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**B E C O M I N G A M E M B E R  
O F T H E T E A M**



# PROGRAM ADMINISTRATIVE INFORMATION

## Coaching Staff

- **Coach Rick Dunetz**  
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- **Coaches Storm and Yoshi Peterson**  
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## Administration Staff

- **Bonnie Goldberg**  
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## Metro Website

<http://www.mavbc.org/>

## Other Links

USA Volleyball: <http://www.usavolleyball.org/>

American Volleyball Coaches Association: <http://www.avca.org/>

CHRVA Region: <http://www.chrva.org/>



## **PROGRAM GUIDELINES**

PRACTICE TIMES AND GUIDELINES

GAME DAY TIMES AND GUIDELINES

RULES AND BEAD COMPETITION



# PRACTICE TIMES AND GUIDELINES

## Before you go to the Practice:

- Eat a small meal or snack before practice. *(See Health section for snack/meal suggestions)*
- Get Hydrated. Do not drink a caffeinated drink before the match. Drink a couple glasses of water before practice. *(For more information on Hydration see Health section).*
- Things you need to bring to every Practice.
  - Water bottle
  - Shoes, Knee Highs, Knee Pads, Spandex

## Practice Times

### First Half of Season

<b>Wednesday's</b> Holmes MS 6:30-8:00pm	<b>Friday's</b> Frost MS 5:30-7:30pm
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*Practice times and assigned gyms may vary. Weather could be a factor. Additional practice times will be scheduled.*

## When you get there (15 minutes before start time):

- Make net is set up and the gym is clean and ready for practice.
- Captains must count volleyballs prior to the start of practice and keep a record of that number.
- Be dressed and ready for practice
- Do cardio and dynamic warm-up.

## Practice Guidelines:

- **Time:** *Be on time.* "Being on time" is arriving at least 15 prior to the start of practice. It means: check to see that the nets are set up; carefully line your bag up against the side wall, fill your water bottle, use the rest room, and line up on the end line with your kneepads up by the time practice is scheduled to start.
- **Missing Practice:** If you are going to miss practice or will be late, **you** must call the coach on his/her mobile phone prior to the time practice is scheduled to start. You must **personally** talk to the coach. If you are injured, you **must** attend practice to observe what is being taught.
- **Practice Attitude:** If you are not involved in a drill, you will actively shag balls and support your teammates. When engaged in a drill with a partner and the ball is shanked, both players must go after it. If you are waiting in line for a drill, you are running in place. The only time you stop moving during practice is during a water break. Water breaks will be 30 seconds (If an activity is especially difficult, the coach may extend the break to 60 seconds). Following any water break, immediately line up on the 10-foot line. Always be enthusiastic and energetic during practice. Do not bring your personal problems to practice.

**HAVE FUN! WORK HARD!**

# GAME DAY GUIDELINES

## Before you go to the Match:

- Eat a carbohydrate intensive meal the day before the match. Eat a decent meal or snack before your match. (See page x for suggestions on pre-game meals)
- Get Hydrated. Do not drink a caffeinated drink before the match. Drink a couple glasses of water before the match. (For more information on Hydration see page x).
- Things you need to bring to every Match.
  - Water bottle
  - Bag w/ Shoes, Knee Highs, Knee Pads, Spandex, and Home and Away Jerseys
  - Warm-ups
  - Snack
  - School Work

## Before the Match:

Come early and watch all the matches you can. Support our program.

### ▪ Pre Game Dynamic Warm-Up

The warm up will be shown at the beginning of the season and will be the same throughout the season. The match warm up will be a little less intense than the practice warm up.

### ▪ On Court Warm-up

The on court warm-up will be practiced from the beginning of the season. It will become automatic. All teams will run the same on court warm-up. The warm-up will include forearm and overhead passing, court movement, transition, and diving.

## During the Match:

- Substitutions: The coach will indicate at the beginning of a game who you are substituting for. Remember whom you are subbing for and head to the sideline when it is time for you to sub in. If you are taken out of the game as a substitute, and the coach subs in another player, you will be on the bench until the coach calls your name again. Do not ask the coach if you are going back in again. Substitutions will take place inside the 10-foot line. The 2 players will walk up to the sideline, and line up so scorekeepers can see their numbers. The sub is off the court and touching right hands with the player being taken out of the game.
- Time Outs: The only voice that should be heard in the huddle is the coach's. If you have a question, raise your hand and the coach will recognize you. There needs to be absolute focus in the huddle at all times. At the end of the time out, a captain will bring everyone together, hands in the middle or up, and echo the main theme of that huddle. (For instance: if the coach talks about "cranking up" your intensity ...then the team captain will say "Crank It Up on three, 1-2-3" (team yells) Crank It Up). Sometimes the head coach will take a single player aside to discuss something and the assistant coach or team captain will lead the main huddle. The above process still applies.
- End of Game High Fives: You look directly at your opponent, shake their hand, and tell them good game or good match. After you address your opponents, high five every one of your teammates and coaches. Be honorable; respect your opponents, respect your teammates, and respect your coaches.

## After the Match:

### ▪ Post Game Meeting

Win or lose we will have a post game meeting after every contest. Immediately after each match we will find a meeting place. You will not walk away until the meeting is complete.

## BASIC TEAM RULES

1. Listen to your coaches. Be focused and attentive when coaches are speaking. Speak only after you raise your hand and coach points to you.
2. Phrases we will not say in practice:
  - a. "I Can't" (you really can do anything you set your mind to)
  - b. "I Know" (if you knew you would be doing it)
  - c. "I'm Trying" or "Good Try" (do or do not, there is no try. Give a strong effort and the coaches will praise you. If you want to support a teammate say "good effort")
3. Always give a strong effort and have fun.

## THE BEAD CHALLENGE

The bead challenge is simple. Each player will make a necklace with special string and their name spelled out with letter beads. You will be rewarded in practice and in matches for doing specific things in practice. When you win a bead you put the bead on the necklace. **DO NOT LOSE THE NECKLACE OR THE BEADS**; you do not get new ones. The players with the most beads at the end of the season will win a prize (1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place). Typically 1<sup>st</sup> place will win a new volleyball or something equivalent to that.

There are 3 types of beads:

**A PRACTICE bead:** this bead is worth **1 point**. Practice beads can be awarded to all players or just a select few. To win a practice bead a player or players need to have an awesome practice where they are doing the following: giving a great effort, listening to the coaches/being attentive, or just executing well.

**A GAME bead:** this bead is worth **2 points**. Game beads will be awarded to 1 to 3 players after every match. To win a game bead a player must do something awesome to help their team succeed. For instance: serving 10 in a row, passing perfectly, or being a good leader. Game beads can only be awarded when we are victorious.

**The DIG PINK bead:** this bead is worth **3 points**. In order to win the DIG PINK bead a player must do an amazingly unselfish act that is witnessed by a coach.



# GOALS

TEAM GOALS

PLAYER GOALS WORKSHEET

*"If we did all the things we were capable of doing, we would literally astound ourselves." — Thomas Edison*

*"Set your goals high, and don't stop till you get there." — Bo Jackson*

*"Go confidently in the direction of your dreams. Live the life you have imagined." —Henry David Thoreau*



## TEAM GOALS

Coaches will lead a discussion on Team Goals. Think about what you would like your team to accomplish and write them below.

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# PLAYER GOALS WORKSHEET

## I. Individual Goals

Completing this worksheet is the first step in your journey along the road to athletics, career, and personal success. You have the choice to become the person you want to be. The coaching staff has high expectations for each of you and we will be watching you as the season progresses. Commitment comes from you; be the best you can be starting right now.

Rank each category 1-10 (10 being the highest) in order of importance in your life: Volleyball, School, Family, and Social Activities

Rank	Category

List three of your strengths and describe how they assist you in volleyball.

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List two of your weaknesses and indicate how you are going to improve or eliminate them.

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List two academic goals for this year and how you intend to obtain each goal.

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List 3 technical volleyball goals (such as master the jump float serve or speed up my transition) and describe how you intend to obtain each of these goals.

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