

2024 Club Season

U14

All Out Volleyball Club

www.alloutvolleyball.org



Methods and Philosophy

- Gold Medal Squared
- Developmental in nature - Everyone will play, but in position to succeed
- Present ability does not predict future ability
- Provide opportunities to play coupled with appropriate feedback
- Competitive Cauldron
- Train everyone the same

Communication

- Rachael Carbary, U14 Head Coach | rachaelcarbary@gmail.com | 425.239.9048
- Kelsey Moore, U14 Assistant Coach | Kelsey13c@gmail.com | 206.698.4640
- Team Snap (app based team management system) will be used for scheduling and communication.

Volleyball 101

- 6 positions on the floor
- Other colored jersey is the "libero"
- Rally score, best 2/3 to 25, 3rd to 15 (win by 2)
- Touch the net? 4 touches? Double contact?
- Serving and passing
- Hitters/Defensive Specialists/Setters

Playing Time and Team Dynamics

Volleyball requires specific skills, acquired via deliberate practice coupled with feedback and repetition over time. Just like any other learning, some will learn faster than others. We want to put players in a position for success. Therefore, players will have different roles, potentially meaning different "court time." **Everyone will play a meaningful role - a developmental approach demands all have the opportunity to participate in competition!** Roles can change over the season with skill development. Areas of evaluation are:

- Practice attendance and work ethic.
- Results of practice competition (Cauldron), and specific skill development.
- Ability to accept/adapt to your given role.
- Overall positive and team-supporting attitude.

Tournaments

- Tournament location, start-time, & schedule are often very late to come (24-48 hours prior)
- Be prepared for long days, ex: 8a-6p
- Be prepared for early wakeups
- Bring a chair as seating may not be provided, and blanket/towel for under chair to protect gym floor
- Dress warm with layers! Gym temps vary widely!
- Typical schedule: Morning pool play, afternoon bracket play
- Find posted brackets/pool play info on site
- "No Food in Gym, 15 point penalty"
- Refereeing the final game of the day. "Everyone stays rule"
- Girls bring their own healthy food and snacks
- No food/coffee in gym - 15 point penalty
- Bring no-spill water bottle
- Get a good night sleep prior to competition
- We will experience big losses and big wins!
- Cheer loud with voices of encouragement - Purple Card potential spectator sanction

Attendance/Absences

Significant planning goes into practice and match preparation in order to facilitate learning, so please notify the coaches if you are unable to attend. If your coach knows in advance you will be absent, plans can be adjusted accordingly. Decisions about playing time relating to any absence will be made on a case-by-case basis by the coach.

Behavior

Our goal is to develop a competitive environment that is positive, challenging, and affirming. Within that context, the expectation is that players will in turn be supportive of their teammates. Any activity/gestures/words deemed disrespectful or abusive to any teammate, coach, the team, or parent is unacceptable. This includes the use of profanity, hazing, theft, intentional equipment damage, and verbal or physical abuse. We also have a zero tolerance policy regarding drugs and alcohol.

Practice Attire and Uniforms

At each practice players will wear volleyball shorts (spandex), volleyball shoes, t-shirt, knee pads, hair pulled back, and no jewelry. Ankle braces can be worn but are not required. Matches will require full uniform which shall include: spandex, jersey, shoes, knee pads, and no jewelry. **Bring all jerseys to all matches!**

Ten Commandments for Parents of Student Athletes

Adapted from "Coaching Volleyball": Carl McGown (Brigham Young University), Hilda Fronske (Utah State University), and Launa Moser (Preston High School)

1. Let your children know that win or lose, you love them unconditionally. You are proud of their efforts and are not disappointed with them. You are the people in their lives who always give positive reinforcement.
2. Show them you are pleased that they chose to play sports and accept all the challenges that come with trying to better themselves in practices and games. Let them know that you understand how hard it is to constantly put themselves on the line in front of peers and spectators.
3. Be completely honest about your child's athletic ability, attitude, and sportsmanship. Remember that you don't have first hand knowledge of what happens in practice or direct access to the information that a coach uses to make their decisions.
4. Let your children live their own lives. Try not to relive your athletic life through them. You had your time, now it is their turn. Don't pressure them to shine for your own ego. Remember you made mistakes too.
5. Coach attitude, but don't coach skill. Leave that to the team coach. Refrain from the inclination to try to make your child just a little better by giving them tips on the way home from matches, or at dinner, or when they are trying to go to sleep.
6. Don't compete with the coach. You each have different roles to fill; leave them theirs and work on your own. Be glad that you have an adult role model contributing to the character development of your child. But remember also that they are humans; they will make mistakes.
7. Never compare the skill, athletic ability, or attitudes of your child with other members of the team. A team needs all kinds of different athletes to fulfill essential roles. Celebrate your child's special attributes.
8. Know your child's coach. Be aware of the coach's philosophy, attitudes, ethics, and knowledge.
9. Always remember that children tend to exaggerate both when praised and criticized. Allow them time to cool off. Chances are tomorrow they will have more appropriately evaluated a situation, while you may be just beginning to investigate. If the situation warrants follow through, investigate quietly before overreacting.
10. Make a point of understanding courage, which is relative. Some are terrified of talking in public, whereas others are not. Some are afraid of a mouse but not of a bull. Everyone is frightened in certain circumstances. Courage is not the absence of fear but a means of doing something in spite of fear/discomfort. Be proud that your child has chosen to participate rather than spectate, to do and not only dream, to risk stumbling and rise to try again. Be supportive and encouraging; congratulate them when they succeed on their own!