



## Philosophy, Etiquette and Code of Conduct

Volleyball played well is a thing of beauty. Few athletic endeavors require as much teamwork; rarely does a sport reward hard work so completely. Athletes who study the game and apply the lessons learned relish every opportunity to practice and play. Spectators who watch competitive volleyball for the first time are easily hooked.

<b>Stars coaches</b>	Your coaches love volleyball. They strive to help you and your teammates become the best team you can be.
<b>The team comes first</b>	The team is paramount. Decisions are made for the good of the team.
<b>Rules and respect help our team run smoothly</b>	Every rule is for the benefit of the team.
<b>Our team thrives on respect and trust</b>	Respect, admire, and encourage each other's efforts to improve. Honor the other team members, officials and spectators.
<b>Our team is supportive of each other</b>	Play to reach your potential regardless of discouragement. Learn to "Shake it off".
<b>Our players learn to be "coachable"</b>	There is often more than one way to do things correctly. You must be willing to make changes according to your coaches' suggestions.
<b>Our team works hard</b>	Winning comes in many forms. It can mean reaching your goals. Winning takes sacrifices.
<b>Our team is safe</b>	Physical and emotional safety is important to team building.
<b>On our team, bench time is playing time</b>	The coach decides playing time as fairly as possible, for the good of the team in the circumstances of the moment. The bench is strength: every player has her head in the game at every moment, and is ready to come in at any opportunity.
<b>Our team can be successful and our team learns</b>	Commitment, perseverance and responsibility will be rewarded. <b>Consider mistakes as learning experiences.</b> Be proud of what you have accomplished each practice, each match, each tournament!
<b>Our team has fun</b>	Volleyball is one of the most fun sports in the world.
<b>Our team is proud</b>	You are an ambassador. Recognize that you are representing your school, your community, your sponsors, and North Shore Stars.
<b>Our team develops leadership skills</b>	Being involved in the sport of volleyball offers many opportunities to developing leadership skills. As you move through high school, share your new skills and insight with new or younger players.





## PARENT EXPECTATIONS

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Welcome to club volleyball! This may be your first time being involved in the sport of volleyball. You are in for a superb treat! We strive to follow the stages set by the [Long-Term Athlete Development \(LTAD\) model](#).

The Stars focus is to keep girls active in and learning the sport of volleyball at a recreational and development level. Parents play an integral role to the success of the Stars program. Here are a few ways to make the season more rewarding for you and your daughter.

<b>Communicating with coaches</b>	<p>We are glad to speak with you about your daughter, but ask that you:</p> <ul style="list-style-type: none"><li>• Insist that your daughter try to work out volleyball-related issues directly with her coach before enlisting your assistance.</li><li>• Avoid jumping to conclusions. Seek to understand situations that may arise</li></ul>
<b>Sportsmanship</b>	<p>Parents and players are expected to demonstrate the highest level of sportsmanship. Please cheer for our team's efforts and successes. Parents and other fans should never celebrate our opponents' mistakes.</p> <ul style="list-style-type: none"><li>• While in the gymnasium, keep all comments positive</li><li>• Volleyball officials are off-limits for parents.</li><li>• Take the time to learn more about volleyball rules and strategy.</li></ul>
<b>Playing time</b>	<p>The decision to give one player more time on the court means another player will get less. With each decision, however well considered, comes the likelihood that someone will be disappointed.</p> <ul style="list-style-type: none"><li>• Strong teams have strong benches. Players who keep focused on the match while not on the court greatly increase their chances of success once they enter the game.</li><li>• Lineup decisions are primarily the result of careful consideration. Playing time may be earned by hard work, proven performance and an occasional hunch.</li><li>• Playing time will be as fair as possible, assuming equivalent attendance, effort and attitude. Playing decisions are made for the benefit of the team</li><li>• Resist measuring your daughter's volleyball experience solely by the amount of her playing time.</li></ul>
<b>Parent involvement</b>	<p>There are many ways that parents can be involved to help the season run more smoothly such as:</p> <ul style="list-style-type: none"><li>• Act as a scorekeeper at tournaments</li><li>• Participate/organize fundraising activities and seek sponsorship</li><li>• Coordinate travel arrangements for out of town trips</li><li>• Drive to and from tournaments</li><li>• Coordinate ordering of uniforms and / or team jackets</li><li>• Hosting or organizing team parties</li><li>• Any other talents you may have to offer 😊</li></ul>