

Canada West U15 Boys 2014

Congratulations on being a part of the Canada West U15 boys family, we are very excited to have you apart of this team. There are a few key subjects that we need to discuss to make sure our team runs as smooth as possible.

1. Practice Schedule

Normal Practice schedule:

Tuesday 4:30-6:15pm

Friday 6:30-8:30pm

Sunday 2:00-4:00pm

No Practices:

- December 23rd to January 4th

Missing a practice is like missing a math class, you can fall behind quick.

2. Tournament Schedule

Invitational Tournaments:

- Rally Pointe Invitational, February 1st @ Rally Pointe

AVA Tournaments:

- Premier 1 , February 21st & 22nd @ Edmonton and Area
- Premier 2, March 14th & 15th @ Red deer
- Premier 3, April 11th & 12th @ Grand Prairie (Bus up the day before)
- Provincials, May 2nd & 3rd @ Calgary

Volleyball Canada Tournaments:

- Nationals, May 17th to 19th @ Calgary (University of Calgary)

3. 24/48 Hour Rule

If you are concerned about a volleyball-related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. But then deal with the issue at hand in the next 48 hours or forever drop it. Please make an appointment with the coach/coaches and in a civilized manner approach and solve the issue at hand. Cooler heads are inevitably more productive. We always enjoy chatting with parents at the conclusion of matches, but cannot address non-emergency issues at that time. We also cannot interrupt practice sessions.

4. Parent Staff

Canada West Coaches are here to coach; we ask that all parents are involved in non-coaching related activities with this team.

We have 4 key positions to be filled:

Team Manager, Score Keeping coordinator, Food coordinator & Videographer.

5. Communicating with coaches

We as coaches understand the joys, stress and frustrations that go along with being a parent athlete. We are glad to speak with you about your son, but ask that you:

- Insist that your son try to work out volleyball-related issues directly with his coach before enlisting your assistance. Learning to deal with authority figures is one of the supreme benefits of participation in organized sports.

- Discuss all concerns with the volleyball coaching staff first before contacting the club administrator or discussing it with others.
- Avoid jumping to conclusions. Remember that some teenagers tend to exaggerate both when praised and criticized, and that decisions about complicated issues like playing time are usually the product of many factors.
- Remember that independence through athletics is critical in a child's development. Parents should consider the value of stepping back to "release their child" to their sport, except where there is clear evidence of physical or emotional concerns.

6. **Words of Wisdom**

"There are appropriate and inappropriate subjects that a parent can discuss with a coach. Appropriate ones are mental and physical treatment of the child, ways to help the child improve and the child's behavior. Inappropriate ones are playing time, strategy and other team members."-- **Bruce Brown**

"There are four positions on an athletic field: spectator, referee, coach, and player. You get to choose one and only one."-- **Bruce Brown**

7. **Coaches Contact information:**

Stephen Wiens

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8. **Playing time:**

U15 Alberta Volleyball rules state

- All players listed on the score sheet must start the first or second set.
- In the first two sets no substitutions may take place before one team has scored 15 points. An athlete may be substituted out of a set due to injury.
- If a third set is necessary, any line up can be used.

9. **Line Judge**

NEW – Line judge must be a team player not registered as a starting member of the lineup.