



JON HANNAM

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GIRLS VOLLEYBALL

Program Goals, Philosophies, and Procedures

Head Coach:	Kendall Becker	Email:	kbecker@cedarburg.k12.wi.us
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PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
<p>I WILL SHOW RESPECT TO Players, Coaches, Referees, Parents, and Myself</p> <p>I WILL GIVE MAXIMUM EFFORT Focused & determined play to increase the team's intensity & productivity</p> <p>I WILL HAVE RELENTLESS PURSUIT Constant strive for success and achievement</p> <p>I WILL REFLECT & CORRECT Self-awareness and self-correction for continuous improvement</p> <p>I WILL SHOW RESILIENCE & PERSEVERANCE Remain confident and calm through adversity</p>	<p>The Cedarburg Girls Volleyball program strives to provide opportunities for female athletes to become well-rounded young women through athletic experiences.</p> <p>The coaching staff believes in giving guidance and support to their athletes and providing them with opportunities to learn how to obtain and utilize the skills outlined in the program philosophies. These skills are crucial in creating great athletes as well as strong, independent young women.</p>	<p>The main goal of the Cedarburg Girls Volleyball program is to identify strengths and improve upon the potential demonstrated by the athletes to create successful teams as shown through personal growth and team successes throughout the season.</p> <p>The main goal for the coaching staff of the Cedarburg Girls Volleyball program is to consistently provide feedback and strategy to the players on all three teams to ensure success in the current season and future seasons.</p> <p>In order for our athletes to achieve personal and team goals, various opportunities are provided to ensure progression & success:</p> <ul style="list-style-type: none"> • Daily and season-long goal setting & reflecting • Strength and conditioning (year round) • Summer volleyball camp, league, & open gyms • Shared communication and support for playing on a club volleyball team



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TEAM PHILOSOPHIES

VARSITY	JV1	JV2
Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success.	Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should participate in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important.	JV2 will even further emphasize ensuring adequate playing time for all student-athletes. Playing/participation time at the JV2 level may not be equal among players at each event, but almost all student-athletes should compete at almost all events. At the JV2 level, developing interest in the sport and promoting skills and positive attitudes are critically important.

TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills & Talent</i>	<i>Attitude & Work Ethic</i>	<i>Potential</i>	<i>Team & Program Needs</i>
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PLAYER RESPONSIBILITIES	PARENT RESPONSIBILITIES	COACH RESPONSIBILITIES
<p>All practice and game logistical responsibilities are outlined in the player binders that are provided to the athletes at the first practice of the season.</p> <p>The main mental/emotional responsibilities are:</p> <ul style="list-style-type: none"> • My academics, serious family events, and mental/emotional needs come first! • Overall team success and skill development come before personal successes and accolades. • I will communicate with coaches and teammates when I am in need of support, when I am struggling to follow team expectations, and when my teammates are not following team expectations. • I will fight for my team! 	<p>The coaching staff places a strong emphasis on communicating and behaving respectfully at all times. All Cedarburg families are EXPECTED to use respectful language and behavior toward all officials, players, coaches, and spectators! Our program will be known for being respectful and demonstrating good sportsmanship at all athletic events toward all personnel involved.</p> <p>Parents play a large role in improving/maintaining a positive and successful program culture. Here are the ways that parents should support their daughter, the coaches, and the program:</p> <ul style="list-style-type: none"> • Talking positively about players, coaches, and the program. • Talking about team success more than individual performances & achievements. • Encouraging your daughter to use positive communication about herself, her teammates, and her coaches. • Encouraging your daughter to be mindful of her emotions. • Encouraging your daughter to advocate for herself. • Encouraging your daughter to maintain a positive, TEAM before ME mindset. 	<p>The coaching staff follows these intentions:</p> <ul style="list-style-type: none"> • I teach my players skills that will help them improve as athletes & succeed as adults • I provide a balance of constructive feedback and positive reinforcement for all players • I support athletic progress, academic achievements, & emotional well being • I encourage self-reflection & mindfulness to improve overall program culture & success • I encourage a TEAM before ME mentality • I learn from and work with all coaches in the program to establish consistent coaching and strong collaboration • I self-reflect on my actions, words, and body language to ensure that coaches and players can feed off of my positivity, confidence, and relentless pursuit for success • I provide an equal amount of constructive criticism and positive feedback to all players • I am mindful of my work stresses and personal stresses and manage these emotions when I enter practice or a game • I communicate with players before, during, and after practices and games so that they feel confident in their understanding of what they are learning • I want the program to be known for being respectful and successful



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PLAYER ACADEMIC RESPONSIBILITIES

When other teams in the program are playing in a weeknight match, players of the other teams in the program are expected to watch the competing team (if Varsity is playing, the JV1 and JV2 players are expected to watch the Varsity team and vice versa). If a player is struggling to keep up with academic demands (i.e. inconsistent homework turn-in, decreasing assessment performance) the player should advocate for themselves with their coach to discuss using this time to support their academic challenges. The player and coach(es) will engage in a detailed conversation about the academic difficulties so that the coaches can follow up with the player to check in on their academic performance (i.e. the class the challenges are occurring in, what homework/exams they are working on or preparing for, creating a plan for how to manage the academic demands while being on an athletics team). The goal is for the player and coach(es) to work together to ensure the academic success of the player, while also helping the player learn how to balance athletics and academics.

PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
<p>All coaches must avoid group texts and texting with athletes. Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting</p> <p>The Cedarburg Girls Volleyball program utilizes the GroupMe app for communication between coaches and players.</p>	<p>If a player has a question or concern about the program culture, their role on the team, or any other matter, the <u>PLAYER</u> will:</p> <ol style="list-style-type: none"> 1) Initiate communication with the coaches <i>(if the matter cannot be resolved, then the <u>PLAYER</u> will....)</i> 2) Talk to their parent about requesting a meeting with the coaching staff <i>(if the matter cannot be resolved, then....)</i> 3) A meeting with the coach, player, parent, and Athletic Director will be set up <p>A player may initiate Step 1 of this process 24 HOURS AFTER A GAME/EVENT.</p> <p><i>(see CHS Athletics handbook for more details)</i></p>



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VARSITY LETTER CRITERIA

Varsity letters will be awarded to players who are on the Varsity roster for at least 50% of the practice and competition days of the Varsity season (or upon coach discretion for special circumstances).

CAPTAIN CRITERIA

Captains are determined by player votes & coaches' discretion. There will be 2-3 captains per team, being chosen using the following criteria:

1. **Energy Leader**
This person leads the team with their high energy and positive communication. They consistently provide energy generating behaviors and keep the team focused on being our best in the present moment.
2. **Action Leader**
This person leads the team with their consistent play, effort, and coachability in practices and games. They consistently give their best effort and work hard to provide energy generating behaviors through their play.
3. **Communication Leader**
This person leads the team with their communication between players and coaches. They consistently ensure player accountability (following team expectations) and support conflict resolution between players and/or coaches.

ALL CAPTAINS HAVE A WE OVER ME MENTALITY

MISSED GAME & PRACTICE POLICY

Player participation on the team CAN be reduced if the player has unexcused absences (must be at school for ½ of the school day to compete), poor grades, or unacceptable behavior in school or practices/events.

Player participation on their team WILL NOT be impacted if they miss practice or an event due to sickness, emotional/mental health needs, funerals, or other serious family events/circumstances (*appropriate communication needs to occur with the school and the coaching staff to ensure the consistent use of this policy*).

These decisions are made at the coach's discretion.



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STRENGTH & CONDITIONING EXPECTATIONS

The Varsity, JV1, and JV2 teams will all participate in strength and conditioning training 2 days a week during the season.

Off-season and summer strength and conditioning training is offered through the CHS Athletics Department and is a direct extension of the training done during the season. The coaching staff recommends that athletes in the Cedarburg Girls Volleyball program participate in off-season and summer lifting through the CHS Athletics Department.

