

YMCA Blaze Team Expectations: U-16

Coach Philosophy

I value athletics as one integral part of a player's educational experience, but not the end all. It provides an additional arena where the individual can take risks, make mistakes, and be accepted, whether they succeed or fail. The value comes in the challenge for the individual to pursue performances that would otherwise be difficult to achieve, while aspiring to the ideas of fair play, commonality of purpose and the concept of team over self. I strive to develop athletes who accept victory with humility and defeat with grace. I expect my team to always play to win while demonstrating individual intensity and respectful competitiveness. I believe that winning must be redefined from what our popular culture calls "winning". The scoreboard should never be the only indicator of success. The effort to prepare, and the desire to compete must take precedence over a comparative score. Success should be based on what each individual does in relation to her own ability and how the team has progressed as a cohesive group.

Expectation of Players

Volleyball Skills and Execution

"It all starts with a pass". At every level of volleyball that I have played and watched, a team that can not pass or play defense will not win, and players that are not properly trained get hurt. At the beginning of the season I will teach proper body position and footwork for passing, serving, hitting, setting, and defense. I expect that as we master and execute the basics, we will progress into more sophisticated forms of the game. I also expect that any bad habits that were learned in the past will be replaced to insure safety and future success for the girls.

Fitness & Work Ethic

Player's wellbeing is my highest priority. Besides learning the proper skills to avoid volleyball injuries, each player needs to develop the good habits of health, safety, and physical fitness. I expect the girls to work on developing their core strength on non-practice days to decrease the chance of injury by doing simple exercises such as push-ups, sit-ups, and jump roping. Each person must give 100% effort during all activities. I expect every player to always come to practice or tournament prepared, focused, and on time. Remember, how we practice is how we play.

Commitment

Choosing to play club volleyball is a commitment to yourself, your team, your parents, your coaches, and to the sport. Do not take this commitment lightly. Be absolutely certain that you have the extra time needed before you commit to joining this team.

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 everything is picked up at practice or until our team's referee duties are finished.

Attendance & Punctuality

If you have absences or lateness, you will be asked to perform extra conditioning before being allowed to join the team for practice.

- Coach Michael Lange