**Our Coaching Philosophy**

**Our Commitment.** We love volleyball and love coaching. We are motivated day after day to do all we can to make this team successful. We will provide you with every opportunity to be as good as you want to be.

**Goals.** We want you to strive to be your best. Together we want to strive to win a Conference title, a District title, a Regional title, and a State title. We also want you to understand that success is not only measured by awards and wins and losses; just as important as these tangible prizes is the process andwhat we learn along the way. We want you to grow as athletes and as people. We want you to take the lessons you learn from competing in volleyball and use them to help you achieve in all areas of your life. We want you to be confident in yourselves and know that there is no obstacle that you cannot overcome with hard work. We want you to learn the meaning of commitment, discipline, responsibility, and hard work.

**The player’s commitment.** You must make a decision about your willingness to work with us and commit yourself to the program. We have set high standards. We ask you to buy into this philosophy and follow the ground rules. You must decide if you want to be on the team under these conditions, because these are the rules we are going to play by and there are very few exceptions.

**Player’s Roles.** Each of you has an important role on the team. Each player contributes to the success of the team, whether it is on the court, in practice, or cheering on the team. Your role will be evaluated daily and can change with individual progress, but you must accept your role for the team to function effectively.

**The Substitutes.** Playing time will not be equal, or even guaranteed. The first question you must ask yourself is if you can sit on the bench. Everyone puts in the hours in practice and deserves to play, but only six players are allowed on the court at one time. We must all be positive and supportive of one another. Unless you can answer this question with a “yes”, then you have not made a positive commitment to the team.

**Being Coachable.** Our job is to coach you. We have a great deal of experience and successes doing this. Although there is more than one way to do things correctly, there are definitely incorrect techniques that will inhibit progress. We expect you to make changes or adjustments according to our decisions. We are not doing our job unless we do everything within our abilities to get the talent out of you so you can use it consistently in practice and the game. If we are on you, correcting you and pushing you, it is because we have confidence in your abilities. We only ask you to do those things that will make you better and only if we think you can do them.

**Do not coach other players.** This is our job, not yours. Other players will resent this.

**Building Trust.** Trust and respect are very powerful elements of a successful team. You must honestly believe that we are doing everything necessary to make you and the team better. Times will be difficult, you will be frustrated, there will be conflicts between you and your teammates and you and your coaches. We will not always win. You might not always play. You will not always be happy with our decisions. We have rules with which you may not agree. We are open to input and we will always listen.

**Developing a Work Ethic.** This program is built on strong work ethic. We will give you our best effort and we expect that you will do the same. Everyone wants to win, but very few people are willing to make the commitment and sacrifices to do it. It takes an enormous amount of energy, time, effort, and commitment. You cannot cut corners. We are going to challenge you to be good every single day, and you must be motivated to give your best.

**Resisting Temptations.** You will encounter many temptations and it is easy to give in to them. You must resist making poor choices, such as going to a party when you should be studying or resting before a game, or stopping conditioning when the going gets tough. You must have the desire and determination to achieve, because there are so many others who are working toward the same goals.

**On Winning.** We are happy when the team performs well - whether or not we win - and we are disappointed when we do not play up to our potential. We might not always win on the scoreboard, but we can always be successful. Ten years from now, you will not remember the individual wins and losses; rather, you will remember the experiences you had and what you learned from competing.

**Developing Sportsmanship.** Be a good sports person. Do not hate the opponent - rather, love the game. Play with class. No swearing, trash talking, or finger pointing. Avoid responding to “trash-talking” opponents. Focus on your play and that of your teammates. Celebrate good plays on our side of the net.

**Setting Priorities.** Your priority should be to be the best student and athlete you are capable of being. One is not more important than the other. You cannot be your best in volleyball without practicing and you cannot do your best in the classroom if you do not attend class. If you need more help in either, you work harder and practice more. You must work as regularly and as hard on your academic skills as you do on your sport skills. We want you to compete in the classroom for grades and in the game for points. We want you to be first in sports and first in school.

**Choosing Captains.** The role of captain is a very important one and carries with it a big responsibility. Among other duties, a captain is responsible for assisting with team management, maintaining discipline, leading by example, communicating effectively with other teammates and the coaching staff, and addressing any grievances with the coaches.

**Starting Now.** The season begins today. Everyone starts at zero with no kills, blocks, aces, digs, or errors. We have no favorites. We want success for each one of you and will give you our best. It is your responsibility to earn a position on the court in practice. The best players in practice will be competing on the court in matches. Best is based on skills, attitude, heart, and potential.

Do you understand what it takes to achieve your personal best? Are you willing to discipline yourself enough to do it? We challenge each one of you to answer **yes** to both. Begin today to **become your best***.*