

## Volleyball Information Letter 2023 For athletes and parents

Head Coach: Roxane Miller

Assistant Coaches: Emily Cox &

**My Why:** I coach because when I was young and played sports my coaches were amazing people who I trusted and learned from. They are people that played a part in molding who I have become today. I want to be that for the athletes that I coach. I want to bring out the best in them and push them to be the best versions of themselves every day. My goal is to make the season a positive experience and a safe environment for all who participate.

**Team Philosophy:** Our mission is to promote an environment where young women can reach their academic, athletic, and personal potential here at Oakes High School during the sport of volleyball. We believe that in our sport young athletes can work to become the best they can be every day, by learning life skills, how to be a good teammate, how to except roles on and off the court, along the way. Volleyball is a team sport and success is earned through commitment and growing through team play.

The following are **Values** of focus for the year. (TOGETHER)

1. **COMMUNICATION**-We look each other in the eye, we tell the truth! All the time.
2. **TRUST**-I value your words and I believe you in an instant!
3. **CARE**- I got your back. I'm with you all the way. Go for it! YOU VS YOU!
4. **COLLECTIVE RESPONSIBILITY**- Don't point a finger. We win and we lose together. Develop volleyball skills (Get better every day)
5. **PRIDE**-Belonging to something bigger than themselves!

### Parents Expectations and Responsibilities

Celebrate the success of all members of the team, not just your own daughter.

Good Sportsmanship is vital. Be a good role model for your daughter and always demonstrate good sportsmanship.

Support you daughter and the team she made a commitment to, whether you agree with a coach's decision and strategies or not. You **MUST** understand that we as coaches will make choices based on what we believe to be the best interest of the team as a whole and the team's goals, not with the interests of a single player in mind.

We very much appreciate you entrusting our coaches with your daughter's development. Once you make the choice to do so, please leave the coaching to our capable coaches. Parents must allow themselves (and partner) with the coach in teaching their daughter how to cope with the potential frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of highly competitive situations. They must be taught how to be a valuable team member regardless of their role, how to make use of both positive and constructive criticism, how to cope with adversity, and how to be a gracious and humble winner. Tell them you love them and that you love to watch them play! Remember ask your daughter why she plays and try to remember that.

### **Practice & Game Day Expectations**

Be on time...This means early!

No unexcused practices! I will handle this on a case-by-case basis.

Do not abuse training room treatment privileges.

Adhere to the dress code (Not too short! Appropriate please.) and game day uniform expectations. Make up will have to be taken off before games. It helps keep the uniforms last longer! Sorry (foundation or eye liner leave stains.)

Cell phones are ALWAYS put away during practice and at matches.

Be Coachable.

Work hard and do the right thing, even when no one is watching.

Be respectful to referees and opponents.

Have a positive attitude.

Take care of the equipment.

Keep your locker room and buses clean!

We'd like the kids to ride the bus home, unless it saves miles. If something comes up, please visit with me I'll handle this on a case-by-case basis.

### **Being a Good Teammate**

#### **You vs You!**

Make those around you better

Serve others...Put others needs ahead of your own...Sacrifice for each other

Lead by example

Adhere to the dress code for practice and game day

Be the kind of teammate that you would want to play next to

Encourage and support your teammates at all times

Hustle, shag balls, put up equipment keep the practice/game moving.

No gossip, EVER. That means on **social media** Twitter, Instagram, Facebook, etc...

Display good character and values on and off the court

Hold one another accountable to program and team policies and expectations. Follow Training

Rules: No drinking, vaping, smoking, and get sleep!

Eat a good lunch and have snacks when needed to keep your body fueled for practice and competition!

Give 100% effort at all times.

### **Playing Time Expectations**

All players will have equal opportunities to train and play during practice sessions. Playing time in matches is earned and is a privilege. Tornado Volleyball does NOT guarantee equal playing time during matches and tournaments. Coaches will make playing time decision based on what they believe will bring success to the team. And will NOT discuss playing time with PARENTS. Players are expected to EARN a starting position and /or playing time EVERY DAY in practice. If there is a question send your daughter to us and we will try to resolve any issues to the best of our ability.

### **Academic**

Be sure to check the student handbook for any changes and if you have any questions let us know or contact our AD or Principal. Grades are important and if they need to see a teacher, we will work it out and it should be communicated to coaches. Be respectful in class and at school.