

Lady Cat

VOLLEYBALL

The purpose of the Conway Volleyball Program is to teach the skills necessary in life to work with others, be competitive, and carry out roles assigned to help them to succeed in life. Conway Volleyball believes that the classroom and mental health are just as important as what we do on the court. We will encourage our athletes to manage their time to be successful in the classroom as well as on the court. We will provide support and structure to teach young athletes about the game of volleyball. Our practices and coaching methods will reflect skill development, discipline, and competitiveness. We will be there for our athletes and families to support our players through different times in their lives while providing support and encouragement.

In our 7th-12th grade volleyball program, we will teach various skills that each player will build upon for the following year. We will focus on allowing time for our younger athletes to develop in 7th grade. Playing time at this level will not be equal however, each athlete will have the opportunity to play on the A or B squad at each middle school to develop as a player during competitive matches. As we enter a more competitive atmosphere at the Junior High Level our 8th grade program is still focused on developing the athletes and each player will have the opportunity to play at some point in the matches. In our 9th grade program playing time is not guaranteed and the best players will play. In our 10th-12th grade program we have both a Junior Varsity and Varsity Team. Our Junior Varsity team will focus on skill development while providing an opportunity for those who are not in the varsity line up to gain game experience and compete. Our Varsity line up playing time is not guaranteed and we will play the best players for each position. There will be opportunity daily for all players to change levels from Varsity to Junior Varsity based on performance.

All of our Conway Coaches will work together as a team and provide the best experience for our athletes. We will support each other and share ideas and information. We will build on what each athlete was taught the year prior and always focus on fundamentals while increasing expectations and growth of the athlete. At the 7th grade level coaches will focus on teaching fundamental skills and the game itself. At the Junior High level coaches will focus on skills, positional development, and increasing volleyball IQ of the game. At the High School level we will focus on more complex offenses and defenses, volleyball IQ, and helping our athletes with their future after High School.