

Girls Beach Volleyball 2023/24

Expectations, Guidelines & Commitment



Program Goals:

1. Create a positive, competitive, and supportive learning environment for all athletes.
2. Emphasize growth and character skills to drive improvement & success.
3. Provide mental strategies to promote the self-talk, self-coaching, self-discipline, and self-sufficiency necessary for beach volleyball success.
4. Foster high expectations for the team and self, on and off the court, including excellence in community tenancy.
5. Establish the concept of each athlete's roles and contributions to the program.
6. Prepare athletes for matches through competitive practices.

VHS Beach Volleyball Program:

The VHS Beach Volleyball program is a development program that fields J.V. and varsity-level teams. The program also offers training and inter-squad competition for developmental players. Our goal is to create as many roster spots as possible and match play opportunities for our athletes. Five pairs (10 players at a given level) play in a competition, with a potential 6th exhibition match. All players may be unable to play in official matches. We utilize a competitive play cauldron to create matches for all athletes and help determine match-day play spots. However, the cauldron will not be the only determining factor in creating the best pairing for match-play events. Playtime is not guaranteed at either level.

Developmental Players: We are happy to keep developmental players practicing and learning the game in hopes of being match-day contributors in the future. The cauldron creates competitive matches at all levels, allowing new players to gain play spots and continuous pairing movement throughout the season. Additionally, the cauldron is an opportunity for each athlete and pairing to make each other and the team better. "A Rising Tide Lifts all Ships."

Practices:

- Practice is mandatory unless prior approval is received directly from the coach. Please make every attempt to schedule appointments outside of the practice schedule.
- Missed practices: Unexcused missed practices are subject to a full letter grade drop, and a second miss is subject to an additional grade letter drop (please see info below).
- No tardiness- players arrive early to set up practice needs and dress before scheduled practice.
- We practice on a public beach, and all players must wear branded items within the uniform package.
- Below are the general guidelines for practice:
 - Fall Training Block (Nov. & Dec.):** Players will practice two days a week, either Monday/Wednesday or Tuesday/Thursday, with one-hour load workouts on the opposite days.
 - Winter Training & Cauldron Play:** Athletes will maintain their two days of practice per week, and all players will play a Cauldron Match on Fridays.
 - Competitive Dual Season:** Matches will take place on Tuesdays & Thursdays, and athletes will

practice one day per week on either Monday or Wednesday. We will play on a couple of Saturdays in 2024

Important: Beach Volleyball is an outdoor sport we will practice in the cold, heat, wind, and rain. Learning to play in the elements is important. However, there are days when storms and extremely high winds will cancel practice. For this reason, your availability for the program needs to be 5 days per week. For example, if your Wednesday Practice gets canceled, you may be asked to practice on Friday.

Your Team & Partner(s) Depend on You - While beach volleyball is a team sport with the goal of winning three out of five matches at a duel, it is played by partner pairs. Those who miss practice can potentially eliminate their partner from competing in the next event as well. This can include calling out sick as "time away from the team" is "time away from the team," and it is hard to take an opportunity away from a competitive pair who is at practice.

7th Period / Beach Volleyball Grading - We expect to give "A's" to athletes who remain in good standing and participate in the beach Volleyball program. However, an unexcused absence (practice or match) will result in a full letter grade drop, and a second unexcused absence will result in an additional full letter grade drop. There may or may not be extra credit opportunities available to make up grade shortfalls.

Travel to Practices - We will practice at either San Pedro State Beach or the new Portside Community courts off Portside Drive (near the Harbor). While we plan to have courts on campus next year, the school will not provide or take responsibility for travel to and from daily practice sites. There are other sports at VHS, such as golf (they can't fit a golf course on campus ..lol), in which travel to and from is the commitment and responsibility of the athlete and their family.

Transportation Form: All athletes are requested to complete the transportation form allowing approved parent drivers to drive their athletes to a beach event. Doing so up-front will cover the entire season and save time in the future.

Safety Route - We have established a safe route for those who need to walk from VHS to San Pedro State Beach. Athletes must walk north on Main Street, turn left/west on Santa Rosa, making e a right/north on Thompson BLVD. and then make a left on Sanjon Road down the hill and underneath the 101-freeway overpass, crossing Harbor Blvd to enter the walking path of the state beach. You will then continue left/south on the walking path along the coast and enter the courts via the boardwalkway furthest south (next to the bathrooms) off the walking path. We ask that athletes traveling this route utilize sidewalks, wait for walk signals at all stop lights, and never walk alone.

Outside Volleyball Participation Rule: We are happy to work with those athletes playing club (indoor volleyball) on their practice times or in some cases the need to leave early (practice or travel time). We will work with you to strike a balance between the two teams' V.B. commitments. Additionally, you must provide your competition schedule at the start of the season to see if participation in our program is feasible.

Match Days:

- Project times/class departure times are 15 minutes before the bus leaves for away matches. Athletes are asked to have all their gear organized and ready to go. We strive to get Project times out as early as possible; however, the district is often late to inform us (we will do our best)
- Varsity players will support and carry out match duties for J.V. events.
- J.V. players will support and carry out match day duties for Varsity events.
- Developmental, hurt, or ineligible players will also play a role in the duties for match day events.
- Athletes are required to remain through the entirety of an event for equipment breakdown; any early departure must be coach-approved.

Grades:

- All athletes must maintain a G.P.A of 2.0 or better to participate in athletics at VHS. Administrators and coaches will be checking on athletes' grades and in-class behaviors.

Conduct:

- All VHS athletic codes are enforced. (See clearance packets)
- No foul language is tolerated.
- All players are responsible for appropriate social media content! Any slanderous language will not be tolerated. Any posting of pictures or comments related to any alcohol drinking or inappropriate images will result in removal from the team.
- Coaches will then determine the next steps to address a problem. Again, we practice at a public beach and constantly view the community. VHS beach athletes will always be polite and take the high road/yield to public actions, concerns, or issues.
- Wearing properly branded uniform items when on the beach for a practice or a match is required.

Health:

Supporting the health factors below is the number one area where parents can help athletes and teams.

- Proper nutrition is essential for maximum performance.
- Promote proper hydration and hygiene to prevent injury or illness.
- Sleep is essential - please do not stay up late on games or tournament evenings.
- Communication is a must when an athlete is sick or injured. Please report these immediately to your coach.

Core Values:

Willed - Beach volleyball is a game of strong will, belief, and resilience, excellent characteristics to have on the volleyball court and take through life.

Valued - The word valued has a double meaning for Ventura Beach Volleyball. 1st, our program has value for each athlete beyond the court. We are just as focused on character skill growth as we are on volleyball development. Building and growing character skills enhance athletic ability and competitiveness and aid in

the speed of learning. 2nd, each athlete on the team has a voice and is valued for their role and contribution.

Selfless – Putting others and the team first gives the team the best opportunity to function at its highest level.

& Sandy - With the above said, to succeed in beach volleyball, you must learn to read, anticipate, and throw your body all over the sand. So, we are committed to "Sand De" or Sand Defense.

Player Expectations:

1. Be on Time! Athletes should always be on time for practices, program events, bus departures, and home game set-up timelines (10 minutes early is on time!)
2. Always give your best effort in all we do!
3. Attitude is everything. Bring your best attitude to volleyball. "If you're lucky enough to be at the beach, you're lucky enough."
4. Always show respect for coaches, parents, players, league officials, and refs.
5. When coaches talk, athletes listen.
6. Always be ready to help. Cougar athletes have a pitch-in spirit.
7. Be a mountain climber / Make your teammates better.
8. Be a great teammate; go out of your way to get along. No Drama Policy!
9. Plan, process, and learn the time management skills needed to accomplish responsibilities outside of volleyball.
10. Utilize my open-door policy and come to me about anything!

Overall Commitment: As a varsity sport at VHS, beach Volleyball is a four/five day per week practice and/or match commitment. Our pre-season starts in mid-November; we are off Christmas break and continue upon return after the 1st of the year. Competition play begins in mid-February and extends through April 15th.

Problems:

- If a problem arises, please follow these procedures
- 1st step- player should talk to the coach.
- 2nd step- player and parent arrange a meeting with the coach.
- 3rd step- player, parent, and coach should arrange a meeting with VHS A.D

Ventura Beach Volleyball is headed into its third season. CIF, Coaches, VHS administration, and our league continue to learn the best practices for running beach programs. With a couple of years under our belt we expect to improve on the fun we had last year. Thanks for your support.

Player Expectation Sign-off acknowledgment sheet. Please sign and return to your coach.



Both parent/guardian and player have read the above expectations and guidelines and understand the time commitment. Please sign below and return it to your coach.

Athlete name: _____ Athlete signature: _____

Parent/Guardian name: _____ Signature: _____

Date: _____ Date: _____