

## FALL 2019 BGCA VOLLEYBALL PRESEASON PARENTS MEETING AGENDA

Date: September 16, 2019

Time: 6:15-7:15pm

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 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.
- 6-3-1 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 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.

- 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.

### Fall 2019 Season

- Regular Season
  - U10-U12: September 23-November 15, 2019
    - U10: Wednesday games (some possible Friday games)
    - U12: Friday games
- Season Format (6 Games)
  - Stage 1: Everyone will play each other once/twice
  - Stage 2: Placing in Stage 1 determines remaining games for Stage 2
- Schedules
  - Requests (unable to change schedule once set)
    - Coaches will be able to review before being published officially
- Fall 2019 Official BGCA Volleyball Rules
- Spectators Responsibilities (13:00:00)
  - PLEASE READ THE RULES
  - Positive Volleyball Experience for ALL children
    - Positive comments only
      - Catch the Players Being Successful!
  - ZERO TOLERANCE for disrespectful behavior
  - 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 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.
  - Think of the volleyball court as a playground!
  - Emphasize enjoyment
  - Be a parent – not a coach!
  - Let the Coaches coach and let the Officials officiate
  - Encourage your child regardless of success
  - Cheer for all children!
  - Applaud a good effort no matter who makes it
  - Please don't use Verbs
  - Catch the players being successful!
  - It's okay to talk to other teams parents
  - Resist the urge to critique, especially in front of the children!
- 5 Guidelines for the Sidelines
  - Cheer
  - Relax and Let Them Play
  - Yelling Directions = Distraction
  - Remember, they are just kids having fun
  - Have reasonable expectations
- Help Your Child Be Prepared:
  - Nutritional Snacks & Hydrate – Water or Sport Drink before, during and immediately after a practice/game
  - Weather: Rain / Cold Weather Gear, Pants
  - Appropriate Footwear, kneepads

### General Information

- 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
- SportsEngine App
  - Teams Pages are most up-to-date records
  - Team Specific
    - Schedules
    - Scores
    - Standings
    - Team Messaging
- SportsEngine Rosters
  - Checked before each games
  - Players who are eligible to play
  - All required documents submitted
  - No outstanding balances
- Required player documents
  - Verification purposes
  - Blanket BGCA Athletics Policy
  - Documents will **not** be kept on file (just checked off a list)
    - If played in a BGCA Athletics program in 2016 or after, should be on record
- Anyone working with children must complete the Consent for a Criminal Background Check
  - Completed appropriate paperwork
    - Consent for Criminal Background Check
  - Only individuals who have completed the Consent for a Criminal Background Check and USA Football Coaching Course 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
  - Distribute week before the week of the games
  - Consistent with number of players
  - Sponsors
    - May need to be returned for printing
- Sponsorships
  - Help keep fees low by introducing a sponsor to Boys & Girls Clubs – Alaska Athletics
  - 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
  - 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!