

CORNERSTONE VOLLEYBALL CLUB



DEDICATION. HARD WORK. POSITIVITY. SPORTS(WO)MANSHIP.

Cornerstone VBC was started by families desiring to give their players the opportunity to receive quality coaching, grow volleyball skills, and experience strong competition – all at a reasonable price. These 4 values were identified by the players as CORNERSTONES to our team's success and who we want to be as a volleyball club.

Player Expectations:

1. Play for your teammates.
2. Give your best in practice and games.
3. Respect your opponents, your teammates, your coaches, and the referees.
4. Work to improve every practice both individually and as a team.

Parent Expectations:

1. Be supportive of the coaching staff. (When you disagree with a coaching decision, encourage your player to respectfully ask her coach questions to clarify decisions that were made.)
2. Cheer for the team first, your daughter second. I encourage you to learn the names of every player on your daughter's team.
3. Respect opponents, referees, and coaches.
4. Be a parent first - you be the parent and let the coach be the coach.

Coach Expectations:

1. We build the person first, the player second.
2. We play to win, but we compete with ourselves to raise the standard of our season potential.
3. Practice is where we learn and grow; games are the opportunity to measure that growth.
4. Respect everyone.
5. Be consistent communicators to player and parents.

General Expectations + Standards:

- **Work Hard:** Do everything with a full effort. Don't let the things you do be a waste of time.
- **Be On Time:** Be on time for everything. If you're 10 minutes early, you're never late. If we start on time we will end on time as well.
- **Phones Away:** No phone usage during practices or on the bench during games. They should stay in your backpack.

Accountability:

Every member of the Cornerstone family is valuable and deserving of respect – this is shown through words and action (including timeliness). If you fail to meet the expectations/standards of the team, you will be held accountable by your coaches. For example:

- If you arrive late to a practice or tournaments without sending early communication to the Coaches, there will be a consequence of some sort determined by the coaches. (This could be laps, sprints, planks etc.)
- If you show disrespect to the coaches or teammates you will receive a warning from the coaches and need to apologize. If there is a 2nd offense you will have a one day practice suspension.

Coaches and Parent Communication:

The coaches will use group texting with parents and players that have cell phones to communicate. Additionally, each team will have a Parent Coordinator to help facilitate communication. If a parent has a question or is in need of information, he/she may text the coach or email the Parent Coordinator.

Parents and players should continue to check the Cornerstone website for the most up-to-date schedules: cornerstonevbc.com. Please let the coach know ONLY if your daughter will NOT be at practices or tournaments by texting the head coach or emailing the Parent Coordinator. Knowing the total of players that will be in attendance at the tournaments and practices helps the coaches plan and prepare.

Playing Time Philosophy (for Tournament Play):

We realize parents are investing time and money so that their player can acquire game experience. The Cornerstone Coaches' philosophy of playing time is twofold. First, they want to play players that will ultimately help win games, and second give everyone opportunities to play in the tournaments. The goal is to strike a balance between winning games and supplying players with playing time. Please trust the coaches to coach and understand that this is a hard balance, so please have patience and understanding. Please be supportive and encouraging to the coaches throughout the season, as they want the best for all the players. 😊

Team Cornerstones:

Dedication – This involves focused devotion to something, such as a cause, goal, or belief, and being willing to invest time, effort, and energy in pursuing it.

Hard work – This requires intentionality. Do everything with a full effort. Don't let the things you do be a waste of time.

Positivity – When we are positive, we engage in positive thinking, have positive emotions, and engage in positive behaviors and interaction, displaying traits of kindness and generosity.

Sportsmanship – This is behavior and attitudes that show respect for the rules of a game and for the other players. It refers to virtues such as fairness, self-control, courage, and persistence.

Relationships:

Being on a sports team creates a true bond between teammates. Some traits that are expected on this team include:

- Honor one another. Be focused on what you can do for each other. This means putting the needs of others before yourself.
- Patience. Don't be quick to judgement/frustration with each other, but instead show grace and be patient with each other.
- Building each other up with positivity towards one another.
- Know each other at a personal level and what is happening in each other's lives outside of volleyball.

Team Culture + Verbiage:

- *Get 2% better every day.*
- *Do your best.*
- *Go so you know.* (Be willing to try. If you don't go we will never know.)
- *It is OK to run in practice.* (Hustle!)
- *Start on Time; End on Time.*
- *Encourage!*
- *Have Fun!*