

CHSA Volleyball Coaching Participation Guidelines & Requirements

Mission – To support families in training homeschool students to successfully participate in a competitive athletic environment. We will foster athletic teams that manifest the Fruits of the Spirit on and off the court.

Vision – CHSA will sustain a competitive athletic environment where athletes can thrive physically, mentally and spiritually.

What we value – CHRIST

Character: Galatians 5:22

Humility: Recognizing that our worth is a gift of Grace

Righteousness: Always doing what is right (Joseph)

Integrity: Above reproach in all things we do

Steadfastness: Discipline to train and study throughout the year

Team: Realizing the part that others and we play on the team (body of Christ)

How we do things – We do everything as if unto the Lord

Committedly: In all games and practices, we play as if unto the Lord

Hustle: In every drill, practice and game, we give that extra effort

Resilience: We are confident and positive regardless of the score of the game or skill of our opponent

Intensity: We play with all our mind, body and soul in practice and games

Selflessness: We look to develop those around us

Team: We realize the part that others and we play on the team

Standard behavior for all teams –

ALL games and practices will have a time of prayer

ALL teams will have a time for devotion during practices

ALL players will follow the Attire/Player Pledge/Player Guideline

ALL players will bring ALL jerseys to every game/tournament – please remind them

ALL Discipline will be consistent with Matthew 18

Playing Time/Starters/Varsity – Three things that are important to every competitive player are playing time, starting and making the Varsity Team. These are the most difficult things for coaches to manage and each coach has a different philosophy about how to do this. However, every coach will have their philosophy in writing and given to all parents before the season begins and the board will be copied on the statements.

General guidelines for coaches to think about when developing their philosophy statement:

- CHSA is a competitive league. No playing time is guaranteed. No guarantee that a player will make Varsity at a certain age. No guarantee that a player will ever start a game.
- Coaches will consider attitudes along with skill to evaluate players in determining how the players are used. Attitude includes hustle, communications, demonstrating values and being respectful to coaches, referees, teammates and other players.

Roles – As the season starts, coaches will have determined each player's role or skills, along with positions. Coaches will have a discussion with each player before the season starts and as the season continues to communicate each player's role on the team. Clear, defined roles and expectations create less room for tension within the team. Roles will include: 1 setter, minimum 2 hitters, 2 middles, 1 libero and Defensive Specialists. Every player should fully understand all of these roles. The player's role will be determined by, but not limited to, their skill, physical attributes (height, weight, quickness, speed, etc), ability, communication skills, coach-ability, thinking on their feet, team make-up, attitudes, and ability to adapt. CHSA Volleyball will consistently run a 5-1 offensive system unless otherwise discussed with and agreed upon by the Volleyball VP. CHSA Volleyball values the benefits of one assigned setter on each team to provide hitters the

consistency of being set by the same setter in all six rotations, which provides consistency in tempo and timing. Coaches will select 1 Libero for each team also. The assigned Libero players will have a separate back up libero jersey as well for situations where a referee does not approve the liberos jersey she has on (which is the opposite color CHSA Jersey as the other players).

Team Captains – Referees will ask for team captains before each game (choose 1 player, typically setter). They are to represent the team to the referees. We take this position very seriously. We expect this player to best represent the core values of CHSA and must be on the court at all times. Final selection of team captain prior to the season starting is the decision of the coach, however, consistency in that selection across all CHSA teams is strongly encouraged and should be the setter, unless there are noted, valid reasons why the setter is not qualified to serve in that role. The coach is responsible at the beginning of the season to have their selections distributed in writing to the players, with copies to the VP, to assure players are aware of the Team Captain selections for the season.

Coaches Education – We support our coaches in being students of the game and learning from each other, our trainers, books, clinics, videos, etc. CHSA always encourages our coaches to read, learn and improve their knowledge not only in the sport they are coaching, but also in the grace and knowledge of our Lord and Savior, Jesus Christ. We also encourage coaches to communicate with other coaches about any insights or tools they discover as they go through the season.

Head Injuries – Coaches will follow the CHSA Concussion protocol and require a doctor release with concussions.

Coaches Attire – Coaches are expected to wear the CHSA provided Coaches shirts at all practices/scrimmages/games/tournaments and other CHSA events. Please provide your clothing sizes you prefer. No spandex, leggings, tank tops, cleavage showing tops are allowed to be worn at any time. Piercings should be removed with the exception of the ear lobes. Tattoos and midsections must be covered all times. Coaches can wear CHSA t-shirts/spirit shirts and longer/loose volleyball shorts or jogging pants to practices. Scrimmages/Games/Tournaments coaches should wear their CHSA provided polo Coaches shirt and loose/longer volleyball shorts or loose jogging/sweat pants or kaki shorts/pants. Shoes should always be close-toe shoes (for ex: tennis shoes, etc). Our goal is to represent CHSA in a conservative, professional looking manner. You are setting the example for our players.

Coaches Behavior – Coaches should present with the upmost self control and display of Christian character. Referees are going to be difficult, but we must represent CHSA well. No cussing, displaying of hand gestures, throwing of clipboards/pens/pencils, etc, no arguing with the refs or other coaches/fans/parents, etc. We love your enthusiasm, but let's display good sportsmanship and set great examples for our players. Please encourage appropriate cheering from your players both on the court and on the bench. If we are winning by a lot – remind our players to be respectful and win humbly. We could be on the losing end next time and would want the same courtesy extended to us.

Accountability – Coaches shall not travel or meet alone in a room with a player or parent. Always remain in open spaces or ask another coach or Leadership team or Board member to sit in so that we might be above reproach in appearance.

I agree to follow these Coaching participation guidelines and requirements.

CHSA Coaches Signature

Date

CHSA Volleyball VP

Date

CHSA Director of Coaches

Date