

2020 BGCA VOLLEYBALL PRESEASON PARENTS MEETING AGENDA

Date: January 15, 2020

Time: 6:15-7:15pm

Location: 2300 W. 36th 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 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 Long-term Player Development Model
 - Age/Skill appropriate playing environment
 - Children do not learn in the same way as adults, especially when the learning process involves both intellectual and physical activity. Age conditions the way a person perceives and interacts with the world and with others.
- 5-2-1 Philosophy (3-2-1)
 - o Ensures all teams are progressing and improving consistently, as well as experiencing the emotions of winning and losing through manipulating five wins, two 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.

2020 Volleyball Season

- Regular Season
 - o U10 VolleyKids: January 21-March 5, 2020
 - o Season Format (6 Games)
 - o Stage 1: Everyone will play each other once/twice
 - o Stage 2: Placing in Stage 1 determines remaining games for Stage 2
 - o U12-U18: January 21-March 27, 2020
 - o Season Format (8 Games)
 - o Stage 1: Everyone will play each other once/twice
 - o Stage 2: Placing in Stage 1 determines remaining games for Stage 2
 - Postseason Tournament
 - U12-U18: March 30-April 3, 2020
 - Various locations
 - Seeding based on end-of-season standings
- Jamboree
 - o January 25, 2020
 - Location: Mears Middle School
 - Official Practice Session
- Schedules
 - o Requests (unable to change schedule once set)
 - Coaches will be able to review before being published officially
- 2020 Official BGCA Volleyball Rules
- Spectators Responsibilities (13:00:00)
 - o PLEASE READ THE RULES
 - o ZERO TOLERANCE for disrespectful behavior
 - o Don't be THAT parent

Role of the Parent

- The role of the parent is extremely important for all young athletes.
- Whether it is at practice/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 Volleyball Environment
 - o Positive Experience for ALL children
 - o Think of the volleyball court as a playground
 - o Have reasonable expectations
 - o Emphasize enjoyment
 - o Encourage your child regardless of success
 - o Applaud a good effort no matter who makes it
 - o Catch the players being successful
 - o It's okay to talk to other teams parents
 - o Be a parent – not a coach
 - o Resist the urge to critique, especially in front of the children
 - o Positive comments only
 - o Remember, they are just kids having fun
- 5 Guidelines for the Sidelines
 - o Let the Coaches coach and let the Officials officiate
 - o Cheer for all children
 - o Please don't use Verbs
 - o Relax and Let Them Play
 - o Yelling Directions = Distraction
- Help Your Child Be Prepared:
 - o Nutritional Snacks & Hydrate – Water or Sport Drink before, during and immediately after a practice/game
 - o Weather: Rain / Cold Weather Gear, Pants
 - o Appropriate Footwear, knee pads, volleyball, etc.

General Information

- Team Personnel
 - o Teams need at least TWO background check approved individuals onsite during practices and games
 - Head Coach, Assistant Coach(es) and/or Player Safety Volunteer
 - Completed appropriate paperwork
 - o Approved Consent for Criminal Background Check
 - o Only individuals who have completed the Consent for a Criminal Background Check and have been approved 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
- Chain of Command
 - o Players/Parents should address all concerns/issues with the Coach first
 - Especially with regards to officiating!
 - o Practice 24 hour rule
 - o Get it in writing
 - o Parents should contact the BGCA directly if something seems "off", e.g. something appears illegal, unethical, immoral, or unsafe
- Communication
 - o Overcommunication is always best
 - o Get it in writing
 - Follow up conversations with an e-mail
 - o Be clear, concise, and right to the point
- Sports Engine App
 - o Teams Pages are most up-to-date records
 - o Team Specific
 - Schedules
 - Scores
 - Standings
 - Team Messaging
- Uniforms
 - o Distribute week before the week of the games
 - o Consistent with number of players
 - o Sponsors
 - May need to be returned for printing
- Sponsorships
 - o Help keep fees low by introducing a sponsor to Boys & Girls Clubs – Alaska Athletics
 - o Benefits of sponsorship
 - Prominent visibility of the Sponsor's logo/name on the team's jersey
 - Website logo/link placement on our website and any other social media for the duration of the one-year
 - Seasonal e-mail blasts to BGCA Members participating in that particular sport promoting any specials/news from our Sponsors
 - Recognition in the Boys & Girls Clubs – Alaska Annual Report
 - Plaque with a photograph of the Team your business is sponsoring with expressing our appreciation
 - Framed Team Jersey(s) featuring players' signatures
- Final thoughts on Boys & Girls Clubs – Alaska Volleyball
 - o Please remember, 99.99999% of 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.

FINALLY...THANK YOU!