



Carlton Together Cares & Yamhill Carlton Intermediate School Present 2011/2012 7th & 8th Volleyball



Athletes and Parents/Guardians:

Welcome to the YCIS Volleyball program. We would like to thank you for choosing this sport and dedicating yourself to our team.

PHILOSOPHY

Our philosophy is to provide instruction and growth; physically, mentally, and emotionally, in the sport of volleyball. Encourage team play and provide a positive atmosphere, so values and skills learned, may be used beyond school years.

TO MAKE THESE THE BEST TEAMS POSSIBLE, PLEASE OBSERVE THE FOLLOWING GUIDELINES:

ATTITUDE

Must be positive at all times. No matter how talented a player is or what the score is always maintain good sportsmanship.

COACHABLE

Are you? Do you listen well and follow directions? Are you focused during skill work and drills? Do you want to improve everyday? **TEAMWORK IS EVERYTHING!!!**

HUSTLE

We never walk during practice and games. **ALWAYS RUN-** both on and off the court. This provides constant conditioning, and a show of enthusiasm.

DEDICATION

Attend all practices and games and you will need to make arrangements to stay until after **ALL** games are completed. Teamwork means everyone. Please be on time! If you are sick or have to miss practice, then please contact one of the coaches before practice. Our numbers are listed on the last page.

- Unexcused absences before a match will cause you to be benched for that match.
- **PREARRANGED** excused absences before a match will result in you being able to play, just not start.

COMMUNICATION

This is **VERY IMPORTANT!** We cannot read minds. Please let us know how you are feeling. Everyone has a bad day once in a while. If you are ever confused about a certain drill, skill, or the offense/defense being taught then let us know. There is no such thing as a “stupid” question! We are here for you!!

RESPECT

This is earned! Respect your teammates, coaches, parents, teachers and especially your opponents! WIN or LOSE—we will remain in control of our “positive” emotions on the road or at home. We will act in a mature manner! If a problem arises, please let the coaches know so they can take care of it quickly and quietly. We are representing Yamhill Grade School.

FRIENDSHIP

Everyone in this volleyball program will treat each other with kindness and compassion. We are one team! Remember to always be ready to help each other both on and off the court. Learn to trust each other and work together so that we may build a successful program—WIN or LOSE—in a positive atmosphere.



HAVE FUN!

We are playing this sport to have fun, learn, grow, and to develop skills and friends.

TEAMS

The coaching staff will consist of Lisa Jacobs and parent volunteer coach(es). All coaches will be running practices and will expect any team member, 7th or 8th, to listen to them equally and show them the same respect.

PRACTICE SCHEDULE

- Practices will be held Mondays and Fridays. Games are Tuesdays and Thursdays, if there is no game there will be practice. Because Wednesdays are early release days we can not require practice, so we ask that students condition on their own (at least 1 mile) and/or attend open gym. Open gym schedule will run during normal practice time, from 3:15-5:15, location is still to be determined, may be at YCIS or YCES.
- Practices will run from 3:15-5:15 *Please be prompt in picking your athlete up at 5:15
- Practice will only be cancelled if there is a conflict in the schedule for another *school sponsored event*.

Example schedule:

Warm ups: 4 laps-running
Stretching circle, led by 8th graders
Partners: Ball throwing exercises, then pepper

Conditioning: Fitness Integrated Laps or Stations

Drills: Team Building
Passing: bump, set
Digging
Attacking
Serve
Calling the ball
Offense (we will most likely run a 6-2)
Defense
Blocking

Scrimaging: Depends upon the day, drills and work ethic

Cool Down: Stretching
Team Spirit



GAMES

HOME GAMES: Please “dress-up,” slacks, skirt or dress for school the day of a home game. You are expected to be dressed and ready to play by 3:15, although play will not actually start until 3:45, you will be expected to assist coaches with set up. Set up will include the net, scoreboard, referee’s stand, and any other tasks necessary to be ready to host the volleyball match. Then we will warm up. You are expected to stay for the duration of all games. You will need to stay to support your teammates, be line judges, help keep score, assist the coaches when necessary, and help with take down.

AWAY GAMES: Please wear your jersey to school on away game days to cut down on dress time before leaving. You are expected to ride the bus to and from the matches. IF you are not riding the bus back to school for any reason, you are still expected to stay and support your teammates AND you **MUST** check with a coach before leaving with a parent/legal guardian. IF you are to go home with someone other than your parent/legal guardian then you **MUST** have a note from your parent/guardian stating that it is ok to travel with the other person. There will be **NO EXCEPTIONS** to this rule! Your safety is our number 1 concern!!

****We will be traveling with the football team to away games.**

SPECIAL NOTE FOR PARENTS:

Please help support your daughter(s) with these guidelines, especially about staying to support their team. We realize how busy everyone is, but it is important for your daughter to support her team. If there is a rare time when you must take your daughter before all games are finished, please make sure your daughter has gotten approval from one of us coaches. Prearrangement is preferred. Thanks for helping with this specific need.

Please feel free to contact coaches if you have any concerns or questions. You may call the school phone number listed below or you may talk to us after practice. Communication is very important and we want everyone to be on the “same page.” Parents are also welcome to attend practices to see how our program operates. We look forward to meeting everyone.

We are looking forward to fun and successful volleyball season!

Lisa Jacobs
Coach
503-852-7668 school
503-550-4997 cell

