

# Cape Fear Volleyball

## **Mission Statement:**

Cape Fear Volleyball Club provides athletes with high-level technical skills training and tactical instruction in a positive learning environment that fosters personal growth and development and a passion for the game of volleyball.

## **Club Philosophy:**

Cape Coral Fear is proud to be the newest Volleyball Club in Cape Coral. We are firm in our commitment to hard work and positive reinforcement to produce the well rounded athlete. We will use active teaching techniques and personalized short and long term goal setting. We believe this will help spring board the young athlete into society with the work ethic and morality to be successful in all endeavors. Our philosophy is based upon positive feedback teaching methods, not negative consequence reinforcement. We offer advanced coaching techniques, including one on one video sessions for technique analysis, drill and training equipment, and conditioning and stretching sessions to avoid injury. We feel video analysis is critical. The young athlete needs visual feedback in the learning process. We also feel training tools are essential in development. We will include a variety of training equipment in our drills. We believe stretching and conditioning are critical components of the athletes overall skill. All types of stretches (static, dynamic, passive and active) will be learned and used at the appropriate times of our work-outs and practices. Conditioning will be intertwined within practice, and addressed individually for the optimum results for each athlete.

## **Coach's Responsibilities:**

- 1) To teach proper technique and fundamentals to all players.
- 2) To teach and apply proper strategies.
- 3) To communicate clearly, to each player, her role on the team.
- 4) To balance hard work, fun, and discipline.
- 5) To create a positive, growth based, and trusting environment for athletes.
- 6) To act as a positive role model for players both on and off the court.
- 7) To prepare players for any and all situations that might occur when playing in a match.
- 8) To motivate players to compete at a high level due to strong work ethic and responsibility to their teammates.

## **Club Volleyball is a Commitment & Priority:**

Academics are the number one priority for our student-athletes; however, homework and school projects are NOT an excuse to miss practices or tournaments. Players must be able to manage their time so that they get their schoolwork done appropriately and are still able to attend practices and tournaments with quality physical and mental focus. Cape Fear Volleyball supports athletes who participate in other High School sports and other club sports teams. Players will not be penalized for missing a club event for a High School athletic competition. It is very important to have quality and timely communication with the coach about any possible conflicts. The player must let her club Director and Coaches know as soon as her school sports schedule is available, preferably at least two weeks before the event. Athletes competing in other club sports need to communicate those conflicts to the coaches with as much notice as possible. Playing time in tournaments may be affected due to practice and tournaments missed for another club sport. Absences due to high school athletics or required school events as well as injury or illness will be excused. All other absences are unexcused and are likely to affect playing time. Excessive unexcused absences may result in dismissal from the team as determined by the coach. Players and their families will receive a warning if a player is reaching their limit of unexcused absences. The coach has the right to dismiss the player from the team if a lack of commitment and attendance continues. Player's Rules & Regulations: As a member of the club, it is critical to understand

## **10 GUIDELINES FOR BEING A POSITIVE PLAYER – PARENT**

- 1. Cheer you player on, be supportive** of her, console her, but do it without judging her, the coach, officials or teammates.
- 2. Many things will aggravate** you that do not even faze your player. Do not make something into an issue if it is not an issue.
- 3. Encourage your child** to seek her own answers. Coaches respect players who come to them and privately question their playing time or role: it immediately indicates they want more.
- 4. Understand the rules of the game** and the coach's philosophy.
- 5. Do your physical part as a parent.** Get your child to practice on times and pick them up promptly. Demonstrating responsibility and commitment can be incredibly effective.
- 6. Positions and talent sometimes do not match up.** Coaches attempt to do what's best for the team, putting the best physical mix and best "chemistry" on the floor. That may mean that sometimes your daughter may be playing "out of position" in an attempt to strengthen the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay positive, and maybe your child will flourish.

**7. If you have real concerns**, and your player has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story – a common occurrence). If you are trying to resolve a problem, help you player by being a role model in the problem solving procedure.

**8. Never approach a coach with complaints** after a tough game. Wait and schedule a visit after everyone cools off. Most coaches are highly competitive, and just like players, do not like being confronted after tough games.

**9. Please think before criticizing** anyone connected with you player's team. Criticism is contagious and often hurtful. The damage could be irreversible.

**10. Visibly show that you enjoy watching your child perform:** this will make her feel better about individual participation, no matter what the role is.

*-Taken from Junior Olympic Volleyball*

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**Athlete Signature**

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**Date**

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**Parent Signature**

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**Date**

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**Coach Signature**

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**Date**