



**The Pursuit of Happiness...the JVC perspective.**

**As we officially begin the competition phase of the club season, several key words come to encompass our philosophy at Jammers Volleyball Club.**

**FUN**



**IMPROVEMENT**



**DEDICATION**



**FOCUS**



**ACHIEVEMENT**



**RESPECT**

**What follows, is a definition of these key words and how it plays into what your experience from JVC should be and what JVC is trying to provide to you.**



## **FUN**

For whatever reason you are playing volleyball, or any sport you choose, it HAS to remain fun for you, the player. You should not be doing this because your friends are, or because your parents are making you...you should be doing it because you WANT to.

And while you may want to play the game, it has to be fun most of the time. If you are not having fun, you should not be playing.

There are going to be times when it is not fun...when you are running laps, doing conditioning drills, lifting weights or your team is not playing well in a match. This is to be expected and these are the times that try your love of the game.

If you dread coming to practice, then you are probably not having fun, and perhaps you should be doing something you may enjoy more. There are dozens of activities that offer competition on many different levels, so if you are not getting some enjoyment out of playing volleyball, you may consider another activity.

As a pre-teen or young adult, life is too short to be voluntarily doing things that are not providing something positive for you. As you grow older, you will have to do many things that are not fun...but volleyball should not be one of those things.



## **IMPROVEMENT**

Our main mission at Jammers Volleyball Club is to make you a better volleyball player. That is the single most important requirement we stress to our coaches...

**“Make these ladies better players”**

It is that simple.

In our effort to do that, we implement a lot of fundamental training methods that may seem elementary to many observers, or silly to the players. As practice time and court space is limited, coaches focus on what areas of improvement are most needed with their team.

A casual observer may wonder why we spend so much time in passing drills and serving drills. These are the two MOST important aspects of the game...passing the ball and serving the ball. Every play begins with a pass or a serve. If you cannot pass a ball to your target, you cannot win a point. If you cannot serve a ball over the net, you cannot win a point.

We will continue to teach volleyball fundamentals until everyone can pass and serve...then slowly introduce more complicated aspects of the game. Even though hitting and setting will always be a part of a practice session, the emphasis will remain on passing balls correctly to the target and getting serves over the net and in the court.

As a player, we expect you to come away from every season with improved skills and a higher volleyball IQ. This will carry over to your middle school team and make you a more valuable player for your team.



## **DEDICATION**

Our club is dedicated to providing you with a positive volleyball experience, and our coaches are dedicated to making you a better volleyball player. What we ask in return, is for you to be dedicated to helping us make these things happen.

A dedicated player will:

- ❖ Attend practices and always arrive on time
- ❖ Participate 100% during practices
- ❖ Make the changes your coach asks
- ❖ Work to improve the skills you lack
- ❖ Support your coach's decisions
- ❖ Support your teammates

An undedicated player will:

- ❖ Attend practices when they feel like it and usually arrive late
- ❖ Give 75 or 80% of their effort 100% of the time
- ❖ Stick to playing with bad habits, refusing to change
- ❖ Practice their game only when practice is in session
- ❖ Criticize the coach's decisions about rotations or playing time
- ❖ Create animosity through negative comments about teammates

If you are here to compete and become a better volleyball player, then you must be dedicated to doing just that. Dedicated players will provide the positive energy needed to make a great team. It only takes one player with a lack of dedication to create a division within the team, thus causing a less than successful season.

Don't be that one player...



## **FOCUS**

Webster's Dictionary simply defines *focus* as "to concentrate". That is what makes great athletes good at what they do...they focus.

Whether it is during a practice, or more importantly during a tournament, focusing on the task at hand is probably the most important factor in being successful.

If you are not focused on what your coach is trying to teach you at practice, how are you going to understand what it is they are trying to get you to do? Talking about your day at school or who said what about whom, will not allow you to focus on improving your volleyball skills. You need to focus on every touch, every serve, every rotation and every direction coming from your coach...it is all very important.

More importantly is how focused you are during the day of your tournament. The smallest amount of distraction can interrupt the concentration you may have needed to do the right things during a match.

I will refer to two things I witnessed while hosting a 16s Platinum tournament.

- ❖ There was a club that had three teams playing in the tournament. Out of the 28 or so players, there was NOT one single boyfriend or girlfriend hanging around the players. They rested as a team, officiated as a team, and played as a team. They were very focused on every match, thus very successful in their victory.

- ❖ Another team officiated a match while one player was talking on a cell phone and two others were listening to one's iPod. They made numerous mistakes and caused the game to be delayed several times. During their down time, they did not stay together as a team and spent most of the time with other people. Coincidentally they were 0-3 for the day and got to go home early. Now they had plenty of time to hang out with their distractions.

We realize it is important to have support during tournaments and how parents and friends want to come see you compete. We want families to be a part of what you are doing, but it has to be kept separate from the reason we are attending tournaments.

Jammers VBC is here to compete and to win matches, we will make no bones about it. We will not be satisfied with anything less than everyone giving their best, and we do not expect you to be either. Winning is fun and rewarding...loosing is depressing and demoralizing.

If you are not focused, and constantly being distracted by things unrelated to volleyball, you are not going to be an effective player or teammate.

FOCUS on the tournament, FOCUS on the game, FOCUS on the point...and you will be successful in at least one area for the day.



## **ACHIEVEMENT**

### **“Strive to Achieve”**

I believe this is a quote from somewhere, someone or some product endorsement...I cannot remember. Regardless, it is three very important words.

Everyone should strive to achieve something. Be it good grades, wealth, lots of friends, greatness or changes in the world, we should all WANT to achieve something.

Achievement can be measured in many different ways, and does not always have to do with scores, medals and winning matches. It can be in making improvements to your game, making the starting line-up during your school's volleyball season or advancing to the playoffs during a regional tournament.

As a member of JVC, the hope is that you want to achieve something volleyball related. Whether it is as simple as improving your skills, it should be more than killing time or hanging with your friends.

Jammers Volleyball Club strives to achieve prominence in the club volleyball arena by training players, attending tournaments and being successful during competition. We hope that you will help us achieve our goal, as we work hard to assist you achieve your goal.

Strive to become a better player, a better teammate, a better student and in the long run, you will become a better person. We can NEVER stop becoming better people...the world needs better people.



## **RESPECT**

RESPECT...

To begin with, respect is EARNED not given. If you show respect, you will gain respect, and things will come your way.

A respectful person is:

- ❖ Someone who accepts authority
- ❖ Someone who abides by rules and policies
- ❖ Someone who considers other's opinions
- ❖ Someone who values other's property
- ❖ Someone who values other's time and effort
- ❖ Someone who makes ethical decisions
- ❖ Someone who practices good moral conduct

A *disrespectful* person is:

- ❖ Someone who denies authority
- ❖ Someone who break rules and policies
- ❖ Someone who criticizes other's opinions
- ❖ Someone who vandalizes other's property
- ❖ Someone who disrupts other's time and effort
- ❖ Someone who makes unethical decisions
- ❖ Someone who's moral compass is broken

Which person are you?

JVC respects the fact that our player's parents have made the decision to financially invest in their daughter's volleyball career. In respect of



that, we are determined to provide our players with quality training from qualified coaches.

In return, we expect that our players respect what it is they are receiving and being offered.

*Respect the authority of your coach...they have the experience.*

*Respect the rules of the gym and of practice...time is valuable.*

*Respect other's opinions...they are just as important as you own.*

*Respect other's property...we are guests in the facility.*

*Respect other's time and effort...the pay for this job is minimal.*

*Respect yourself...make decisions that you are proud to admit to.*