

Girls Beach Volleyball 2022/23

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 a high expectation for team and self, on and off the court, including excellence in community tenancy.
5. Establish the concept of roles and contributions to the program for each athlete.
6. Prepare athletes for matches through competitive practices.

Teams:

The program offers both J.V. & Varsity level play; 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. We also may have the opportunity to enter three-team tournament events. Depending on participation numbers, all players may not be able to play in every official match. We will utilize a competitive play cauldron to help determine match-day play spots. However, the cauldron will not be the only determining factor in creating the best pairing for a matchplay event. Playtime is not guaranteed at either level.

The cauldron creates competitive matches for all our athletes to learn, grow, and improve. The cauldron will provide athletes that are new to the sport an opportunity to gain play spots and allow for 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: 1st unexcused, the player does not participate in the next match. 2nd can result in removal from the team.
- 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 the 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.
 - 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.

Important: Beach Volleyball is an outdoor sport we will practice in the cold, heat, wind, and rain. 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.

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.

Safety Route - We have established a safe route for those who need to walk to San Pedro State beach from VHS. Athletes must walk north on Main Street, turn left/west on Santa Rosa, make 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 board walkway furthest south (next to the bathrooms) off the walking path. We ask that athletes traveling this route utilize sidewalks, waiting for walk signals at all stop lights while never walking 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, who 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:

- We do not have a protocol set for transportation to and from matches yet. However, athletes will be asked to conform to whatever ruling is set forth by the school district and or program.
- 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.
- Athletes are required to remain through the entirety of an event; 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. See clearance packet for more information. Administrators and coaches will be checking on athletes' grades and behavior in classes.

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 are in constant view to the community. VHS beach athletes will always be polite and always take the high road/yield to any 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, when an athlete is sick or injured, is a must. 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, competitiveness and aids 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 Sandy!

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 the 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 Time Commitment: As a varsity sport at VHS, our Beach Volleyball program is a full five-day-a-week practice and or match commitment. Additionally, you can expect several Saturdays for tournaments and fundraising events. Our pre-season starts in late 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 16th.

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

Things came together pretty well in our first season last year. With a year under our belt, some changes in our league, and new best practices we are expecting to upgrade the fun we had last year. Thanks for your support.



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

Athlete name: _____ Athlete signature: _____

Parent/Guardian name: _____ Signature: _____

Date: _____ Date: _____