

Timmerman Volleyball 2016

Player Code of Conduct

Player Expectations:

- Be on time and dressed for every practice.
- If you have to miss practice, please notify your Coach ahead of time.
- Your first responsibility as a student athlete is in the classroom. Meet and exceed your academic responsibilities. Your performance as a student athlete is not only a reflection of your efforts but a representation of the team.
- Bring a POSITIVE ATTITUDE to the gym.
- Have a willingness to learn and challenge yourself.
- Expect errors, mistakes, and failure but don't be satisfied with it—strive for perfection and excellence. Volleyball is a learning process and nobody is perfect. Extend yourself (and others) some grace in failure, don't let it get you down or discourage you! Get back up and try again.
- Wear your training and uniform gear with pride, you are always representing yourself, your team and your school.
- Respecting your Coach and their authority.

Inappropriate Behavior:

- Back-Talking a Coach, Parent, Official or any other Administrative Personnel.
- Critical, judgmental, or negative talk directed toward teammates.
- Throwing of equipment in a display of anger or frustration, outward expressions or demonstrations of anger or frustration.
- Horseplay, messing around, or silly antics.
- Crude, profane or vulgar language.
- Self-imposed authority, there is no "I" in Team.

Name: _____

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Playing Time and Line Ups:

Playing time will be given “fairly” that is not to say that it will be “equal.” We are a Middle School Team, and while this is an opportunity to introduce young athletes to a sport, there is also a competition at stake when we go into tournaments. Ideally, we want to “Win” every game that we play. Part of that winning is devising a strategy with the best six players.

Playing time will be awarded to those athletes who strive for their best, attend practice, and are able to demonstrate a competitive spirit on the court.

We have players at all levels of development and play. If an athlete doesn't get to play in recorded matches, they will play in post-game consolation matches. Consolation matches are played after the recorded matches and allow newer players an opportunity on the court. At the end of the season, due to the consolation matches, the play time (time on the court in a game) is usually equal.

- A “Match” in volleyball is awarded to the winner of 2 out of 3 sets (games) or 3 out of 5 sets.
- Sets are to 25. You can win a point any time the opposing team makes a mistake.
- Players get three contacts with the ball, the ball can't hit the floor.

Middle School Volleyball usually starts in 7th grade. 6th graders are typically “Team Managers” and do not get to play. If a Middle School has a team, it is considered the “B” Team. High school has JV and Varsity teams.

Volleyball Schedule:

We are still in the process of scheduling games. More than likely, we will play: Cardinal Newman, PAC (homeschool team), Robert E. Lee, Heathwood, and two Tournaments at Hammond. We play each of these schools twice, one at our home gym and one away game at their gym.

Season:

We'll start pre-season practice on August 8th (about two weeks before school starts). We could possibly have a game the first week of school (like last year). Our season ended on Oct. 3rd last year. So, roughly a six week season with ten games and two tournaments. Hammond is hosting two tournaments again this year. I will send out the schedule via email along with Timmerman Facebook and Timmerman Volleyball Web Page when it is finalized.

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Practice:

6th, 7th and 8th Grade Teams will practice Monday through Thursday, starting on August 8th. Practice Times are 4 to 6 pm. This will give them time to do a little homework and to be dressed and ready to start on time at 4pm sharp!

5th Grade will start practice when school starts. They will practice on Monday and Wednesday from 3:30 till 5:30. This will allow them 30 minutes for themselves and then some overlap time with more experienced players.

When games are scheduled, there is no practice. If games happen to be on Mon. and Wed., I will have the 5th Grade players join us for practice on Tues. and Thurs., so they are getting to have ball contact time.

Team Uniforms:

Timmerman will provide the jerseys. Your "Registration Fee" will help to cover the cost of the: socks, knee pads, and shorts. Jerseys are to be returned at the end of season.

Registration Fee:

Registration Fees help to cover cost of uniforms, officials, and gas for travel.

Summer Clinics:

June 13th through 16th 9 to 12 am

July 11th through 14th 9 to 12 am

Each clinic is \$40.00 with all proceeds going to Timmerman practice balls and guest coaching. You can't lose, a free week of volleyball practice and then additional private coaching for free.

Clinics and Guest Coaching:

Last year I used 100% of the Clinic money to go toward balls for practice and hiring a guest coach for clinics. We will do the same thing this year. I am currently in contact with three coaches, with the hope of doing additional clinics on Friday afternoons/evenings. I'll also take a poll to see if anyone wants to do additional clinics that exceed the amount raised over the summer....basically, who wants to pay to have our own private clinics at Timmerman.

I am in full support of "get as much practice with as many different people as you can."

Friday Night "Open Volleyball"

We host "Open Volleyball" at St. Martin's In the Fields in Forest Acres (across from Crayton on Clemson Ave.) 6 to 8 pm. We are there every Friday night, unless we are traveling or the church has a pre-scheduled event. We post on the Facebook page and announce weekly. Please contact me to be added to our Facebook page it is a private group.

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Family Night

We will be having our 2nd Annual “Family Night” at Timmerman this year. We had a blast last year. Family members get to play against their own daughters in volleyball at Timmerman. We’ll grill burgers and hotdogs as well as pre-sale plates. We had a huge turnout last year, the girls had a great time but I think the parents had an even better time.

Club Volleyball:

There are several Volleyball Clubs in the Columbia area. 11 of our girls played Club last year on various teams. The Club season has tryouts shortly after the School season ends. The Club season is usually the beginning of Dec. through Mid-April. Some of the advanced teams will play till mid-June, as they are traveling to National Tournaments.

If your daughter loves volleyball and is serious about volleyball, I highly encourage her to play in the Club season. Volleyball has gotten incredibly competitive over the last ten years, if she wants to play in high school, she’ll need to be playing Club to be competitive.

You can go to the Palmetto Volleyball Association and the Columbia Volleyball Club to read more about Junior Clubs, levels, and teams in our area. I’m also happy to talk with you about my experiences and so are the many parents who have children in Club.

Club has many divisions starting with 12U (12 and under) up to 18. Each age division also has different levels of play: regional/club, power/elite, National/Mizuno. Basically, there is something for every age and every level.

Summer Camps/Clinics:

There are numerous volleyball camps.

Here are a few:

Columbia College <http://gokoalas.com/Camps/Volleyball>

Lake Murray Volleyball Club <http://www.lakemurrayvolleyball.com/clincs/index.php>

SC Midland’s Volleyball Club <http://www.scmidlandsvolleyball.com/>

University of South Carolina <http://www.scvolleyballcamps.com/camps.html>

Lugoff-Elgin Recreation <http://www.kershaw.sc.gov/Index.aspx?page=235>

Scroll down until you see the volleyball camp

Clemson University <http://www.hernesmanvbacademy.com/>

Check your local high school – they will typically have clinics for younger players as well.

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Summer Homework and Workouts:

100 Wall Sets

50 Jump Rope (speed)

100 Bump Passes to Self while Walking

100 Set Passes to Self while Walking

1 Minute plank

20 Jumps on a step

(Right Handed) Left, right, left.....approach and jump (20 approaches)

(Left Handed) Right, left, right.....approach and jump (20 approaches)

30 Sit ups and 15 Crunches

50 Wall hits....high toss, hand overhead with full extension.

Please watch Terry Liskevych's episodes on:

Receive and Pass <https://www.youtube.com/watch?v=X05hbdSxU9w>

Serving <https://www.youtube.com/watch?v=6JwWDsD86q4>

Defense Positioning and Collapsed Digs <https://www.youtube.com/watch?v=4KBw-81DOKo>

He is the Coach of Oregon State and coached the women's Olympic Team for 12 years. The video episodes are two to four minutes each. I will follow up with the girls to see that they have watched. If they haven't, they will run laps and will continue to run laps/suicides until they can answer questions.

The Women's Olympic Qualifying game for 2016 is also online and a great game to watch. After they've watched the training episodes, they should watch the game to see if they can recognize positions. <https://www.youtube.com/watch?v=xd9oKtYYSQO>

Everyone should be able to tell me something about the following positions: libero, setter, hitter, defense specialist.