

SMNW Volleyball Program Parent Info

THANK YOU for supporting us as we work with your daughter this fall volleyball season and CONGRATS to your daughter for making the team. We have 4 talented teams; our coaching staff has chosen 40+ talented, competitive athletes. With that being said...

Humble Reminders for parents:

- Work as a team with coaches/parents to assist your daughter's growth as a player.
 - o You are either part of the problem or part of the solution.
- Keep the communication open, but not excessive. We are coaches, don't want to hear when your daughter just "not content" (she should be upset). We are very approachable, but wait 24 hours if you are angry.
- Don't talk to us about playing time/roles unless you truly believe we are being unfair.
 - o Freshman/Sophomore: all players will play, but playing time will be UNEQUAL
 - o JV/Varsity: playing time is not guaranteed or promised.
 - o ALL playing time/roles are determined by discipline, attitude, communication, and skill.
- Have your daughter initiate any concerns she has with playing time/role, we want to teach your girls to be able to communicate face to face. Please have your daughter talk to me/their coach 1st. Encourage your child to advocate for themselves.
- TRUST that the coaches are making decisions based on the team - not individual players.
- Don't gossip. It's a cancer which kills team chemistry. Go to the source or say nothing. Gossip is for the spineless who need the comfort or sympathy of others, but are too weak to confront the problem/issue/ or person involved personally. SUPPORT THE PROGRAM, COACHES, and OTHER ATHLETES!
- Practices:
 - o For coaches/athletes only for distraction purposes. If you would like to come watch you are more than welcome to ask and sit in on a practice.
 - o All doctor, dentist, hair appointments, etc. need to be taken care of outside of volleyball practice time. Necessary medical appointments are an exception. This is a BIG issue!!! Please DO NOT schedule during practice time. We only get > 60 days with your daughter.
 - o There will be running and conditioning involved. Athletes must be physically fit to compete.
 - o Coaches will be fostering a competitive atmosphere during practices, athletes must realize practices will be physically and mentally demanding and challenging.
 - o There WILL be program Saturday practices.
- Please DO NOT coach your daughter during games. We, as coaches, lose our authority. We do not want to have athletes relying on and looking over at their parents after each play. We want the athletes to create confidence in themselves, their teammates, and their coaches.
- We, as adults (coaches and parents) are the heart of team chemistry. Teach and talk to your daughters about playing for their teammates...if everyone is on board with our goals and ambitions then we will be successful!
- There WILL NOT be team buses to tournaments on Saturdays, parents will be responsible to provide transportation for athlete to tournament site.
- Encourage your daughter to play multiple sports. Creates a well-rounded athlete, decreases burn out, etc.

Together, we as parents and coaches, can look forward to building a strong program and bettering each individual and every team at SMNW.

Thank you - Head Volleyball Coach Susan Specht & Assistant Volleyball Coaches B, Stover, Davis, & Gerber

Work Hard – Care for each other – Do what we do

This phrase defines everything we want to be about as a team and program. It is our identity. Each year we want to become increasingly deliberate in teaching our players specific behaviors that demonstrate these values.

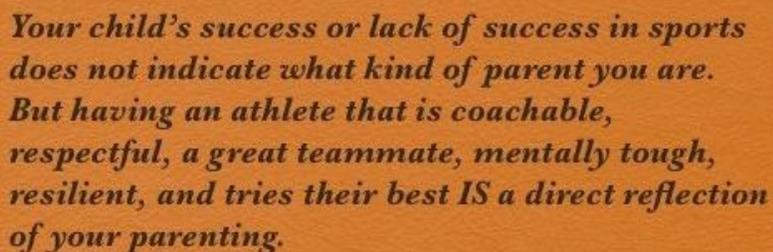
This year, we decided to do the same for the parents by giving you all specific things they can do to participate in our culture. ☺

Play hard:

- Help provide a team meal
- Be patient – communicate – be understanding
- Positively promote the program through social media
(You are the most influential voice representing our program to the public. Please be good representatives of your daughters efforts and respectful of their commitment to the TEAM)

Care for each other:

- Support your daughter's efforts, commitment, and sacrifice. Support her investment to the process.
- Celebrate the effort and contributions of every player at every level.
- Find ways to serve by helping when needed (rides, snacks, meals, etc.)
- Studies show what athletes want most from their parents is to hear these words: "I am so proud of you." And "I love to watch you play."



Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and tries their best IS a direct reflection of your parenting.

Do what we do:

- Be a crowd builder
- Bring a friend to our games
- Give a ride
- Applaud for all players when they come out of the game
- Greet the team after competitions

We invite you to be a part of our culture and participate in what we do day in and day out. You are critical to our success. Thank you for your support!

NOTE CARDS: ***Please write your name at the top of each note card!*******

Card 1 (front) - Write at least one reasonable, measurable goal you have for your daughter.

Card 1 (back) - Write at least one reasonable, measurable goal you have for our team this season.

Card 2 - What do you want your daughter's experience to be like if she CAN'T accomplish any of the goals you wrote for her, or for the team, on the first card?

Card 3 (front) - What do you want your experience to be like as a sports parent?

Card 3 (back) - What can the coaches do to help facilitate that experience?

SMNW HIGH SCHOOL VOLLEYBALL

Parent Contract

I am the parent/guardian of _____ . **I understand and support the commitment that my daughter AND I have made, as she has chosen to play volleyball.** I understand that my role is to support, praise, and motivate my daughter to be the best student and athlete she can be. I further understand that her coaches will teach her respect, honor, integrity, discipline, self-esteem, team work, and work ethic. I expect that her coaches will treat her with respect.

I understand that if my daughter breaks rules she will be disciplined. Rule breaking results in additional conditioning and possible game suspensions or expulsion from the program.

I understand that it is my duty to encourage my daughter, the team and the program to be the best it can be. When things go wrong, win or lose, I will tell my daughter that I saw her play and that I am proud of her either way. I will not become negative and cause a distraction to my daughter and her priorities.

I understand that the off-season work, team building, weight program, proper nutrition, rest and recovery are critical for my daughter's success.

I will provide year round support and encourage my daughter to be disciplined and responsible at all times. I will offer to take her where she needs to go and be there on time with a positive attitude.

I further understand the priorities of the program: family, academics and then volleyball. I will remind my daughter of those priorities and not undermine them.

I will not concern myself or my daughter with other athletes. I will not interrupt meetings or practices and will appropriately schedule a meeting with the Head Coach if needed.

I will let the Coaches coach, the players play, and the officials referee the game without harassment.

I pledge to be a supportive parent to the best of my abilities.

Parent's Signature

Date

"Raise strong kids.... over protection, over stating ability and making life too easy for your kids creates weakness not toughness. Young people who get handed everything they want and who are told they are never wrong will struggle when they face the reality of adversity and failure that competition will inevitably bring. For overprotected, overindulged kids, every loss, every coach, every struggle, every correction, every challenge, appears to be too stressful, too tough, or too unfair. "