to create good habits but even harder to break old/insufficient ones. Be open to feedback and try to apply them throughout practice.
- **Compete**: Volleyball is a competitive sport. We love playing with our friends but it is not meant to want to win! Make your team better by doing your best to win at all times
- **Get A LOT Better**: Remember, everything we do is a process. We are not measuring our success on results. We are measuring the process. Do the right things mindfully and over time we will see results.
- **BE KIND**: All the time. In class, in the hallways, at home, on the bus, in the gym. The world has plenty of mean people and we are going to be our best for each other and those around us. Always.

### Expectations for Parents:

- **Be supportive**: We are throwing a lot of information at them and asking them to do some really hard things every single day. This can create sensory overload and be a little overwhelming at times. Please do your best to instill the message "Process over Results." We do not care if your child can jump 10 ft high or pass every ball that comes their way. We are teaching them the basic mechanics and applying motor-based learning into our practices. We believe we need to create good habits to move correctly before the game can get faster for them. This is hard. Continue to provide a positive mindset for them at home, not a solution.
- **Encourage them to Communicate and advocate for themselves**: We want to foster an environment that allows your athlete to approach coaches 1v1 to

problem solve. If there are issues with playing time, positions, other players, your daughter is expected to

1. Speak to their coach on their own first. If issue unresolved..
2. Speak to their coach, head coach and with parent present
3. Speak to their coach, head coach and admin with parent present

DO NOT show up before or after a practice and expect your coach to meet without notice. We need time to prep for practice and also have lives and families outside of the program. Please, be proactive and schedule a meeting or phone call with your coach if needed.

- **Be kind to athletes, coaches, supporting staff and officials:** Games can get intense and we need you to be the best fans for these kids. Set an example of what sportsmanship looks like. Talk appropriately in the stands and to officials...and do not coach from the sidelines.

### **PLAYING TIME:**

This year we have many players. 7th grade has 26 athletes and 8th grade has 24.

During a match, only 6 players are on the court. Coaches are doing their best to make sure everyone gets playing time while also creating a competitive program.

We want to prep our players for the high school level by having them earn their spots but also understand that everyone needs game experience.

Please keep in mind that there are MANY athletes this year and we do want everyone to get playing experience but we want them to earn their positions through the following:

1. **Attendance: Consistently coming to practice**
2. **Mindfulness: Doing skill work to the best of their ability (even when they think coaches are watching)**
3. **Taking feedback: Wanting to learn and actively applying feedback without arguing or excuses**
4. **Positivity: treating all players and coaches with respect and remaining a positive force in times of struggle!**
5. **Hard working: Hustles for balls, during all plays and always tries to get better**
6. **Statistically winning: During practice we are tracking wins/losses, passing and hitting percentage etc. We want to teach athletes that there are clear answers to playing time most of the time, not just feelings.**