

**CLEVELAND HIGH
SCHOOL
“STORM”**



**INAUGURAL
VOLLEYBALL TEAM
2008**

CLEVELAND HIGH SCHOOL
VOLLEYBALL
4800 Laban Rd., Rio Rancho, NM 87144

August 15, 2008

Dear Storm Volleyball Parents,

Welcome to the inaugural season of “STORM” volleyball!! Congratulations to all players for their efforts during tryouts and on making our team! As we begin our first season of Cleveland volleyball I would like to inform you about many of our goals for the future and present efforts for our program.

Our coaching staff has many goals for the future of our program and we are looking forward to establishing traditions, standards, and a great rapport with our first team!! Not many people in this state will ever have the opportunity to build the way we will leading up to our first varsity season in 2009. The direction of our program this year will take us in only one direction, toward competing competitively in district 1-5A right away in August of 2009.

These are a few of those **goals** for the upcoming year that we want to accomplish as a team, coaching staff, and as a program.

- Increase the interest and participation in our program at all levels (elementary, middle, and high school).
- Develop and implement a “STORM” volleyball system that is fast, fun, and exciting to see.
- Provide a structured off season program and organize teams to compete in regional and national volleyball (USA volleyball) tournaments. (U16, U15, U14, U13, U12.)
- Develop and implement an off-season conditioning and strength program.
- Raise funds for summer team volleyball camps to defer the costs for parents and families.
- Bring collegiate and nationally known volleyball players and coaches to instruct our volleyball players.

We also have financial goals for our team:

- Begin to organize and develop a “STORM” volleyball club that is effective in supporting our program financially.
- Develop a few year round fundraising ideas.
- Raise enough money to attend two summer volleyball camps in July of 2009.
- Supplement the travel budget for our teams to travel and lodge at tournaments outside the Albuquerque Metro Area.
- Purchase uniforms and equipment for the teams to supplement the ones already provided by the district.
- Attract members of the Rio Rancho and Bernalillo Communities and interest them in our volleyball program.

We will, as a team, be doing two fund raisers this fall to begin raising money for our volleyball program:

- Cleveland Volleyball 8th and 9th grade Poster: We will be getting business sponsors for our poster and placing their business cards in it as advertising. Each student athlete will be required to get ONE business card sponsor for our poster. We will be issuing more information about this fund raiser next week. Our goal is 30 business cards on our initial poster. We will be turning in cards and money to

Coach Sprouse. All monies raised will go toward our financial goals for the summer and upcoming Varsity travel for the 2009 season.

- Pennies for Points: In Sept./Oct. Rio Rancho and Cleveland will be playing a **Pennies for Points** scrimmage to raise money for our volleyball programs. Student athletes will get a few sponsorships for the total number of points scored in successive matches on one Saturday and the total number of points X the sponsorship will be collected and go toward new uniforms for the Fall 2009 Season.

I would like to thank you for your help and support!! We are very excited to begin our journey toward making "STORM" volleyball a competitive and successful program. Please feel free to call me with any questions or concerns.

Coach Wallis
575-621-6956

S-uccess will come from training,
T-ogether as a team the Storm will win,
O-vercoming our obstacles and trials,
R-esponsible student athletes will
M-ake winning our programs' tradition!



5 C's for Cleveland Volleyball Players

Competitiveness

Coachability

Concentration

Communication

Change

Overall Philosophy of the Program
V. Sue Cleveland High School Volleyball

The main purpose of this organization is to help the student athlete grow in both the educational and athletic arenas, into a complete and capable young woman. The greatest objective is, therefore, not solely the winning of volleyball contests, but also to contribute to the growth of the individual student athletes into productive citizens when they leave this school and program. The player that blocks well, passes accurately, sets up scoring opportunities, or plays a great defensive game is just as important as the player who does most the scoring.

The next important goal of this program is to try and achieve success in a competitive team sport. It is important for individuals to strive to become the best player and cooperative member of the team possible, to achieve the largest amount of success possible in the athletic arena. In this organization, the attainment of high personal athletic achievements is secondary to the attainment of the highest achievements possible for the team.

Lastly, the program will continually change to meet the needs of our student athletes without altering our identity which is based on our ***three core values***:

1. **DEVELOPMENT OF A WINNER:** The #1 priority of the program is to become not only a good volleyball player, but ultimately a great person/citizen. It takes a lot of courage to be a true winner and do “the right thing” and this attitude must be developed before we begin the teaching phase of volleyball. This attitude is reflected in the classroom first.
2. **PAYING THE PRICE:** It is a very difficult road to success in athletics—we feel you must place volleyball in the proper perspective with other areas of daily living. It is our conviction that volleyball be a very important part of the student athletes life if they want to achieve the amount of success we are building and working for without sacrificing family, school, and growth as a person. Giving back to the community, family, and especially the younger kids in the program are very important to a feeling of community and team within the organization. Dedication to the program, game, and your responsibilities is what we call paying the price for success.
3. **DEVELOPMENT OF SOUND MENTAL/EMOTIONAL CONTROL:** The ability to control oneself is one of the most important assets a student athlete and citizen can have in order to function successfully. We teach self-discipline in all situations, including the classroom because of the importance it has, not only in a game situation, but more importantly in the life of the individual player even after they leave our program. Understanding that it is ok to make mistakes, take responsibility for them, and to **change** in order to avoid repeating that same mistake again is important for our young women to grow as athletes and as individuals.

If we follow these core values both as a coaching staff and as an organization we will be successful each year in producing capable and productive student athletes that will come back to our community to make it a better place to live. As an organization we need to always keep in mind that ***“Wins and Championships Don’t Define Us. The Product that We Produce Does!”***

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” ~ John Wooden~

5 Year Plan
V. Sue Cleveland High School
Volleyball Team

- **Year One (2008)**- Main goal is to attract as many kids as possible to the program by advertising within the school. Teach the core values, team concept, and basic volleyball skills required to compete at the freshmen level. Lay the foundation of proper skill training, competitive attitude, and work ethic that will allow for the 8th and 9th graders in the program to be successful immediately for next year. Search for capable and responsible coaches to train and place with teams for opening of full program. (Inaugural Junior Storm Volleyball Program) (first off-season program and kids camp Summer 09') (FIRST VARSITY TEAM CAMP) **(Cum. Program GPA goal of 3.00)**
- **Year Two (2009)**- (*First full program year*) The goal this second year is to train competitively for the future. It is not to win all of our games. A foundation of skills, team concept, and volleyball IQ that will allow for our program to be successful *down the road*. ~Compete (freshman to Varsity) to win as many games as we lose (.500)~ Wining games is not as important at this point as developing players and their responsibilities within the Cleveland volleyball concept this year. (Varsity and JV Team Camp) **(Cum. Program GPA goal of 3.25)**
- **Year Three (2010)**- The goal this year is to finish 1st or 2nd in district 1AAAAA. This is when we expect for our training philosophy to start to show some results. We want to take the next step and *gain valuable experience* at the State Tournament. We fully expect to begin placing our student athletes in college volleyball programs, at all levels, to continue their athletic experience. **(Cum. Program GPA goal of 3.25)**
- **Year Four (2011)**- This year the goal is to successfully maintain a winning tradition and compete for a district title. Taking the next step in the state tournament is the focus for our varsity team and making it to a quarter or semifinal game. Once again gaining valuable experience for our program and furthering the sense of a “winning tradition” for our younger players to latch onto. **(Cum. Program GPA goal of 3.25)**
- **Year Five (2012)**- Year five will be a year of assessment for our program. We want to be competing for district titles at the V, JV, and C team levels. Our next step in competitive development will be to compete for another district title and reach for the “Blue Trophy.” This is not the overall goal of the program. It is to build toward that goal and hopefully be lucky and competitive enough to reach a state final. **(Cum. Program GPA goal of 3.25)**

Treatment of Athletes

“Teaching” is the most important part of training our student athletes. Positive constructive feedback is of utmost importance to allow for the athletes to feel like they can make and then learn from their mistakes. This concept will ALWAYS be followed to maintain confidence in the coaching staff and individual teammates. Other concepts that will be followed in conjunction with our “Teaching” concept include:

- Always have clear and understandable rules and regulations
- Spell out procedures and expectations step by step
- Deal swiftly but fairly with all rules violations
- Coach, Teach, Reinforce: Never berate, or put down athletes for making mistakes.
- Always reinforce TEAM concepts
- Wins are Team wins and Losses are Team losses.
- Individuals will not be singled out for achievement or mistakes.
- Players will not be responsible in games for things that have not been trained in practice.

Excellence in our volleyball program will only be obtained if our athletes maintain a level of discipline, confidence in their teammates and coaches, and ENJOY PLAYING THE SPORT. It is important that all participants take these few points to heart and strive for excellence in our endeavor toward becoming a competitive volleyball program:

- 1. Excellent people make excellent programs**
- 2. Excellence is a long term process**
- 3. Continual knowledge of the game is of greatest importance**
- 4. Everyone needs to be challenged, and it may not be the same for way for each child**
- 5. The quest for excellence is an on going process**

The only thing that our athletes are required to do that a coach should never have to ask for are:

- 1. Always, always play hard and provide positive energy for your team.**
- 2. Put things into your body that will keep you in a state of good fitness.**
- 3. Enjoy your time in competition and show it for your parents, coaches, and fans.**

Parent Responsibilities

3 Laws for Parents

- 1. Support your program and Coach-** There will be times when your daughter is tired, hurting, and not happy coming home from a game or practice and you may not be overly happy with your coach. Support them even when you don't want to. Your job as a parent is to trust your coaching staff and their vision for your daughter. The season is long and many times a plan needs time to take action. Follow the chain of command when you have a problem or issue within your team. Immediate coach first, then head coach next if the problem is not resolved.
- 2. Let your Daughter Fail-** Part of successfully teaching your child how to be an athlete and good student is letting them fail and learning from that failure. Every successful person has learned from and experienced good types of failure. When your daughter is not being successful it is your responsibility to challenge her to do what is proper to get to that point. Encourage your daughter to work in a different way, put in more time, and to talk to the coaches to see what she can do to *change*.
- 3. Support from Distance-** Be a major cheerleader, but do it from a distance. Be involved, but do it in a manner that allows for your daughter to mature and grow into an adult. Supporting your child includes:
 - a. Financial support to the booster club.
 - b. Team contribution (snacks, team dinners, team building)
 - c. *Proper* but spirited support from the stands.
 - d. Constant Positive encouragement toward their and the teams goals.

Parental Ten Commandments

- Be positive with your daughters always- always build her up, and let her know she's a winner
- Encourage her to work hard and do her best- never offer excuses if she is not playing.
- Be loyal to the program and the coaches- Teach your child to be a **doer**, not a complainer.
- Insist that your daughter follow the team and school rules- Discipline in and outside of school.
- Insist on getting good grades- Players have to have at least a 2.5 to participate in practice and in games. If they cannot succeed in the classroom, they cannot succeed on the court.
- Be positive toward all other players in the program- All players will have different roles on the team and they are all important. Tolerance and being a teammate in athletics is important.
- Be a good fan in the Stands!- As a fan you are entitled to yell YOUR HEADS OFF! Please refrain from analyzing strategy or criticizing in the stands during the game. Be Positive!
- Insist and teach your daughter to develop self-control- Self-respect begins with self-control.
- Refrain from comparing your daughter to other siblings or other players on or previously in the program- Encourage individuality and don't put undue pressure on your daughter by thinking in terms of past accomplishments, scholarships, wins, accolades, or championships.
- Encourage your daughter to talk to her coach! Almost all concerns can be addressed at this step. If your daughter feels like she can approach her coach, the relationship will be a successful one.

If you want to discuss issues with anyone on the coaching staff do not do it during a practice, game, or any event where the players are present. Set up a conference or time when you can meet in private

Practice Plan

Date: September 15, 2008

Primary Focus: **Ball Control and attack training**

Warm-Up

- 1. 6 Minute Drill
- 2. Run throughs

Time
6 min.
10 min.

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Individual Skill Work

- 1. Serve and chase/Jump serves
- 2. MB blocking footwork
- 3. S. Receive w/out attackers
- 4. Setter Training (dumps)

10 min.
5 min.
15 min.
5 min.

Positional/Group Drills

- 1. Columbus Drill
- 2. Pass to attack
- 3. 2 hitter/3hitter

10 min.
15 min.
10 min.

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Team Drills/Competition

- 1. Free ball, down ball, S. Receive to 21
- 2. 3 Ball Wash Side Out
- 3. Scrimmage with down balls

20 min.
10 min.
15 min.

Total Time
2 hrs. 11 min.

Line Ups

Announcements

- Talk to kids about schedule this weekend
- Pass out Travel schedule
- Meet at school at 7:00 a.m.

Practice is designed to provide **specific skill training, confidence building,** and information toward **game plans** and opponent strategy before competition time starts. Nothing will be asked of the young women in the games that we do not work on in the practice arena.



2008 - 2009 Cleveland C-Team Volleyball

Month	Day	Date	Time	Opponent	Location	Depart RRHS
AUGUST	FRI-SAT	29-Aug-08 to 30-Aug-08	TBD	Rio Rancho C-Team Volleyfest	RRHS	
SEPTEMBER	SAT	06-Sept-08	10:30 AM	West Mesa	RRMH	
	TUE	09-Sept-08	5:00 PM	ABQ High	ABQ High	
	THUR	11-Sept-08	5:00 PM	Cibola	RRMH	
	TUE	16-Sept-08	4:30 PM	Bernalillo	Bernalillo	
	THUR	18-Sept-08	4:30 PM	Valley	Valley	
	FRI-SAT	19-Sept-08 to 20-Sept-08	TBD	Sandia Prep TRN	Sandia Prep	
	TUE	23-Sept-08	5:00 PM	St. Mike's	St. Mike's	
	SAT	27-Sept-08	12:00 PM	La Cueva	La Cueva	
	TUE	30-Sept-08	4:30 PM	Bernalillo	RRMH	
OCTOBER	TUE	07-Oct-08	5:00 PM	St. Mike's	RRMH	
	SAT	11-Oct-08	4:00 PM	Rio Rancho	RRHS	
	SAT	25-Oct-08	4:00 PM	Rio Rancho	RRMH	
	TUE	28-Oct-08	4:30 PM	Sandia	Sandia	

RRMH is our Temporary home for Practice and games until our beautiful facility is finished in July of 2009(current goal).



Cleveland High School Volleyball

General Team Rules & Regulations 2008

Your experience as a member of the Cleveland Volleyball program is going to be one of the most memorable of your high school years. You are part of a first-class, well-organized, and successful program whose spirit and activities will help you gain a more complete education at Cleveland.

You have been selected to represent Cleveland High School in the volleyball program, and with that honor, you must be willing to contribute to the success of the program during the upcoming season. You must agree to conduct yourself according to the following code of behavior and all regulations set by the school system. You must also realize that if you do not live up to this agreement, that you are willing to remove yourself from the Cleveland Volleyball Program.

Attendance:

- A. Players are expected to attend all practices, scrimmages, and games as well as other team activities (such as team dinners, fund-raisers, etc.)
- B. Absences from any scheduled activity must be cleared in advance with the respective team coach. If advance notification is impossible, the coach should be contacted at his/her residence later that day.
- C. Chronic tardiness will affect playing time and playing status, as will unexcused absences from practices and games. Unexcused absences are serious enough to lead to suspension and/or termination from the volleyball program. One (1) unexcused absence will result in a meeting with the head coach and suspension of one (1) match, and two (2) unexcused absences can result in termination from the volleyball program. There will be no exceptions!!
- D. In the event a player is absent from school, a parent or guardian must contact the coach at school sometime during that day. A player will not participate in practices or games on days that she does not attend school.

Grades:

Players will maintain a "C" average or 2.0 GPA to remain eligible for participation in the volleyball program. Coaches will require grade checks every two weeks during the course of the volleyball season (August – November).



Uniforms/Equipment:

- A. Each player will accept full responsibility for all uniforms and equipment issued to her and shall provide for proper care and storage. Uniforms are to be worn during Cleveland games only.
- B. Players will be charged for any uniform and/or equipment not returned at the end of the playing season, or any uniforms or equipment returned in damaged condition.

Alcohol, Drugs or Tobacco:

If a player is found to be involved in any manner whatsoever with the purchase, possession, distribution or used of alcoholic beverages, drugs or tobacco, she shall be suspended or terminated from the volleyball program immediately. This includes off-campus activities as well. There will be no exceptions!!

Injuries/Medical Problems:

All injuries or medical problems are to be reported to coaches and/or the trainer immediately. All players must have a current physical form on file before they will be allowed to participate.

Personal Conduct/Behavior:

- A. Players shall, at all times, conduct themselves in a manner that will reflect the values of the Cleveland volleyball team. These values include good sportsmanship, respect for others, self-discipline and team loyalty.
- B. Any conduct deemed inappropriate by the volleyball coaching staff may result in suspension and/or termination from the program. The head coach reserves the right to adhere to aforementioned actions.
- C. The following rules apply to out-of-town games:
 - 1. Each player will dress appropriately-consistent with Cleveland High School dress code.
 - 2. The team will eat together at restaurants.
 - 3. Team members will ride the bus to each contest together, and return to CHS together after each contest.
 - 4. If a player is going to continue to another destination at the conclusion of an event, they may ask permission from the head coach to do so with their immediate family. All other players will return back to CHS after the conclusion of the event.



Player Commitment:

- A. Each player is expected to do the best that she can at all practices, scrimmages, and games. It is assumed that you are participating because of a desire to improve your individual skills, the team's collective effort, and to be part of a challenging, successful, enjoyable team experience.
- B. Playing time will be influenced by player attitude, attendance, cooperation, demonstrated performance on the field (game concepts, skills, etc.), and overall effort at practices, scrimmages, and games. The head coach will utilize players on the field in positions that he feels creates the best overall team composition.
- C. Any concerns about the volleyball program should be addressed directly to the head coach. Please follow the chain of command when approaching the program about concerns or problems that may arise. A break in the chain of command may lead to suspension or termination from the program.

Varsity Letters:

A player is eligible to letter in volleyball if she plays in at least 1/3 (7) of the total number of varsity matches during the season. Any time played during a match qualifies for credit toward lettering. It is at the discretion of the head coach to letter each individual.

Miscellaneous Requirements:

- Players are responsible for their own uniform during the season.
- No jewelry is to be worn during the practices, scrimmages or games.
- You're expected to cooperate with team captains.
- Only players, coaches, managers and trainers are allowed on the team bench during games.
- All players will adhere to school rules at all times.
- All players are expected to participate in team fund raising for the program.



PLAYER/PARENT AGREEMENT
Cleveland Volleyball
2008

Please complete the following agreement by August 20, 2008 and return it to Coach Wallis.

I, the undersigned athlete, hereby acknowledge receipt of and understand the above requirements. If selected for varsity, junior varsity, freshman, or eighth grade team, I agree to abide by said requirements. I understand that the head coach will take whatever disciplinary action he deems necessary, including suspension or termination from the program, for noncompliance with the aforementioned rules or should player or parental conduct be detrimental to Cleveland High School or the girls' volleyball program.

Date

Player Signature

I have read the above rules and regulations; I understand them and have discussed them with my daughter.

Date

Parent Signature