



## **Will's 2009 14 Premier Expectations and Guidelines**

1. Work hard and hustle! Enough said!
2. Always be positive to your teammates. If they mess up on a play, I expect everyone to go up to that person and give her a high five and tell her that it is ok and move on to the next play.
3. Playing time on the court is not given, it is earned in practice.
4. Players on the sideline during a tournament will be cheering on for their teammates. If I see that you are chit-chatting, head turned somewhere else, chilling, or not focusing on our team, your playing time can be diminished.
5. Please arrive early to practice. Standards (I will not be late to volleyball practice. 100x) will be enforced again this year if you are late without a proper excuse. Late means after 6pm. Practice starts at 5:30pm, I will not arrive until 5:50-6pm. Kenji and 15 Roshambo will be there at 5:30pm also and will be working out with specific exercises, we are to join in on those exercises.
6. When I am talking I would like everyone to be quiet and pay attention. I do not like to reiterate what I just said especially when I am explaining what we will be working on next or trying to answer your teammate's question. Consequences can be enforced if the inattentiveness gets out of hand.
7. Stay focused throughout the entire time in practice no matter how easy the drill is to you. A great athlete always strive for perfection and will complete the task with a 100% stamped on it, a 90% will not be satisfactory. If I see that you are just going through the motions, I will take into account that you will do the same during a tournament.
8. When I give you feedback or criticism, please face me and acknowledge it by saying "Yes, Coach." I do not want to see any eye rolling or face staring at another direction. If this happens, I will believe that you will do the same during a tournament and it will be hard to put you in a game when you just brush off the coach's instructions.
9. Call ball on and shag your ball when your ball is going on to another court. I do not want others to get injured due to your laziness or lack of communication to warn others of your ball coming onto their court.
10. Be confident in yourself! Believe that you are the best player on the floor and you can do anything possible. I am there to provide instruction and motivate you to be the best you can be, but you are the only one that can make it happen!