

RAWLINS VOLLEYBALL CLUB PARTNERSHIP

Club season offers athletes an incredible experience to learn new skills, gain confidence, and compete. It is an excellent opportunity to build the Rawlins Volleyball program from a young age. We are passionate about giving athletes opportunities to grow and develop. As a club, we have grown the sport of volleyball and continue to gain more athletes each season. Our club is focused on commitment to our athletes, coaching staff, and our program.

Our program is a partnership between the board of directors, coaching staff, parents, and players. It takes the contributions of everyone working together to become a successful volleyball program. The expectations of the club are shared by:

Board of Directors and Coaches

- The board of directors is comprised of individuals who will work together to build a strong volleyball program.
- The board will uphold the club's mission, values, expectations, and code of conduct.
- The board will support our coaching staff.
- We believe strongly in the power of coaching and the important role that coaches play in the lives of our athletes of every age and at every level.
- Our coaches love the game and will instill the same love into every athlete that steps foot in our gym.
- Our coaches will help athletes develop skills that will serve them both on and off the court.
- Our coaches are excellent role models for our players; in how they represent themselves at practice, tournaments, during games, dealing with conflict-resolution, when winning and losing, and in life.
- Our coaches have good communication skills with their players and parents. It is important that they are able to convey what is important for our players to learn on and off the court - along with being good listeners when others are communicating/sharing their thoughts and concerns.
- Our coaches will be prepared every day - for skills camps, practices, tournaments, and other club engagements.
- Our coaches will respond back to parent inquiries promptly, within 24 hours.
- Our coaches will hold our players accountable for their actions and help them learn from their mistakes to develop coachable athletes.
- Our coaches will not be afraid to ask for help, if needed. We have some excellent contacts who have years of coaching experience and expertise who would be willing to help anytime we ask – we just have to ask.
- Through their hard work and preparation, our coaches will set high expectations for their team and the individual players on the team. As a result, they should **EXPECT SUCCESS** for their team.

PARENTS

- Our parents will provide vocal positive support for both their daughter and her teammates at home and at every competition. How you speak about the program and players at home, sets the tone for your player on the court.
- Our parents may be asked to serve in volunteer roles to support the program: overseeing team score keeping at tournaments, helping with fundraisers, serving as team parents, or volunteering time. We can't do this without you and appreciate your support.
- Our parents are expected to be good role models at our tournaments both at home and when traveling. Be supportive of everyone on the team.
- Our parents should encourage their daughters to share their concerns with their coaches and teammates and attempt to resolve their own difficulties. We strive to foster a sense of independence and personal responsibility in all of our players, helping them become more self-reliant and confident athletes and young women.

PLAYERS

- Make a commitment to your sport and your team. We understand you are paying to be part of the club, but in order play, attendance at practice is a must.
- Our players must display great work habits every day; come to the gym ready to work hard, learn new skills, improve, and be open to new suggestions on how they can grow and evolve as a player.
- Our players must be good teammates. Each player is here to contribute to the team and put the team's goals before their personal aspirations.
- Our players must work hard to earn the trust of their teammates and coaches and be loyal to each other. Always have each other's back.
- Our players should have good communication with their teammates and coaches. They must be able to address and work out problems should any arise.
- When injured or ill, our players must communicate with their coaches. While our coaches are very perceptive they need your assistance to know when you are not at your best.
- Our players should hold each other accountable. The actions of one has the power to make an impact. Choose to make positive contributions instead of bring down the team. Each player needs to expect their teammates to act in the best interest of the team and hold one another accountable. Grow together.
- Through their hard work, dedication and commitment to their team, players should set high expectations for themselves and their teammates and **EXPECT SUCCESS!**

RAWLINS VOLLEYBALL CLUB

Program Philosophy

We believe that the Rawlins Volleyball Club can provide a foundation for each player to become a responsible, dedicated and empowered young woman. The coaching staff works to provide a positive learning environment in which the athletes can experience opportunities that will make an impact, not only for their volleyball experience, but for a lifetime.

The success of our program will not be measured by a win/loss record, but rather the commitment to excellence shown by each participant. Players will be encouraged and expected to do their best, and by doing so, success will follow. We will ask that players give their best effort on and off the volleyball court.

Our coaching staff intends to pursue a “WE” before “ME” mindset. It is important that all players put the team goals ahead of any individual goal. We expect our players to present themselves as good sports and remain respectful of their teammates, opponents, coaches, and officials. As a coaching staff we will strive to do what is best for the team as a whole. We will provide instruction and guidance for each player to become the best team member. The foundation of a successful program begins with fundamental skills of the game. We believe in developing techniques, teamwork, and grit that will instill a love for the game while preparing our players for success.

Club Expectations

ATTITUDE

It is expected that all players will present themselves in a manner consistent to the philosophy of the program. Players are expected to compete with character.

PRACTICE

Hard work and dedication are the keys to success. We expect players to be at each practice and give 100% effort. Going the extra mile can be the difference between being a **winner** or a **champion**. We will maintain mental focus at all times on the court. We will practice mental training and physical conditioning. We expect each player to enter the gym with a positive attitude and confident thinking. Disrespect will not be tolerated toward teammates or coaches.

PLAYER-COACH RELATIONSHIP

The player - coach relationship is fundamental for success on the court. One of the most important aspects is clear communication. Learning to trust, respect and understand one another is key. Coaches will provide feedback and players have the ability to “check-in” with her coach whenever necessary. As coaches, it is our goal to encourage players to communicate with the coaching staff to gain a better understanding and create mutual trust.

BE A TEAM PLAYER

Teamwork is one of the basic skills sports can teach participants. In volleyball, it takes the whole team to win and lose games. Whether on the court or on the bench, players are contributing to the team's success. When you are part of a team, you play for each other, not just yourself.

Support one another, be respectful, accept criticism, avoid conflict, notice the strengths of other players, build one another up, and expect success from yourself and each of your teammates. When you hold yourself and your teammates accountable you are building a strong foundation to be champions. Focus on how you can be a better player for your team.

Court Time

Developing the competitive edge is a very necessary skill. Volleyball is a highly competitive sport that involves getting the job done when the time is right. We cannot guarantee that your time in game situations or game-like drills will be equal to your teammates'. We intend to use great thought and strategy when placing players on the court. We will not put a player in a position that they are not ready for. As a team player, it is important to know your limitations and be prepared to accept your role. Fair does not always mean equal.

COMMITMENT

To be a successful team, each player must make a commitment to yourself and the team to show up and give your best. It takes the whole team to achieve success.

LOCKER ROOM

Locker rooms will be available to players at practice for changing. Players are not allowed to use lockers (unless you have one at the school you practice in.) Please do not leave any items unattended in the locker room. Club behavior expectations apply when in the locker rooms.

CONFLICT MANAGEMENT

Communication is key. If you experience frustration or misunderstandings during the season, especially during a practice, competition, or event, please respond with the following:

First Response

Part of being on a team is learning to handle conflicts appropriately. Discuss concerns and talk them through with your player. Help her find a positive resolution. Remember, when you speak positively and are encouraging at home, your player will have better conflict / management skills. We understand that team sport can be frustrating at times, but it is important to teach our players to develop mental toughness too. Encourage your player to discuss concerns with the coach.

Second Response

Give it a day. If you have concerns about a situation, we ask that you wait until the next day to contact your players' coach. Call and set up a meeting. Players must be in attendance at all meetings to help find a resolution. Text messaging is not an appropriate form of communication for conflict/management.

Third Response

If you feel that the conflict is not resolved after a meeting with the coaches, please contact any board member to set up a meeting with the coaching staff. Again, your player must attend any meetings to help find a positive resolution.

Please keep in mind that we will only discuss your players' potential. We are not at liberty to discuss other athletes' abilities, membership, or playing time. We hope that all problems that may arise can be resolved in a quick and respectful manner in order to provide the best volleyball experience for your player.

Code of Conduct

Absences: Please contact your coach if you will miss practice or tournaments. You **MUST** be present at one practice the week of a tournament or your play may be limited.

Tardies: Be on time. Our time on the court is limited so be punctual to make the most out of every practice.

Theft or malicious destruction of any school or individual equipment, property, or person will **NOT** be tolerated! If the infraction happens, parents will be called to the gym to take their player home. Further disciplinary actions will be handled by the board of directors.

Travel: Athletes travel with parents or with individuals allowed by parents. Coaches may not transport athletes to and from tournaments unless they are family members.

Attitude: Athletes displaying poor attitudes towards other players, coaches, or officials may sit the bench or be asked to leave practice/contest. Continuous displays of negativity in practice or during competition could result in dismissal from the program. We expect positive attitudes.

Social Media: Players and parents are expected to talk, and type positively about players, coaches, officials, and the program. Players found to be negatively promoting themselves or the team in any manner, will lead to loss of playing time and potential dismissal from the program. Parents posting on social media or talking negatively about the program will be addressed by the board directly.

Exposure and Risk: Participation in athletic events could lead to exposure of blood and other bodily fluids through which communicable diseases may be transmitted. There is also a risk of injury when participating in volleyball practices and competitions. Each athlete is responsible to notify coaches of injury immediately after symptoms begin. There will be necessary precautions made to help keep our athletes safe.

Alcohol, Drug and Illegal substances: The use or possession of tobacco, tobacco products, vapes, alcoholic beverages or illegal drugs by any club participant is prohibited. If caught at a team practice or tournament you will be asked to leave immediately, parents will be contacted, and any further action will be at the discretion of the AAU board.

Disciplinary Action: The Code of Conduct is taken very seriously. If any infraction is made, it may result in suspension or removal of the team. The board will take action as necessary.

RAWLINS VOLLEYBALL CLUB

COMPETING WITH CHARACTER CONTRACT

Competing with character is valuable as you grow as an athlete and teammate. When you join a club or team, you are learning important lifelong lessons and the number one goal we have for you is to learn to compete with character.

Follow Coaches' Instructions

- Stop what you are doing.
- Look at the coach.
- Listen to your coach the entire time he or she is giving instructions without talking.
- Say "ok" and do it right away and with energy.
- If you don't understand, raise a hand and ask the question.
- Avoid complaining when you are at practice or tournaments, to your friends, and to your families when you go home. Complaining leads to a negative mindset that effects the way you play and represent yourself.

Get Along with Your Teammates

- You don't have to be best friends with everyone, but you do have to be polite, encouraging, and respectful. Kindness counts.
- Make positive comments to teammates and cheer for one another. Her win, is your win too.
- Don't be a boss. Leave the coaching to the coaches.
- If a situation arises on the team, don't participate or escalate a situation. Walk away and let the coach handle it.
- Remember everyone is here with a common goal. We are better when we work together.
- Lift one another up and come together as a team every chance you get.
- Check your body language. Think about the message you are sending others with the way you act. (Eye rolls, fit throwing, acting annoyed or mad about mistakes that you or a teammate makes, etc.).

Be better about how you act and react when frustrated – it can change the whole game.

- Be a confidence builder by encouraging one another and growing together as a team.
- Act like a champion.

Be Prepared and Bring High Energy

- Be on time.
- Come ready to play; gear on, hair up, and water bottle close by.
- Do everything to the best of your ability. You compete the way you practice. Give your best every time you step on the court.
- Hustle, don't walk.
- Stay on task and avoid horseplay with your teammates.
- Give your coach and teammates your very best, every time.

Respect Your Opponents

- Don't trash talk or make rude gestures.
- Play by the rules.
- Ignore unsportsmanlike behavior from your opponent.
- Have respect on and off the court. You will become familiar with players from other towns and teams as you grow in volleyball. Be respectful and gain friends to grow in the sport together.

Win with Class and Lose with Dignity

- Shake hands and congratulate your opponent and their coaches, whether you win or lose.
- Thank the officials after each contest.
- Don't brag or boast when winning; don't criticize or make excuses when losing.
- Avoid negative physical and verbal displays.
- Learn from every situation.
- Work harder.
- Conduct yourself as an athlete with character to be proud of. You represent yourself, your team, our program and the Rawlins community every time you step on the volleyball court. Make us all proud.

Respect Facilities and Equipment

- Use facilities and equipment on our home court and when away the way they are intended to be used.
- Pick up after yourself and your teammates. We will leave the area better than we found it.
- Report any damage to the coach.

I will compete with character to be the best player and teammate. I will represent myself, my team, the Rawlins Volleyball Club, and the Rawlins community with the best attitude and as a respectable athlete to be proud of.

Athlete Name

Date

I will be the example of and will encourage my athlete to compete with character.

Parent Signature

Date

Parent Signature

Date

RAWLINS VOLLEYBALL CLUB

AGE APPROPRIATE SKILLS

10 Years

- Basic knowledge of game
- Underhand serving
- Beginning passing fundamentals
- Introduced to setting and correct method
- Work on arm swing for hitting
- Calls the ball and learns ready position
- Learn how to dive with proper form

12-13 Years

- Basic knowledge of game
- Understand rotations and set spots
- Underhand serve (begin to work on and practice overhand)
- Begin to set, and pass with the correct fundamentals
- Start talking about and working on approaching to hit the ball.
- Down Ball from standing position
- Pass a serve to setter
- Calls the ball
- knows ready position
- Beginning to work on defensive spots
- Can dive with proper form
- 3 ball contacts prior to ball passing over the net during game play

14-15 Years

- Knows the game (rotations and different spots; setter, server, serve receive, MB, RH, OH)
- Can set a ball to desired target
- Can serve over the net consistently underhand and have almost mastered overhand
- Can pass a ball to setter
- Working on blocking steps
- Can approach and hit a ball
- Calls the ball
- Stays low on defense in ready position
- Knows defensive spots and hits the floor to dig a ball
- Pass-Set-Hit in minimum of 6-2 offense during game play

16-18 years

- Consistently overhand sport serve
- Can pass ball to target area
- Can set to a target
- Call ball prior to crossing of the net
- Can approach and hit (hopefully place your hit)
- Can block a hit
- Knows rotations/base positions
- Know defense and where to be on the court. Stays low and hits the floor when needed.
- Read direction of ball
- Be able to run strategic plays
- Court Awareness and ball placement