

Dear Parents and Student Athletes:

The “student first, athlete second, and winning third,” philosophy means that we are trying to make our student athletes better people for life. We believe winning is important, but that it is not as important as the development of the athletes.

We will challenge our athletes to explore new opportunities, ideas, and personalities that will encourage them to be wiser, deeper, and stronger. The heart of our coaching philosophy revolves around them having fun and developing our athletes physically, psychologically, and socially.

We as coaches feel that our athletes need to be a notch above regular students, more is asked of them and more is expected of them. As we expect the athletes to give their best effort at practice and in matches.

Girls,

You must be eager to become the very best that you are capable of becoming. Others may have more ability than you, they may be larger, faster, quicker, better passers, hitters, or servers, but no one should be your superior in work, fight, effort, and character. Success can only come to you as an individual from self-satisfaction in knowing that you gave everything to become the best that you are capable of becoming. Perfection may never be attained, but it must be the goal.

The truly great players are the ones that work a little harder and stay a little longer. They are the kind of players that a coach does not have to push, because they push themselves!
-Lee Trevino

We expect your daughter to give her best at all times and show class on and off the court, win or lose. We want only the best for your daughter. Please trust that this is our top priority. We will do everything that we are capable of to help your daughter achieve her goals. The athletes are representing our school, our communities, your family, the coaching staff, and most importantly themselves.

Looking forward to a great 2023 volleyball season!

If there are any questions, please contact:

Danielle Clark - Head Coach
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[319-440-3093](tel:319-440-3093)

Randy Clark – Assistant Coach
641-521-2716

VOLLEYBALL WEBSITE: <https://ccwildcatsvb.weebly.com/>

Practice & Match Attendance:

The girls are expected to attend all practices and matches, unless approved by Coach Clark. IT IS YOUR RESPONSIBILITY TO FIND OUT WHERE AND WHEN PRACTICE IS BEING HELD! If an athlete knows that she will miss a practice or match, they need to let one of the coaches know.

Verbal messages passed along by other players are not acceptable.

We have talked to the girls about dedication to their team, and their sport. Just as in everyday life, there are always consequences for your actions. If they are late or miss a practice/match/playing date, the following shall occur:

Being late to practice can be excused for, but is not limited to, the following reasons:

- Teachers meeting
- Doctor/dentist/medical appointment
- Family emergency/event
- Traveling from offsite classrooms
- College visits

Being late to practice that is considered unexcused will result in the following:

1st: coaches discretion

2nd: suspension from a set

3rd: suspension from a match

If you will miss practices/matches/playing dates entirely, the following section is examples of excused and unexcused absences.

Excused

- approved by coaches
- illness
- family emergency
- funeral, wedding

Unexcused

- “no shows” to matches or practice
- work
- not having a ride
- out of season athletics
- vacations, out to eat, shopping, etc.

Consequences

1st unexcused : coaches discretion

2nd unexcused and beyond : suspension from a match

If a playing date is missed unexcused, the player will be suspended from another playing date.

Fan Support:

All spectators will be expected to separate themselves from the players during the match.

Sportsmanship is an expectation. So please let the players play, let the coaches coach, let the official officiate, and let the spectators be positive.

Coaches WILL NOT discuss playing time or other athletes. Please refrain from discussing a match with the coaches which has just been played. We would ask for 24 hours to pass before speaking about it further. If you have any questions, feel free to email or set up a time to sit down and talk further.

All Matches:

Due to the nature of the game, playing time will not be equal at any level of play. We will give every girl the opportunity to play, but at the same time we are trying to be competitive.

JJV Participation:

At this level we feel that the girls are still developing, and we will be putting them in positions that we feel that they will be the most successful. It is our intention to get every girl some playing time at this level if they are not playing JV or Varsity.

JV/Varsity Participation:

We are going to try and compete at the highest level possible. As coaches and past players, we are aware that our athletes want to play. JV/Varsity players must understand their role on the team. Some are starters, some are substitutes, and some will get very little playing time. All of the players need to understand that each person is a very integral part of the team. This may come in different areas such as: helping to prepare our team for its next opponent during practice, being an encourager to others, helping the coaches, or sometimes being the inspiration to the team. It is a privilege to be on the varsity roster. Every player has to know their part on the team and accept their role. At the varsity level, winning within the rules is our team's objective.

STARTING LINE-UP:

The line-up for each match may vary as the season progresses. There may be changes in personnel, as well as unforeseen circumstances that occur during the season. We as coaches will make sure that any changes will be known before the start of matches. In short, the best players for a given situation will be put on the court for each match, and such decisions are the responsibility of the coaching staff. NO POSITION IS GUARANTEED. All girls will need to work to keep their position daily.

ATTITUDE:

You are a select athlete and will be expected to perform as one. This means that when you come to practice, or to a match, you should bring an attitude which is conducive to the progress of the team. You must try to leave behind you all the frustrations of the day, or anything else that will distract from your performance on the court. We, as coaches, will maintain a positive attitude toward you. There will be times when you will be confronted with mistakes you have made. We ask that you use this constructive feedback as it is intended, to make you a better player.

VARSITY PLAYERS:

Varsity players will be required to ride home on the bus from away matches. For weekend tournaments they will not be required to ride the bus home. We are looking to create camaraderie among the girls and feel that this will give them a great opportunity to do so.

CELL PHONES:

One of the things we have been talking a lot about with the girls this season is COMMUNICATION. It is our goal to get the girls to work on their communication skills on and off the court. With this in mind, there will be no cell phones in the gyms, and we prefer that they also limit their use on the bus. We want the girls to get to know one another and bond as a team as well as cheer on their teammates during matches. We are looking for this to be a positive experience for the girls to connect with one another. If a player is caught with a cell phone in the gym, consequences will be the same as listed for being late. If there is an emergency, both coaches' numbers have been listed and they can be contacted.

TEAM EXPECTATIONS

- 1. Respect yourself and others*
- 2. Take full responsibility*
- 3. Be committed to your education*
- 4. Develop and demonstrate loyalty*
- 5. Discipline yourself so no one else has to*
- 6. Be OTHER oriented*
- 7. Maintain a positive emotional bank account*
- 8. Learn to be a GREAT COMMUNICATOR*
- 9. Give consistent effort*
- 10. Don't just work hard, work smart*
- 11. Compete with emotion*
- 12. Accept your role*
- 13. Know the difference between a pain and an injury*