

## Positive Expectations for Volleyball Players and Parents

**Welcome to the Team! Coach Dyer 6th, Coach Kaiser 7th, Coach Williams 8th**

We are excited to begin this volleyball season with a team of enthusiastic players and supportive families. As coaches, we aim to create an environment that fosters teamwork, skill development, and a love for the game and our community. A team is more than what we do on the court. It's a sisterhood where we enjoy working together, trusting each other, and representing our team, our school, and our community in a positive light. Be mindful that what we speak or put on social media has the power to build up or the power to destroy. Let's be a program of coaches, players, and parents who seek to encourage and support one another. Let's build a strong foundation of trust, respect, and gratitude. Let's work hard, have fun, and be kind.

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### Expectations for Players

1. **Commitment to Growth:** Each practice and game is an opportunity to improve. Come ready to focus, work, listen to feedback, and challenge yourself to grow as a player and teammate. Commit to the building process.
2. **Sportsmanship:** Represent our team with kindness and grace. Show respect to teammates, coaches, referees, and opponents at all times. We win with grace and lose with grace, without blame or shame. Of course, we prefer to win, but there are lessons to learn in all situations. Sportsmanship Always.
3. **Teamwork:** Volleyball is a team sport, and success depends on everyone. Encourage one another, communicate effectively, and put the team above the individual. Guard against selfishness. Turn "me" into "we" to "win".
4. **Responsibility:** Be on time, (be early), prepared, and focused. This includes helping set up and take down, wearing proper attire, bringing your water bottle (no straws), and caring for yourself and your teammates. Communicate with teammates & coaches. Engage in the team bonding process. Ask questions. Share your ideas. Smile.
5. **Academic Priorities:** Student/athlete means studies are important. We will have some late nights. Manage your time wisely to stay on top of your academic responsibilities while fully engaging with your classes and our team. If you need help, let us know. We might have some good ideas and insights.

**We care about you!!!**

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## Expectations for Parents

1. **Positive Parents:** We appreciate positive parents who encourage and enjoy watching their daughter and her friends play a game they love. Positive parents don't nitpick the game, the coaches, the plays, or the players. They enjoy being part of it all and on days that don't go as smoothly as we'd like, they take a deep breath and know that tomorrow is a new day. Parents can be a great network.
2. **Model Sportsmanship:** Just as we expect our players to display sportsmanship, we ask that parents model the same gracious behavior. Applaud our good plays and recognize when our opponent makes a good play. Please, respect the officials' decisions. We may not agree, but we are not the ones making the calls. Officials are not perfect but they deserve our respect and gratitude.
3. **Encourage Independence:** Allow your athlete to take ownership of her team experience by communicating directly with her coaches about her role on the team, skill development, and any questions. This fosters a positive working coach/player relationship, productive communication, and self-advocacy skills.
4. **Communication:** We will use **GroupMe** to share information with parents and athletes. **Please, use the app. No personal texts or calls.** If your daughter is sick or injured, let her coach know as soon as possible. We also gave your daughter printed copies of important information to keep in her **volleyball folder**. Schedules are in the folder and on **gmstitans.org**. We will post fun stuff, pics, and updates on the **GMS Titan Volleyball Facebook page**. The main line of communication is with your daughter. If she doesn't know, have her ask a teammate or her coach. Check GroupMe, the answer might be there.
5. **Let the coaches coach** and go home to eat dinner, spend time with our families, do our school work, develop our practice/game plans, etc., and get a good night's sleep so we have the energy for the long days we spend teaching & coaching. As the season progresses, we will involve parents who want to help with events like teacher appreciation night, 8th grade night, etc. Please don't approach us before or after games except to say HI or something encouraging. Our minds are on the game and managing 45 athletes effectively.
6. **Commitment to the Season:** Help ensure your athlete attends all practices and games on time with the right uniform pieces and gear. If an absence is unavoidable, please have your daughter contact the coach as soon as possible. Missing practice or a game unexcused will result in missing game time depending on the situation. Please commit to the team schedule.

**Thank you for your commitment as a parent. We know it's a busy season.**

**We hope to have a Loud, Proud, Supportive Crowd. Be our best fans & enjoy the journey. It's going to be a fun ride.**

## Our Commitment as Coaches

- Our priorities are player development, personal growth, and teamwork.
  - We are committed to creating a positive, supportive, and safe environment where players can learn and grow in confidence and athletic skills. The wins will come.
  - We focus on developing athletic volleyball skills, and social-emotional skills while fostering teamwork within individual contributions.
  - We promise to encourage every player and help them improve through the challenges of playing competitive volleyball while managing school and family commitments.
  - We will help our players understand that not everyone can play at once. Because of the nature of volleyball rotations, we coaches cannot control how long an individual is on the court. Some rotations go fast. Sometimes rotations stall and we need to sub to get out of a tough spot. Sometimes we sub to change the pace of the game. Sometimes we sub to give another player an opportunity to get into the game. It doesn't necessarily mean the person subbing out did something wrong. Sometimes we don't sub and let it ride to teach the team how to work through a tough spot and gain confidence in game management.
  - We coach with strategies, and different players bring different things to the flow of the match in various situations. Trust us to make those decisions.
  - Bottom line: we pledge to work hard, have fun, teach skills, and build this team.
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### Important information:

**Team Store closes at the end of this weekend.** Everyone needs the Red Quarter Zip and a black Volleyball t-shirt. Anything else is up to you. A lot of the girls like the flannel pants for travel in the winter, but they are not required.

[https://www.grecographicsil.com/titans\\_volleyball/shop/home](https://www.grecographicsil.com/titans_volleyball/shop/home)

**Practice/Game Calendar:** notice open gyms during winter break, notice practice times, and notice bus leave times.

 6-8 VB

**Players travel to and from matches on the bus together:** When we have far travel, 6th grade can sign out after 7th-grade warmups and the 7th grade can check out after the National Anthem and 8th lineup announcements. Closer matches, everyone rides back together. Coaches will let you know in advance which matches players can leave.

Thank you for joining us this season! Together, we can make this a rewarding and memorable experience for everyone involved.

**Let's have an amazing season!!!**

**To Join GroupMe**

**GMS Volleyball 2024-2025 (all parents and players need to join)**

Share the group QR code or link. Your friends can scan this QR code or use the link to join the group.



[https://groupme.com/join\\_group/104983473/ma8oHcwP](https://groupme.com/join_group/104983473/ma8oHcwP)