

Red Wing Volleyball 2015

*Don't Limit Your Challenges, Challenge
Your Limits*

The Champion's Creed

I am a champion.

I believe in myself.

I have the will to win.

I set high goals for myself.

I surround myself with winners.

I'm cool, positive, and confident.

I'm willing to pay the price of success.

I stay relaxed and in control at all times.

I focus all my energy on the job at hand.

I take responsibility for all of my results.

I have the courage to endure and persist.

I vividly imagine what victory will feel like.

I am a champion and I will win.

Characteristics of a Winger Volleyball Player

- Character
 - Trustworthy, honesty, integrity.
 - Exemplify these traits on and off the court. These traits help connect with teammates and form unbreakable bonds. If you acquire them, your teammates will look to you amidst chaos and trust you to lead them in the right direction.
 - Value other people
 - A team is not one person, but a group of people working together towards a common goal. Value each person as part of the team and also the school. The more you value those around you, the more character you will build.
- Confident
 - When you have confidence in yourself, it draws out the best in those around you. Have confidence in not only yourself, but also others in their skills and abilities. Conveying this confidence is important. It is not only actions but also words. Remember to work WITH others.
 - A confident person will take charge of a situation while maintaining a positive atmosphere.
- Commitment
 - Commit yourself to excellence. This means you put forth your best effort in all you do; schoolwork, practice, maintaining a positive attitude in the gym, etc. Being the first one there and the last one to leave are characteristics of a committed athlete. Never settle with what is placed in front of you, always seek improvement from those around you. Have the mentality, what else can I do to improve?
- Passionate
 - Enthusiastic
 - Enthusiasm spreads like fire. It only takes one person or play to start the fire and it will spread quickly. Be energetic about the opportunities you have and execute them with passion.
 - Attitude.
 - A student athlete with the never give up attitude is passionate for what they do. Bring this 'must win' attitude to everything you do.
- Respectful
 - Respect is a sensitive issue; it easy to lose and takes time to earn. After respect is earned, it must be maintained on a daily basis. Exemplifying these characteristics earns you respect.
- Responsible
 - Making good decisions, taking responsibility of your actions and remaining positive are examples of being responsible. Remember, you are responsible for the decisions and choices you make.

Student Athlete Expectations:

"It is a privilege to play on a team."

Practice and Game:

- Attendance:
 - You are expected to be at every practice and game. A good rule to follow is to be in the gym, with equipment set up 5-10 minutes early. Tardiness is not acceptable. Let your coach know at least 24 hours ahead of time if you won't be at a practice/match. Attendance can affect playing time, especially if unexcused. You need to participate in 8 practices (or coaches discretion) before you can compete in your first match.
- Control what you CAN control
 - Communication
 - Constant talk on the court, where the ball is, who has the ball, etc.
 - Attitude
 - Have a positive and never quit attitude. Put the success of the team above your personal achievements.
 - Effort
 - No ball drops without an effort being put toward it.
 - Hustle
 - Run when entering/exiting the gym, shagging balls, water breaks.
- Keep a competitive, respectful and positive gym environment:
 - Competitive:
 - Give 100% focus and effort at all times. Whether you are in the game, on the bench, active/inactive during practice—pay attention and work hard.
 - Practice like you play.
 - Work to improve daily.
 - "Can do" mindset- I CAN accomplish it, what can I do to improve?
 - Respectful:
 - Be respectful and supportive of all players, coaches, referees and parents always on and off the court.
 - Language should be respectful in tone and choice of words. Foul language, negative comments, behavior or body language will not be tolerated in any form.
 - Respect coach's feedback
 - Positive:
 - Encourage your teammates, exemplify and demonstrate sportsmanship at all times.
 - We cheer for our team and teammates—not against our opponents.
 - Excuses are prohibited.

Coach's Expectations

- Provide a positive and motivating environment for the athletes.
- Promote good sportsmanship while exemplifying good moral and ethical behavior.
- Treat athletes with respect and communicate effectively with them.
- Lead by example and be a positive representative of Red Wing School and the volleyball program.
- Develop and carryout practice plans and strategies to develop the team and athletes to their fullest potential.
- Provide opportunities, guide and encourage the athletes while they build character as individuals and a team.

Parents Expectations: (Wheaton Christian Grammar High School)

“Sportsmanship is not only how you play the game—it is also how you watch the game.”

Support –

- Come, enjoy the games and be supportive cheering for all players.
- Be positive and supportive whether the team loses or wins. Our focus is on playing to the best of our ability, which gives us the opportunity to win—when our best is better than the opponent's best.
- We cheer for our teams—not against our opponents.

Responsibility –

- Be a positive role model.

Respect:

- Be respectful to players, coaches and referees.
- Allow coaches to run the team.
- Refrain from using negative comments to players, coaches or referees. In times of adversity (close games, questionable calls by referees, poor team play...etc) our character is revealed and put to the test.

Communication

Communication is a two way road- it is necessary to keep both ways open in order to communicate effectively. If there is a concern involving the well being of an athlete, it is important for the coaching staff to be informed. Our goal is to provide the best environment for the athletes to develop their potential.

Playing time is a sensitive issue. Our job as coaches is to put the best team on the floor to perform successfully. The order of communication to discuss playing

time is to first have the athlete talk to coaches. Coaches will not discuss playing time with a parent without first discussing it with the athlete. Coaches will only talk about the particular athlete and will not make comparisons when having meetings with athletes or parents. The athletic director may be asked to sit-in on meetings with parents or athletes.

RW VOLLEYBALL will follow the 24 hour rule in which a player or parent cannot discuss an occurrence that has happened immediately after the situation has occurred. A wait time will be required to help all people involved in the situation have rational decision making skills.

Protocol

Pre-Game:

- We will sit as a team before all matches while we will watch the Varsity, JV, B or 9th grade teams. Athletes should be dressed in uniform, "Winger" apparel, dress clothes or whatever the team decides for that night, no street clothes. No phones will be allowed during this time as we are there to support our teammates and prepare to focus for the match. The varsity team will leave halfway through the JV game to get dressed and have a pre-game meeting. If you have homework, you will be allowed to work on this during one of the matches you are not participating in. Otherwise, you are expected to watch the matches and support the teams. Also, the bus rides or after school are good times to work on homework/studying.

During the Match

- Those who dress for varsity will be on the bench playing and supporting teammates. Athletes who are not on the varsity bench will sit together behind the bench and cheer on the team. Assigned duties such as videotaping and taking stats will be assigned before each match.

Post Game

- Immediately following the game, the team will have a brief meeting with the coach. After that, they can talk with friends and family unless the media requests to talk to them. Athletes will ride the bus home from matches unless special arrangements have been made ahead of time with the coach and AD. These need to be "unique and uncontrollable circumstances." Example: We are playing in the Hopkins tournament and said player has a family wedding in Hopkins following the tournament. We coaches also understand the importance of being home, getting homework done, getting plenty of sleep, etc but we feel we arrive as a team and should leave as a team. The bus is where team bonding happens, coaches' talk to their teams/players, etc.

Practices:

- For practices, players are asked to wear black spandex with a Red Wing t-shirt or volleyball t-shirt to help create team unity. At this time, we will not have required practice shirts, but if felt they need to be implemented; we may ask this of the girls. No jewelry at practice!!

Banquet

All players must attend the banquet in order to receive any team awards. To attend the banquet and earn recognition on the season, each player must be dressed up; no jeans. If a player makes prior notification to the coach, she may receive her awards without being present. A player that quits, or does not attend the last event will NOT receive recognition at the banquet.

Cell Phones

The use of cell phones is prohibited before and during games. During practices and games, cell phones should be turned off and left in the locker room. The MSHSL has strict policies on no cell phones in the locker rooms. If the coaches feel it is necessary, we may collect the phones before and during the matches and return them after all matches have been completed.

Lettering

Being awarded a letter in volleyball happens when a player has participated in 25% of matches in one season or at the coach's discretion.

Academics

To be a student-athlete, the student's needs come before the needs of an athlete. "Student" in student-athlete will always be first and foremost. Being successful in school does not only mean passing your classes, but should mean passing with above average grades. Academically, volleyball teams consistently rank at or near the top of school lists as compared to other team sports. There should be no behavior problems in or out of school. Always treat others with respect and be respectful to authority figures. Rules are made for reasons and should be followed. Please be on time to school and work hard to be a positive role model throughout your day. Hard work, dedication and discipline are the most important aspects of life, school and Winger Volleyball.

College Recruiting

The opportunity to play a sport at the collegiate level is a great opportunity. If this is something you desire, you can talk to the coaching staff about exploring your options to make it happen. If your dream is to play at the collegiate level, go for it.

Goal Setting

Goal setting is a great tool. After preseason, we will be setting team goals for the season. In addition to the team goals, each athlete will create a “motivational poster” for themselves for their locker with both individual goals and team goals. When you see your goals on a daily basis, it becomes a constant reminder of what you are working towards.

When setting individual goals, it is important to make the goals individualized to the specific athlete. Comparing two athletes together results in something that cannot be measured. It is impossible to control somebody other than yourself. For this reason, individual goals will be focused on what can be attained from the individual athlete.

In order to achieve the goal, it is important to consider the process in achieving the goals also. How you will achieve the goal is a process that needs to be thought of before deciding on a goal. Strategies to achieve the goal and other motivation pieces are necessary steps to reaching the final goal. Keep in mind that it is better to set a few goals rather than too many goals.

Time-management consultant Hyrum W. Smith created this acronym to help people remember some of the most important aspects of effective goal-setting. Keep these things in mind as you create each of your goals:

S = Specific – Run faster is too vague. Finishing a 10K in less than 45 minutes is specific.

M = Measurable – Quantify goals. Use numbers detailing how often, how many, how much.

A = Action-Oriented – Goals should imply actions that you need to take.

R = Realistic – Make your goals moderately difficult, but reachable.

T = Timely – Create goals that you can reach in a reasonable time.

S = Self-Determined – Set your own goals, ones that are meaningful to you.

Lastly, think of one-word “motivators” that remind you of your goals. You can post these on notebooks, in your school locker or other places to help you constantly are mindful of what you are working for.

Using visualization techniques to improve your sports performance

Motez Robinson Jr, Tampa Sports Performance Examiner

Visualization is the process of creating a mental image or intention of what you want to happen or feel. Visualization is also referred to as guided imagery, meditation, or mental rehearsal. By any name, this technique can be used to:

- Mentally practice specific performance or athletic skills
- Improve confidence and positive thinking
- Control arousal and anxiety
- Prepare for performance and competition
- Remain mentally fresh during an injury

Put another way, you can **simply see yourself** winning a race or lifting your desired weight during your training session. By seeing yourself perform specific skills, complete with vivid images of a past successful performance or desired future outcome, you basically “**step into**” that feeling. With these types of **repeated imagery**, you will begin to build more confidence to perform in various situations, especially under pressure. You build a new belief in your self. Individual sports such as golf, tennis, and skating, require mental belief in one’s abilities.

Arthur Ashe successfully used visualization and deep breathing techniques to help him upset heavily favored Jimmy Connors in the 1975 Wimbledon final. During each change over, Ashe sat quietly with his eyes closed, focusing on the specific shots he needed to hit to carry out his strategy.

Recently, Tampa Bay Buccaneer place-kicker Connor Barth said in a St. Petersburg Times article that he credits his 2009 NFL success to a “refined mental approach” reaped from his work with sport psychologist Dr. Elizabeth Hedgepath during his sophomore year at UNC. Barth said he uses visualization several nights before a game, using the technique to **see himself successfully kicking field goals** from various positions on the field. Local Florida sports psychologist John Murray shares his list of general principals to help you boost your visualization skills:

- Make the imagery seem as realistic as possible by including all senses, in full color and detail, within a similar emotional context
- Practice imagery regularly as it may take months before seeing improvement
- Believe that imagery works, as your attitudes and expectations enhance the effect
- Keep a focused yet relaxed attention while using imagery
- Internal imagery is most effective. Picture yourself actually accomplishing it from your mind’s eye, rather than viewing yourself from the outside looking in
- Only imagine perfection. This will boost your self-confidence and reinforce good habits