

YMCA Blaze Team Expectations: U-14

Coach Philosophy

We are passionate about coaching, and love to watch our players grow beyond high school and into college as mature athletes who know how to be team players. We focus on skill improvement, team chemistry, leadership and fun! We will demand full attention and concentration in practice, and continually challenge players to do better and push their limits, to learn and apply their skills at game time. But, *we are not building a nuclear reactor here!* We will also have a TON of fun this season! *“DO YOU HAVE THE WILL TO PREPARE TO WIN?”*

Expectation of Players

Active Learners

We strive to create active learners. An active learner is someone who shows up prepared and on time, willing to work hard, and asks lots of questions.

Team Player

We teach each player how best they can contribute to their team's success. Sometimes that means playing a position they are not used to, or supporting their team when they are not on the court.

Focus

We expect every player to stay focused during drills, conditioning, pre-game warmup, games, and ref duties. A desire to improve must come from within. *We can provide a trail for you to walk on, but you are the one that needs to walk up the hill.*

Respect

This is a core value of our team, and the YMCA. Respect for your parents means being ready (with all the necessary equipment) when they need to drive you to practice or a tournament, helping them understand the game, carpooling with other parents when convenient, and THANKING THEM for devoting their time, effort, and a lot of money towards your interests. Respect for your teammates means scheduling your time effectively, showing up on time, staying focused, and being supportive.

Relationships Among Players

It is our goal that all players on our teams remain united as a team, refraining from talking behind each other's backs, creating a negative environment for certain players. We employ various team building strategies to help foster this behavior. Conflicts of an interpersonal nature are bound to occur. Remember that you do not need to actually like each, but you must care for each other as people and teammates. You also need and should expect this same treatment from your teammates.

Positive Attitude & Teamwork

Team sports require an uncommon amount of self-sacrifice. It is critical that everyone knows how her role fits into the context of team goals. A player with poor or negative attitude will be asked to sit out certain activities or leave. ***Success in volleyball is more dependent on how well the team plays together, rather than how individuals perform. Everyone helps.*** Everyone sets up nets, shags balls, officiates games, etc. No one leaves until our team's referee duties are finished.

Attendance & Punctuality

If you have unexcused absences or lateness, you will be asked to perform extra conditioning before being allowed to join the team for practice-***regardless of the reason.***

- Coaches Danielle & Brian Pulliam