

MEADOWDALE VOLLEYBALL 2023 SUMMER PARENT/PLAYER MEETING

Mission

To build and sustain a championship caliber program where student athletes are challenged to be the very best they can be on and off the floor

High School Coaching Staff

- Bart Foley, Head Coach – 2nd year
- Emily Carrol, JV – 3rd year
- Doug Hehn, C-Team – 1st year
- TBD Assistants

Program Goal

- To provide as many students as possible an opportunity to play high school volleyball and grow in every aspect of their life through their experiences of being part of a team.

Core Values

- Competition – We can't reach our greatest potential unless we are challenged
- Commitment – To grow we must be willing to risk and to work hard
- Composure – We are ambassadors for ourselves, our school and our family
- Community – We must be connected and committed to each other in unity and trust

Coaching Principles

- There are no small things - "Accumulation of Marginal Gains"
- Simplicity is the ultimate sophistication / Mindful Practice
- Teaching Method: Opportunities to play coupled with appropriate feedback
- Train everyone the same
- The court is our classroom - "Competitive Cauldron"

Player Development Philosophy

- **"Players are in our gym"** - Translation: We worry about the players that we have not the ones we don't. We are committed to training and developing the kids that want to be part of the program. The goal is to enable each player to become the "Best they can be" so that collectively we become "Best WE can be".
- **"Present ability does not predict future ability"** - Translation: Your skill level as an incoming Freshmen does not predict how good you can be as a Senior. We strive to keep young players involved.
- **"Deliberate practice"** - Translation: Becoming a top performer is more than raw talent. It requires dedication to mindful repetition of complex skills in an environment that is physically and mentally demanding.
- **"A safe place to Risk"** - You cannot reach your greatest potential unless you are challenged. Players are encouraged to "get out on the edge of their abilities".

2023 MEADOWDALE VOLLEYBALL

Parent Information

Program Standards

For the Players:

- ✓ Selflessness: *Team before yourself. "It is not about me"*
- ✓ Character: *Own your effort, your attitude, your experience, and the consequences.*
- ✓ Coachability: *Make changes. "Growth Mindset"*
- ✓ Dedication: *You'll get out of it what you put into it.*
- ✓ Work Hard.: *The discipline and passion of pursuing excellence.*
- ✓ Have Fun. *The joy of sacrificing to be a part of something bigger than yourself.*

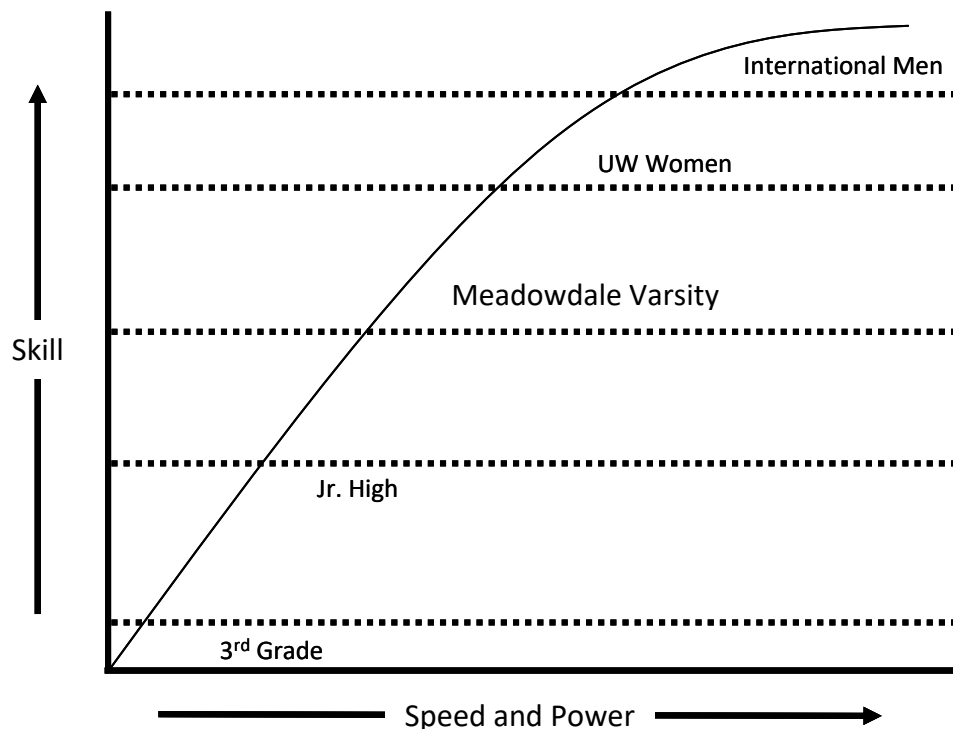
For the Parents:

- ✓ This is your daughter's experience not yours. Allow them the freedom to accept ownership and to be accountable for their own experience.
- ✓ Be a fan of the Team, not just your daughter - Support, encourage, celebrate, and praise don't criticize, complain, compare or coach.
- ✓ Be an Ambassador. Represent yourself, the team and the school well.
- ✓ Remember emotions and perceptions can be misleading.

Three Teams - One Program

- C-Team: Developmental
- JV: Pre-varsity
- Varsity: Most skilled players in the program

Assessment Process: Volleyball is a game of skill, speed and power so the level that you play at is a function of your individual skill and how fast you can play relative to the other players in the program.



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Parent Information

Spring and Summer Objectives

- Spring Practices/Open Gyms/Team Camp/Tournaments
 - Development
 - Evaluation/Data collection
 - *Opportunity vs Mandatory*

Spring and Summer Schedule

- Spring **Practices**: Tue, May 30th – June 8th – Incoming 9th Graders start on June 2nd
- Meadowdale Summer Invitational **Tournament**: Varsity Level, June 24th (Saturday)
 - Edmonds Woodway, Shorewood, King's, Meadowdale
- **Open Gyms**: June 12 – July 14 (Mon & Wed 4-6pm)
- ***Meadowdale Team Camp**: July 10 – 13th (Monday – Thursday)
- **Summer League**: 1 Team, Varsity Level: June 28th, July 12th and 19th (6:30 – 9:30)
- **Meadowdale Camps** - Elementary and Middle School Camps: July 24th – 27th (Monday – Thursday)
- **First Day of Tryouts, 2023 Season ~ August 21st**

Parent Support

Volunteer Needs: *Team Camp and Skills Camps Coordination, Summer Tournament*

Connection to Meadowdale Volleyball:

- Website: meadowdalevolleyball.com
- Instagram: @meadowdalevb

Questions?