



Raleigh Volleyball Club Coach Commandments

One of my goals is to become the best volleyball coach I can be for RVC. I will coach with emphasis on; teamwork, education, skill improvement, fun, hard work, focus, and positive discipline with the objective of teaching the RVC junior girls the complete game of volleyball. I understand that success for the team and Club Requires I conduct myself with these RVC Coach Commandments at the forefront of my actions and behaviors.

1. ATTENDANCE –I will attend all practice sessions, matches and tournaments. If I am unable to attend, I shall ensure there is a coach or assistant coach to cover the event on my behalf.

2. SPORTSMANSHIP –I will lead by example in the area of sportsmanship. I will be courteous and respectful to all players, parents, competitors, referees, and others; to the facilities my team is practicing or playing in, at all times with the intent to represent RVC in a professional and dignified manner. I will not use any inappropriate language or gestures at any time while representing RVC. I will exhibit exemplary sportsmanship whether the team is winning or loosing, playing well or not playing well. I will be a positive model.

3. ORGANIZATION –I will arrive early to all practice sessions and tournaments. I will be prepared with a practice plan and work to execute this practice plan. I will balance individual skill development, position development and team playing development to provide a well-rounded practice experience to my team. I will clearly and regularly review with my players their role at practice, in tournaments and areas they can work on to improve.

4. PARTICIPATION –I will involve all players in all practices and include all players in teamwork development and individual player improvement. I recognize playing time, for players and parents, is an important and sensitive subject. While I understand the coaches make the final decision on all play time, throughout the season, I will discuss each players' role on a one-on-one basis and offer feedback and suggestions to increase a player's play time. I will provide equal opportunity for players to demonstrate their abilities and will avoid any display of favoritism or preconceived assessment of a player's role on my team. In the end, I agree playing time will be based on my assessment of the players attitude, individual skill set, team skill needs, and what may best for the particular game or player situation

5. DISCIPLINE –I will utilize a system of positive discipline (*training expected to produce a specific character or pattern of behavior, especially training that produces moral or mental improvement*) for my team suitable and consistent with a friendly coaching style. My system will offer both positive and constructive feedback. It will provide structure to allow the players to be focused on the court, to avoid player distractions between each other and be used to enhance the learning experience a player has with RVC

6. COOPERATION –I will cooperate with my fellow coaches and the Board to be ready to support them in every way possible to benefit the players. I will embrace feedback from my "customers"; the Board, players, and parents.

7. COMMUNICATION –I will communicate both on and off the court with my players, the parents and the Team Rep. I will regularly review (at least once per week) the goals and expectations I have for the season, practices, tournaments, team development, player development, play time, line-ups, rotations, my coaching approach and philosophy, the RVC approach and philosophy with **BOTH** the players and parents.

8. ATTITUDE –I will emphasize an attitude of hard work at practices and tournaments. I will take the time together as a Team seriously. I will assure the payers are attentive and focused on my instruction. I will embrace players and parent questions, not as a threat, but with eagerness and appreciation.

9. TEACHING –I will always remember my role is that of a teacher and the students are my players. My responsibility is to Grow my players volleyball skills to a higher level. a positive experience.

Head Coach Signature

Date

Asst Coach Signature

Date