

Dear Parents and Athletes,

Thank you for providing me the opportunity to help develop your young woman's Volleyball skills, knowledge, and sportsmanship. I want to convey to you my coaching philosophy and goals for both your child and the team. I aim to provide the players with the most positive experience possible while challenging them to be their best. Please compare the following information to that of your expectations and let me know if there are any gaps or issues.

My mission is not just to develop players, but through Volleyball teach life lessons and develop young women, preparing them to lead successful and responsible lives as they grow. I believe team sports offers all players, regardless of skill level, an opportunity to gain overall self-confidence and self-assurance while at the same time developing a love for the game of Volleyball that will stay with them for the entirety of their lives.

Coaching Philosophy

- I endeavor to provide a positive experience for all of my players. I will focus on positive feedback, not negative, in order to build self-esteem as well as beginner knowledge and skills.
- It is important for a coach to demonstrate equal interest in all the players. I strive to work with and connect with each player individually as much as possible during practice. It is my goal to let them know I care about their specific development and that it is through their commitment and effort that they will grow. The young women show up with varying levels of athletic and volleyball ability; I recognize this fact and will coach appropriately.
- I believe that practices should be fun and able to hold the players attention while providing sound skill development. My intention is to hold crisp and organized practices that are efficient. The intent is to keep the players active and participating as much as possible during practices and games.
- As important as skill development is, so is knowledge of the game. My goal is for the players to learn more than they knew when they entered the season. This includes rules, strategy, and team play as well as individual skills.

- Sportsmanship will be emphasized. My mantra is always that *"We win and lose the same way on this team, with respect for ourselves, our teammates, our opposition and the game"*. The players will be reminded to maintain composure and be positive toward both their teammates and their opponents and game officials. I will demonstrate and demand the essence of good sportsmanship.
- The desire to win is present in every athlete, and the goal of most competition. A win may be the outcome of a game, but my focus is primarily on development. In other words, I will strive to be as competitive as possible through good, sound practices and skill development but winning games is a byproduct of doing everything else well; not the sole barometer of my overall success. Winning and losing is part of the game, and players need to learn how to handle both results.
- Fundamentals and skills will be emphasized during practice. I am a big believer in developing fundamentals, team concepts and offensive/defensive strategy. Some coaches will showcase their best player and teach only supporting skills to the other players. This is not my philosophy. I want the players to understand the whole concept of what we are doing on the court and how their individual specific role fits that concept. During the games, effort is what I am looking for, not an errorless game. Your players are still developing, they will make errors. My team goal is for continued progress through the season, and you will see a better player and team at the end of the season than at the outset.

Season Objectives

Following are the goals I have for the season and for each player:

1. Develop the fundamental skills needed and interest necessary to advance to the next level of play. My goal is to increase the number of Lake Pleasant players who make the high school teams later.
2. Teach the players new knowledge and skills.
3. Emphasize teamwork and sportsmanship. At this stage, being accountable to the team and understanding their individual roles on the team are very important developmental milestones for these players.
4. Provide positive reinforcement based on effort.
5. Provide a safe and healthy environment for all the players on the team.

Playing Time and Positions

Maturity and skills separate players. Players will work for playing time and will play positions appropriate to their skill level and physical ability. It is not required that all players play. There will be some that earn more overall playing time than others. This is healthy for the player's individual development, to understand and strive to compete for as much playing time as possible.

Expectations of Parents

- 1) Please encourage your player to arrive to practice *on time*. If you know your child will be late or won't be able to make it to a practice or a game, please let me know in advance if possible.
- 2) Parents are allowed to visit and observe practice if they so desire. I feel it is important to build and foster strong communication with the parents as well as the players to maximize the experience of being part of Lake Pleasant Volleyball.
- 3) Encourage good sportsmanship by showing your player and others what it means. Positive support for all players, coaches, and referees at the games.
- 4) Please allow the coaching staff to instruct and coach your player. Shouting instructions during games or practice is distracting for the player and may conflict with instructions she is receiving from the coaches. If you have an issue over how I am coaching your player, please schedule a time to talk with me privately.
- 5) Talk to me immediately if you are experiencing a problem with my program or are having another issue. I need to know right away so that the issue may be addressed. A 24 hour cool off period is required after any and all games/tournaments.
- 6) Safety is paramount, so if you see a situation unfolding that you think is a safety concern, please make me aware of it or step in and take action.

Team Rules

Our team rules are simple:

1. Be ON TIME to both practices and games.
2. Exhibit Sportsmanship and a Positive Team Attitude
3. Show Respect for the Team, Coaches, Players, Referees, our Opponents, and the Game.
4. Learn to handle adversity and success the same way.
5. Display Appropriate and Responsible Behavior as a member of this team and a representative of Lake Pleasant.
6. NO PHONES VISIBALE IN LOCKER ROOM
7. You MUST be signed out by a parent at every away game
8. School suspension will not be tolerated. Player will be asked to turn in their jersey immediately.
9. Must have passing grades to participate in games. Failing grade will result in loss of practice time in order to work on school work.
10. MUST notify coach if missing practice. 3 unexcused practices will resort in loss of game time.
11. Have Fun!

Positions:

Positions will be determined on ability and what is **best for the team**.
Players are expected to play variety of positions in the best interest of the team.

Game Procedures:

- During warm-up and game playing time, no food except water bottles are allowed. Please mark your water bottle with your name. During the game or while you are sitting out, it is expected that you remain in the team seating area with the coach and encourage the other team members.
- If you feel that it is necessary to leave the gym, you must get the coach's permission.
- Appropriate behavior and language is required at all times during any part of the warm-up and games.
- No un sportsman like conduct will be tolerated. Failure to comply will result in loss of playing time and/or being asked to turn in your jersey.

- It is also expected that each team member respects and get along with the other team members. There will be **NO** "putting down" or blaming of other team members when mistakes are made. **WE ARE AND WILL PLAY AS A TEAM.**

End of Game:

At the end of every game, we will show respect for the other team by lining and shaking their hands while offering a "Good game comment. Each player is responsible for cleaning up our team bench area.

Parental Conduct:

- Parents shall remain civil towards one another, the opposing players, the opposing coaches and parents, referees, coaches and staff.
- We know many parents have coached in the past, please let the coaches coach so you can relax and enjoy watching your child.

I look forward to a great season and thank you in advance for your support!

Thank You,
Coach Brittanie Lopez
Bmlopez23@gmail.com
954-240-3747

PLEASE SIGN, DATE AND RETURN THIS SECTION TO COACH LOPEZ.

Signing below acknowledges that you have read and understood the information, responsibilities, and expectations included and referenced in this letter.

Student Athlete Name: _____

Signature/Date: _____

Parent/Guardian Name: _____

Signature/Date: _____

Additional Information:

1. All regular season games are free admission
2. All District tournament games are 2.00 for adult admission and 1.00 for students.
3. Tournament games and scrimmage games will require private transportation.
4. Regular season away games, transportation will be furnished. You may leave the game with you parents but must be signed out on Coaches sign out sheet.
5. Practice will be held Mondays 1:13-3:00 Tuesday-Thursday 3:15-5:00
6. Games are on Tuesdays at 4:30.
7. Each player will be held financially responsible for any lost or ruined jerseys.
8. There is a \$25.00 athletic participation fee. This is a one-time fee for the year.

September 7, 2019 we will be participating in the Junior Lion Volleyball Tournament hosted by Liberty High School. Play will begin at 8:00am sharp! This is a required tournament. Please let me know asap if your athlete is unable to attend.