

East Union Volleyball 2015

Player Rules and Expectations:

Be on time for practice, matches, and meetings.

Unexcused missed practices must be made up before the next match or the athlete will be unable to participate in the scheduled match.

If you must be late for practice due to academic reasons, please let us know before the end of the day. Any missed time will be evaluated then.

Volleyball is a privilege and not a right of a student/athlete, thus it is expected of the individuals who participate in volleyball to maintain adequate grades.

As an East Union athlete, you are representing your school, community, parents, coaches, and yourself. The coaching staff demands your best behavior and effort during practices, on the bus, and during games. The coaches will not tolerate any inappropriate behavior.

Come to practice ready to practice, not to visit about other things. If we practice hard, practice will go much faster.

Listen attentively at all times.

You are responsible for all school equipment checked out to you. If you lose any of this equipment you will be charged for it.

Show consideration of others. Allow for individual behavior, preferences, but treat everyone, as you would like to be treated yourself. Simply put, RESPECT YOURSELF, AND OTHERS!!!!

Avoid temptations, you know if you should be there or not. If you need a better explanation look at your student handbook under drug and alcohol use.

Earning a Varsity Letter - In order to earn a varsity letter in volleyball at EU an athlete must dress varsity.

The East Union Volleyball Coaching Staff hope the parents of the athletes will show an interest in their student/athletes participation in addition to attending matches. If the parents or guardians would have any questions concerning the East Union High School Girls Volleyball program, please contact Coach Gail Thatcher at (641) 347-8421 / cell (641)-202-4533.

Coaches Expectations of Players

Player's Commitment

You must make a decision about your willingness to work with us and commit yourself to the program. We have set high standards. We ask you to buy into the philosophy and follow the ground rules and expectations set. You must decide if you want to be on the team under these conditions, because these are the rules we are going to play by and there are very few exceptions.

Player's Roles

Each of you has an important role on the team regardless of your playing time. Each player contributes to the success of the team, whether it is on the court, in practice, taking stats, or cheering on the team. Your role is evaluated every day and can change with individual progress, but you must accept your role for the team to function effectively.

The Substitutes

Playing time will not be equal. The first question you must ask yourself is if you can sit on the bench. Everyone puts in the hours in practice and deserves to play, but only six players are allowed on the court at one time. We all must be positive and supportive of one another.

Be Coachable

Our job is to coach you. Although there is more than one way to do things correctly, there are definitely incorrect techniques that will slow progress. We expect you to make changes or adjustments according to our decisions. We are not doing our jobs unless we do everything within our abilities to get the talent out of you so you can use it consistently in practice and in games. If we are on you, correcting you, pushing you, it is because we care and have confidence in your abilities. We only ask you to do those things that will make you better.

Building Trust

Trust and respect are very powerful elements of a successful team. You must honestly believe that we are doing everything necessary every day in practice to improve the team. Those who have trust and listen to our advice will improve. Those who do not, will not gain much out of the program. You must trust the coaching staff even if everything is not going the way you want it to go. We will give you our respect, but if it is not returned then you will lose our respect. Times will be difficult, you will be frustrated, there will be conflicts between you and your teammates, and you and your coaches. We will not always win. You might not always play. You will not always be happy with our decisions. We have rules with which you may not agree. We are open to input, but in an intelligent, courteous, and polite way. We will always listen, but input does not guarantee the decision you desire.

Developing a Work Ethic

The program is built on a strong work ethic. We will give you our best effort and we expect you to do the same. Everyone wants to win, but very few people are willing to make the commitment and sacrifices to do it. You cannot cut corners. If you think you can do it without working, you are wrong. We are going to challenge you to be good every single day, and you must be motivated to give your best. Do not expect us to be happy with you if you are lazy, undisciplined, or selfish. If it is not worth the best you can do, it is not worth your time.

Resisting Temptations

You will encounter many temptations and it is easy to give into them. You must resist making poor choices, such as going to a party when you should be studying or resting before a game, or stop conditioning when the going gets tough and you would rather go home and sit on the couch and snooze. You must have the desire and determination to achieve, because there are so many other players who are working toward the same goals. If you relax, if you give into temptation, you will be passed by - whether by a teammate or the opponent. We want you to be champions, not merely participants.

On Winning

We are happy when the team performs well - whether or not we win - and we are disappointed when we do not play up to our potential. We might not always win on the scoreboard, but we can always be successful. Ten years from now you will not remember the individual wins or losses, but you will remember the experiences you had and what you learned from competing.

Developing Sportsmanship

Having good sportsmanship is extremely important. Do not hate the opponent but rather, love the game. Play with "CLASS". No swearing, trash talking, or finger pointing. Avoid responding to trash-talking opponents. Focus on your play and that of your teammates. Celebrate good plays on our side of the net, pick your teammates up when plays do not go our way.

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing and understanding of each position, we are better able to accept the actions of the others and provide greater benefit to the student athlete. As parents, you have a right to understand what expectations are placed on your child.

Communication to Parents

Expectations the coach has of your child as well as all the players on the squad.

Locations and times of all practices and contests.

Procedure should your child be injured during participation.

Team rules and guidelines, and lettering requirements.

Communication to coaches from athlete

Notification of any schedule conflicts in advance

Special concerns in regards to a coach's philosophy and/or expectations.

Appropriate concerns to discuss with coaches

The treatment of your child mentally and physically

Ways to help your child improve

Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for the team.

Issues not appropriate to discuss with coaches

Playing time

Team strategy

Play calling

Other student athletes

There are situations they may require a conference between the coach, student athlete, and parent. These are to be encouraged. It is important that all parties involved have a clear understanding of the other party's position. My number is 641-202-4533, please feel free to contact with questions or concerns.

I am a coach because of my passion for my sport and the student athletes that participate. I am able to foster the growth of my student athletes through the numerous opportunities I am fortunate to provide. I will mold a group of individuals to communicate, to make decisions, to be responsible, and to hold themselves accountable. I believe in expecting their best efforts in everything they do on and off the court.

Gail Thatcher, East Union Volleyball