

## 2018 BGCA VOLLEYBALL PRESEASON PARENTS MEETING AGENDA

Date: 6 Jan 18

Time: 10-11am

Location: 2300 W. 36<sup>th</sup> Ave., Anchorage, AK 99517

### Topics for Discussion

#### Introductions

- Director of Athletics
- Athletics Staff
- Coaching Staff

#### About Boys & Girls Clubs – Alaska Athletics

- Statement of Purpose
  - o Vision Statement
  - o Mission Statement
  - o Guiding Goals
  - o Organizational Characteristics
  - o External Identifiers
- Safety is our #1 Priority
  - o Physical
  - o Mental
  - o Emotional
  - o Social
- Core Values
  - o Safety
  - o Cooperation
  - o Accountability
  - o Integrity
  - o Optimism
  - o Commitment
- Teach life lessons as well as sport
  - o Sportsmanship
  - o Teamwork
  - o Responsibility
  - o Respect
  - o Perseverance
  - o Leadership
  - o Humility
  - o Integrity
  - o Courage
  - o Compassion
  - o Teamwork
  - o Respect
  - o More?
- Enjoyment
  - o Create the environment where it's positive and fun
  - o Measures of Enjoyment
    - Players want to be there
    - Player want to play for their coach
- Player Development
  - o Age/Skill appropriate playing environment
- 6-3-1 Philosophy
  - o Ensures all teams are progressing and improving consistently, as well as experiencing the emotions of winning and losing through manipulating six wins, three losses and one tie throughout the year.
  - o If a team is winning all the time, they are encouraged to schedule a scrimmage against tougher competition to be sure they are being pushed. Likewise, if a team is in a losing slump, then a scrimmage is encouraged against an opposition that they should beat, to regain a positive attitude, develop a goal scoring mentality and create confidence in defense.
  - o Development is always more important than winning with the Boys & Girls Clubs – Alaska Athletics, and so understanding all experiences of the game is essential to team and player development.
- Competition will naturally be present whenever there is an athletics contest to determine a winner. However, with Boys & Girls Clubs - Alaska Athletics, though winning may be a desirable result, it is not the top priority for our Athletics programs. Life lessons like enjoyment, mindfulness, accountability, respect, and compassion are and our coaches are trained to encourage each child to develop his/her talents and skills through participation, fair play, sportsmanship, cooperation, teamwork, and effort.

## 2018 Volleyball Season

- U12-U18 Divisions
  - o Regular Season
    - o January 8-April 6, 2018
    - o Season Format (10 Games)
      - Stage 1: Everyone will play each other once/twice
      - Stage 2: Placing in Stage 1 determines remaining games for Stage 2
    - o No practice or games on MLK Day, President's Day, and during the week of Spring Break
  - o Jamboree
    - o January 20, 2018
      - Mears Middle School
    - o Official Practice Session
  - o Postseason Tournament
    - o U12-U18: April 9-13, 2018
    - o Various locations
    - o Seeding based on end-of-season standings
- U10 VolleyKids Division
  - o Regular Season
    - o January 22-April 6, 2018
    - o Season Format (8 Games)
      - Academy-style: Players will practice with each, but Coach will assign players to a different team each week to balance the level of competition
  - o Jamboree
    - o April 13, 2018
      - Prior to U18 Comp Championship Game
- Schedules
  - o Requests (unable to change schedule once set)
    - Coaches will be able to review before being published officially

## Role of the Parent

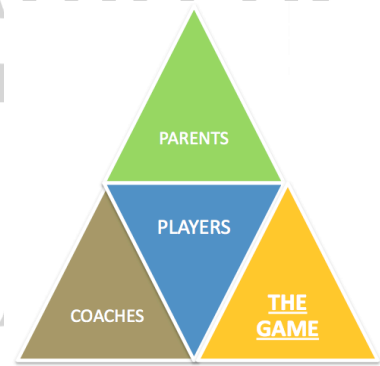
- The role of the parent is extremely important for all young athletes.
- Whether it is at training, during a game or on the ride home it essential that there is positive feedback.
- At training and games players should feel that they can perform what the coach is asking them to do and not what their mother or father is asking them to do.
- "Boys & Girls Clubs – Alaska Athletics is much like a school system". It takes time and there are many developmental aspects that have to be covered in order to eventually get the final product.
  - o Think of the volleyball court as a playground!
  - o Emphasize enjoyment
  - o Encourage your child regardless of success
  - o Cheer for all Children!
  - o Applaud a good effort no matter who makes it
  - o It's okay to talk to other teams parents
  - o Be a parent – not a coach!
  - o Resist the urge to critique
- Help Your Child Be Prepared:
  - o Nutritional Snacks
  - o Hydrate – Water or Sport Drink before, during and immediately after a game
  - o Weather: Sun Screen, Rain / Cold Weather Gear
  - o Knee pads, Properly Inflated Ball, Appropriate Footwear
  - o Catch the Players Being Successful!
- 5 Guidelines for the Sidelines
  - o Cheer
  - o Relax and Let Them Play
  - o Yelling Directions = Distraction
  - o Remember, they are just kids having fun
  - o Have reasonable expectations
- Positive Volleyball Experience for ALL children
  - o Positive comments only
  - o Let the Coaches coach and let the Officials officiate
  - o Please don't use Verbs
  - o Catch the Players Being Successful!
- ZERO TOLERANCE for disrespectful behavior
- Don't be **THAT** parent

## General Information

- 2018 Official BGCA Volleyball Rules

- Please familiarize yourself with General Rules
    - 13:00:00 Spectator Responsibilities
- Chain of Command
  - Players/Parents should address all concerns/issues with the Coach first
  - Practice 24 hour rule
  - Get it in writing
  - Parents should not contact the BGCA directly unless the Coach is doing something illegal, unethical, immoral, or unsafe
- Communication
  - Overcommunication is always best
  - Get it in writing
    - Follow up conversations with an e-mail
  - Be clear, concise, and right to the point
- Anyone working with children must complete the Consent for a Criminal Background Check
  - Completed appropriate paperwork
    - Criminal Background Check
    - Coach Education
    - CDC Heads Up: Concussion in Sports Intro Course
  - Only individuals who have completed the Consent for a Criminal Background Check will be allowed on the sidelines during games. All other spectators must remain in the stands (when applicable).
    - Approved adults will be awarded a Coaching Badge to be worn on the sidelines.
- Uniforms
  - Distributed first/second week of the season
  - Consistent with number of players
  - Sponsors
    - May need to be returned for printing
- SportNgin App
  - Teams Pages are most up-to-date records
  - Team Specific
    - Schedules
    - Scores
    - Standings
    - Team Messaging
  - Team ID can be found on Team Page
- Final thoughts on Boys & Girls Clubs – Alaska Volleyball
  - Please remember, 99.99999% of youth volleyball players around the nation will NOT play in the Olympics. But if we as an organization, coaches, and parents work together for the kids, we can help them do well in school, earn a college degree, be a valuable member of our community, and hopefully, maybe one day, one of these kids will cure cancer.

## Key influences on Youth Volleyball Players



FINALLY...THANK YOU!