**XZone Volleyball Travel Team Roles for Coaches, Parents and Players**

**Coaching Staff Role:**

**XZone strives for the following qualities in our coaching staff.**

* Our coaches need to be excellent role models for our players . . . in how they represent themselves at practice, games, and in life.
* Our coaches need to be good teachers ‑ both with the game of volleyball and in how to be good teammates on and off the court.
* Our coaches will have good communication skills with their players and parents. It is important that they are able to convey what is important for our players to learn on and off the court ‑ along with being good listeners when others are communicating/sharing their thoughts and concerns.
* Our coaches will be prepared every day ‑ for practices, games, etc.
* Our coaches should respond back to parent inquiries promptly ‑ within 24 hours.
* Our coaches should hold our players accountable for their actions and help them learn from their mistakes.
* Through their hard work and preparation, our coaches will set high expectations for their team and the individual players on the team. As a result, they should **EXPECT SUCCESS** for their team.

**Parent Role:**

**Parents are our teams’ support.**

* Our parents should provide vocal positive support for both their daughter and her teammates at every competition ‑ which are very important for all of us.
* Our parents serve in many volunteer roles to support the teams ‑ serving as chaperones on many team functions, helping with fundraisers, serving as team parents, etc.
* Our parents are expected to be good role models at our matches ‑ be supportive of everyone on the team and go by the old adage *“if you don’t have anything nice to say, don’t say anything.*”
* Our parents should encourage their daughters to share their concerns with their coaches and teammates and attempt to resolve their own difficulties. We should all be striving to foster a sense of independence and personal responsibility in all of our players – helping them become more self-reliant and confident young women.

**The 24 Hour Rule:**

* **When calling a coach to share information about their daughter or talk about a concern, parents should honor the 24 hour rule.**
* Do not approach a coach at a tournament to ask why your athlete is not playing or to voice your concerns with the coaching techniques!
* Wait 24 hours after the last match to communicate your concerns, thoughts, or comments with the coach … giving them ample time to reflect and learn from the match and be more responsive to your communication.
* Volleyball is a sport with many rules. If you need help understanding them please let us know as we have many resources at our disposal.

**Players’ role:**

**To become one of the top volleyball programs in the area, our players must be very dedicated both on and off the court:**

* **Practice is not a suggestion. It’s a requirement. If you don’t participate in practice do not expect to play. This is also true for add on opportunities we may have (open gyms, trainings, extra practices etc) . It is not a suggestion. It is required and part of being on the team.**
* Our players must display great work habits everyday ‑ must come to the gym ready to improve each day and be open to new suggestions on how they can get better as players.
* Our players must be good teammates ‑ they should be able to make their teammates better and put the team’s goals in front of their personal aspirations. Volleyball is NOT an individual sport but a team sport.
* Our players must work hard to earn the trust of their teammates and coaches and be loyal to each other … have each other’s back.
* Our players should have good communication with their teammates and coaches – be able to address and work out problems that may arise.
* When injured or ill, our players need to communicate with their coaches … so that we can get them the medical assistance needed and help them recover quickly … while our coaches are very perceptive, they **CANNOT READ MINDS** and need your assistance to know when you are not at your best.
* Our players should hold each other accountable ‑ the actions of one can bring down the entire team. Each player needs to expect their teammates to act in the best interest of the team and to be willing to stand up and fight for the team when necessary.
* Through their hard work, dedication and commitment to their team, players should set high expectations for themselves and their teammates and **EXPECT SUCCESS!!!**

**TWO IMPORTANT GUIDELINES** that we (players and coaches) all should attempt to follow in this program:

* Because practice is so important to a team’s success … a player needs to be at practice at all times but especially the day before a match/tournament in order to play in the first set of the match. However, if the coaches excused the player from practice for personal or medical treatment reasons – such as to see a physician, attend a wake/funeral ‑ they may be allowed to play in the first set.
* **ACADEMICS** should be very important to everyone in this program. For many education is the foundation of success. It opens doors that can never be shut, without an education a lot of those doors will remain closed. If any of our athletes are having difficulties in school we may be able to find resources that can be of use to them. Please contact one of the directors to discuss these issues if you need help.

**Player Tournament Guidelines:**

1. Players should be present at all tournaments scheduled unless an extreme emergency arises. Coaches need to be notified if a conflict occurs as soon as possible. This goes for conflicts with school events like prom etc. All players, once the schedule is out, should be able to say with certainty which tournaments they can or cannot attend.
2. All players should be at the tournament venue when the coach tells them to be there. This is normally 1 hour before start time.
3. Parents are responsible for getting players to the venues.
4. Players are responsible for making sure they know where to meet the team either before leaving or when they get to the venue.
5. Players need to act professionally at all tournaments. You represent XZone Volleyball Club when at a tournament event.
6. You must stay with your team when it is a working period UNLESS the coach has told you otherwise.
7. Players may not leave the facility without getting permission from the coach.
8. Players may not leave the tournament for the day without checking out with the coach.
9. Players should try to eat healthy foods at tournaments. If not possible try to pick the best choices available to you.
10. There will be no drinking, vaping, smoking at any XZone event including practices. If you do, you will immediately be removed from the premises and will not be allowed to participate in any XZone Volleyball Club event in the future.
11. Hotels at tournaments should be treated like you are guest in someone’s home. Respect the other guests. Don’t be loud, obnoxious, rude, or cause issues with the hotel staff or other guests.
12. Always stay in touch with your coach and team through BAND on Fridays when going to a tournament. Let them know when you expect to arrive at the hotel and when you expect to leave Chesterfield to get there.

**Practice Guidelines:**

1. Players are expected to be at practice always.
2. Players are expected to communicate with their coaches about anything that effects the team including absences or tardies from practice or tournament play.
3. Players are expected to treat everyone on the team in a kind and friendly manner-Follow the Golden Rule
4. The team functions as a whole and you need to be aware that your actions can create team hardships. Be kind, be fair, and be supportive!

**Team Functions:**

1. From time to time the team volunteers will help plan a team bonding function with the coach. This may be at the gym or off site and it is important that all players participate in these activities.
2. Team dinners happen at tournaments to celebrate victories as well as regroup after losses and bond. Team volunteers will plan with the permission of the coach team dinners. This is mandatory that players participate in these team dinners during tournaments unless you have a reason where it is not possible to do so.

**Conflict Resolution:**

1. If you have a conflict with another player we expect you to do the following:
2. Go straight to the person and talk to them about what is bothering you in a non combative way
3. If that fails, talk to the coach and ask if she will help with resolving the issue.
4. NEVER-talk to other team mates about a team player-that only causes friction within the unity of the group and is bad for the team.

**Always Remember:** Winning teams have certain traits in common-They all work together as a team and they all take care of their teammates and are positive. Help your team win by showing positive vibes always. Don’t pull people down but help them rise up.