

# OUR PHILOSOPHIES

## LIGHTNING VOLLEYBALL PROGRAM PHILOSOPHY

Lightning Volleyball serves as a safe space for young athletes to develop their skills. This community-based program seeks out seasoned, experienced coaches who bring passion to the sport of volleyball. Lightning Volleyball strives to create as many dynamic, competitive teams each season as possible while ensuring a positive experiences for our players and their families.

Lightning Volleyball believes in an open-door policy for our families. Our Board members are all volunteer and encourage constructive feedback and ideas from our athletes and their families. We understand this is a big commitment, and our goal is to grow with your player as they mature through the sport.

## COACHING PHILOSOPHY

Lightning Volleyball has hand-selected coaches who understand the importance of their role as coaches. The coaching staffs' priorities throughout the season are:

1. Create the most dynamic and competitive teams possible as a result of tryout participants.
2. Develop individual's fundamentals and understanding of the game.
3. Place players in a logical lineup that leans into natural skill.
4. Teach players new skills including passing, setting, hitting, blocking, and playing defense. This also includes reading the other side of the net and trusting your teammates.
5. Foster teamwork and create a team bond that translates to better play on the court.

Our coaches are not responsible for handling drama outside of the gym. Our coaches are not responsible for complaints about any other teams, refs, the board, or any one else outside of their team from parents.

## PLAYING TIME PHILOSOPHY

During the JO season, playing time is not automatically divided equally. There are positions that naturally lead to more playing time. As players develop, coaches often shift around players to new positions or adjust playing time. This is a normal part of maturing through a sport. Coaches do their best to get everyone on the court throughout every match, but the coaches job is to put forth the most dynamic team possible out of the girls available to them.

Athletes are not guaranteed to play the position they desire. Athletes may take on another role or position based on the team dynamic and should embrace this and excel with the opportunity.

Coaches reserve the right to place players on reserve for behavioral issues. We do not tolerate bad sportsmanship directed at other teams, refs, or other teams. We also do not tolerate disrespect to teammates, coaches, or parents.

Our coaches do their best to field constructive criticism from parents. Remember, the coaches are at every practice and game. Coaches often see potentials and issues parents do not. If you or your player have questions or concerns about playing time, please encourage your child to talk to the coach. Coaches often have action steps players can take to improve outside of practice time. It is not appropriate to approach coaches at competitions to ask about playing time.