

NHS



The next couple weeks of tryouts are going to do a few things:

- 1) Give you some clarity about what it means to be an NHS Volleyball Player
- 2) Determine if you are the right fit for NHS Volleyball
- 3) Determine if NHS Volleyball is the right fit for you

Tryouts are a two way street. We want to confirm that you are the right fit for NHS VB and you want to confirm that we are the right fit for you. If it's not a good fit, we want you to find another activity that will be a better fit!

Newington High School Volleyball Tradition:

- Team Purpose
 - Freshman and JV levels: learn and practice the game to prepare for making the varsity program.
 - Varsity: play to the absolute best of their potential and as a result, win games.
- Championship Culture: FLAG
 - **Fundamental excellence** and **Fearlessness**
 - **Leadership**
 - **Attitude**
 - **Grit**
- Development of Best Self: learning attitudes and mental practices that will bring out the best in you.

Expectations for Players:

- **Commitment:** Every player is 100% committed to practices and games throughout the season. Practices will be held every weekday and on Saturdays for V. JV will practice on some Saturdays. Players are expected to attend and be on time for **every** practice, **every** day, **all** season.
- **Improvement:** Every player is expected to reflect on and improve performance on the team....this includes your **attitude** (doing things that only build the team up), and your volleyball **skills** (recognize what you need to work on—you can make excuses or you can make it happen, but you can't do both).
- **Positive attitude:** Keep developing it! **The more positive your energy is, the more capacity you have to achieve your goals and the more you will enjoy playing volleyball.** Leave distractions outside of the gym and be fully engaged in the practice. Practices/games are an opportunity to be focused on something you love. Team Drama or Bullying has no place in our program and there is zero tolerance policy. Be positive with your teammates and yourself and it will be a fun experience.
- **Coachability:** Expect constructive feedback. You must be able to accept it and use it. We are working to make you your very best and would be doing you a disservice if we don't give you things to get better at!
- **Accept your role on the team:** Show a positive attitude regardless of your role. Coaches will be straightforward with you and your job is to find ways to make the team and you better within that role.
- **Perseverance:** Be willing to push yourself mentally, emotionally and physically. You can do anything!
- **Missed Practices:** Talk directly with your coach about missed practices!!!
 - Due to illness and family emergencies: No consequence. The players who are best prepared for the upcoming game, will play in the game.
 - Due to lack of commitment (i.e. hair appointments, senior pictures, other lessons, skipping practice, weekends away, etc.): On a first missed practice, you will sit the next game. On a second missed practice you will be removed from the team.

- There is time before practices for you to get some homework done, make up work or get extra help. Take care of your academic responsibilities during that time and use your time wisely.

Expectations for Parents and Families:

- **Support:** Support every player on the team as if she were your own. Before speaking about volleyball and team members, consider whether or not what you are about to say will build the team up or tear the team down. Conversations that tear the team down will set the stage for your daughter to develop a negative attitude which you don't want, nor do we. Do what's best for your daughter...only up-speak other players, the coaches and the program. When up-speaking is not possible for you, just listen and leave any negative thoughts you may have out of it.
- **Teach self advocacy:** Encourage your daughter to talk with her respective coach when she is unclear about her role on the team, has playing time concerns, etc.
- **Commitment:** Insist that your daughter prioritizes volleyball over all other activities during the season. Plans need to be made around volleyball practices, games and team activities. *See player expectations for more details.*
- **Understand coaching priorities:** The priorities are the program, the team, and the individuals, in that order. Decisions will be made according to these priorities. We are cultivating a tradition of fundamental excellence, grit and positive energy that will transcend high school volleyball. When players are not demonstrating these qualities during practices and/or games, they are not contributing to the tradition and it will likely be reflected in their playing time. The team is the second priority. Coaches will make decisions that benefit the team on any given night and throughout the season. Attitude and skill play into these decisions. The individual is the third priority. We will work with individuals to develop as players and teammates so that they can best contribute to the team and the program.



Expectations for Coaches:

- **Meaningful practices:** Coaches will set up practices designed to improve volleyball skills, work ethic and team skills (being a positive influence). We will occasionally look for player feedback about practices.
- **Integrity:** Coaches will be straightforward. We will say what we mean and mean what we say. We will be honest with you about your role on the team, your attitude and any changes we expect to see in you.
- **Feedback:** Coaches will coach you. That's our job. We will let you know when you do something well **and** we will let you know when you do something poorly. We will target areas for improvement with the expectation that you will use it and get better.
- **Athlete Playing Time:**
 - Varsity level: There are no guarantees for playing time in any game and throughout the season. This is true regardless of a player's grade level and number of years playing. Several factors will go into who is on the court at any time including skill level, work ethic, attitude, the opponent and the needs of the program and team. We expect a positive attitude regardless of playing time and role.
 - Freshman and JV levels: playing time will be given to all players, although not necessarily equal time. As the season progresses, players who demonstrate the highest levels of fundamental excellence, grit, and positive attitude will be rewarded with increased playing time at the expense of those players who don't show those qualities
- **Planning:** Coaches will provide practice and game schedule, including schedules for long weekends, so that families can plan around practices and games. These will be posted online at www.newingtonathletics.com.

Student Name _____



I have read and understand the key attributes of the NHS volleyball program. If I am selected as a member of the 2019-20 team, I will honor the commitments as outlined above.

Signatures:

Student: _____

Date: _____

Parent: _____

Date: _____