



## **Lefthand Volleyball Club**

### **Guiding Principles**

### **Guiding Principles of the Lefthand Volleyball Club**

Our mission is to provide a quality youth volleyball program for girls in and around Longmont. We strive to create a healthy and cohesive team environment for each player where they can enhance their volleyball skills with quality coaching and leadership. Each girl is encouraged and mentored to reach their highest potential as a volleyball player and a teammate. In all cases, what is good for the athlete and the sport of volleyball should guide decision and choices made by the members of the Lefthand Volleyball Club. All coaches are expected to be a positive role model representing volleyball and good sportsmanship. They are expected to conduct themselves in a forthright and honorable manner. All coaches, parents and players must treat each other with dignity and respect. We will accept nothing less.

The Lefthand Volleyball Club encourages and appreciates parent's attendance at all tournaments. Be enthusiastic and positive in cheering for us, while showing respect to our opponent. If your daughter is having an issue with her coach, parents should encourage their daughters to work the problem out with their coach without direct parental involvement. By encouraging your daughter to solve her own problems, you are helping her grow to become an independent problem solver. Part of being an athlete is learning responsibility, commitment, hard work, respect and cooperation both on and off the court. Parents can assist in the problem solving process by helping their daughter make written notes of her issues or concerns, suggesting words or phrases to communicate to the coach effectively, or role-playing the conversation. Only after a player has made reasonable attempts to solve the issue with her coach, should a parent become involved. At this time, please contact the Team Mom or Director so that a time can be set up with the coach to discuss the issue.

Parents should remember that coaches and parents have the same goal: Improvement of the Player. There is room for reasonable people to disagree on methods or tactics while still being in agreement of the goal. Approaching the coach as an ally rather than an adversary will smooth the problem solving process. Parents are asked to avoid talking about problems with other parents or other coaches. This activity is usually counter-productive. Direct communication is always the best approach. We strive to provide a positive environment to enrich each girl's skill level while fostering a love for the game. We need parent and player participation to achieve this objective. We ask you to please review and adhere to the following guidelines:

I, as a parent of an athlete participating in the Lefthand Volleyball Club, agree:

1. I will trust in my daughter's ability to have fun as well as to perform and achieve excellence on her own.
2. I will help my daughter learn the right lessons from winning and losing and from individual as well as team accomplishments and mistakes.
3. I will respect my daughter' teammates, her coach, the officials, fellow parents as well as the players, parents and coaches from opposing teams.
4. I will only give encouragement and applaud only positive accomplishments whether for my daughter, her teammates, their opponents or the officials.
5. I will respect my daughter's coach and support his/her efforts.
6. I will never approach my daughter's coach or the officials during a volleyball match.
7. I will not instruct from the sidelines unless asked by the coach.
8. I will insure that my daughter attends all games and practices possible and, when not possible, I agree to inform the coach in advance.
9. I will respect the officials and their authority before, during, or after games.
10. I will never demonstrate threatening or abusive behavior or use foul language.
11. I understand that the club does not guarantee equal play time on any team or at any event. Playing time is left solely to the discretion of the coach. I also understand that attendance, attitude and effort can effect playing time.
12. I understand that all players and coaches are working very hard and want to improve.

### **Lefthand Team Rules**

#### **1. Practice**

- No missed practices unless prior approval is received by the coach.
- One unexcused practice, do not play in the next match.
- Two unexcused practices, you will be off the team.
- Always hustle, no walking
- Girls are responsible in setting up and cleaning up the gym, nets, balls and cart.
- Cell phones and MP3 players need to be away when warm-up starts

## **2. Tardiness**

- No tardiness, this means you are dressed and ready to play at your coaches designated starting time.

## **3. Conduct Parents and Players**

- No swearing or verbal abuse of coaches, teammates, opponents or family.
- While sitting on the bench there will be a positive atmosphere for your teammates.
- We are a classy team and we expect your conduct to reflect that, enough said.
- At all times during practices, tournaments and team activities, you represent Lefthand Volleyball Club.
- Any act of offensive behavior during club activities by a player or parent will result in reduction of playing time and/or dismissal from team.

## **4. Tournaments**

- Be on time designated by your coach
- Be ready to go when it is time to play.
- Know when and where you play.
- Cell phones and MP3 players need to be away when warm-up or officiating starts
- Area must be clean, balls in the bag and cart put away before anyone leaves, you must check in with your coach before leaving.
- Be respectful of the tournament site and officials. Do not talk or yell at officials.
- You must have your jersey, kneepads, socks, shoes and anything else you need. It is not the coaches or your parent's responsibility. If you forget your equipment, you will not play.

## **5. Academics**

- School is your number one priority
- If your grades are slipping, bring your homework to practice, parents are encouraged to call coach about resolving this issue.

## **6. Resolving Issues**

- Players talk to coach First
- If not resolved, call team parent to set up meeting with coach, team parent, club director, player and parent
- Parents are not to approach the coach.

Please read and review with your daughter.

Please keep this code of conduct for your reference. (This document will also be posted on our website).

Please sign the attached page and give to your daughter's coach or the team mom at the next practice.

Thank you for your support and we look forward to a wonderful, positive volleyball season.

If you have any questions concerning this document, please contact the Club Director, Deb Cree.

**Sincerely,**

**The Lefthand Volleyball Club**



**Guiding Principles of the Lefthand Volleyball Club**

I have read and reviewed the Guiding Principles of the Lefthand Volleyball Club and agree to abide by these guidelines.

Parents Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Player's Name: \_\_\_\_\_

Player's Signature: \_\_\_\_\_