

LAVBC Parent Orientation

2021-2022

TEACHING THE ART OF THE GAME



TEAM FLOW-1 WINS FLIGHT-1 AT REDROCK RAVE!!

20
21

7-1 IN REGIONAL COMPETITION



THE RUN-DOWN

- **Why Club**
- **Sports Parents & Athlete Children**
- **Filling The Tank**
- **What Our Coaches See**
- **Why We Coach**
- **Dos & Don'ts**
- **Policies**



WHY CLUB

“People ask me why I pay money for my kid to play club sports. Well I have a confession to make; I don’t pay for my kids to do sports. Personally, I couldn’t care less about what sport they do. I don’t pay for the sport. Here is what I pay for...

- I pay for those moments when my kid becomes so tired they want to quit but don’t.
- I pay for those days when my kid comes home from school and is “too tired” to go to training but they go anyway.
- I pay for my kids to learn to be disciplined, focused and dedicated.
- I pay for my kid to learn to work with others and to be a good teammate, gracious in defeat and humble in success.
- I pay for my kids to learn to deal with disappointment when she does not get that position or win or championship she’d hoped for, but still she goes back week after week and gives her best shot again and again.
- I pay for my kid to realize that only persistence can accomplish meaningful goals.
- I pay for my kid to learn to respect not only themselves but other players, officials and coaches.
- I pay for my kids to learn that it takes hours and hours, years and years of hard work and practice to create a champion and that success does not happen over night.
- I pay for my kid to be proud of their achievements and to work towards long term goals.
- I pay for the opportunity my kid has and will have to make life-long friendships, create lifelong memories, to be as proud of her achievements as I am.
- I pay so my kid can go out on the court instead of in front of a screen.

I could go on and on but, to be short, I don’t pay for sports; I pay for the opportunities that sports provides my kid to develop attributes that will serve her well throughout her life and give her the opportunity to bless the lives of the others.”



THE TRUTH FROM YOUTH ATHLETES TO THEIR PARENTS



WHAT YOUR OWN KIDS ARE SAYING

We asked LAVBC athletes (your/our kids) what they would like from parents this season

- Do not yell during games (Cheering only)
- Do not tell me what to do during practice or games (I have coaches, I just want you to support me)
- Respect when I do not want to talk about game or practice especially on car rides home
- I don't need more pressure or stress from you
- Don't get upset with me for performing poorly
- Be supportive, positive, praise (make me feel good about myself)



THE GOAL ORIENTATED PARENT

The Second-Goal Parent is a model of sports parenting that focuses relentlessly on the Big Picture. There are two broad goals in youth sports: striving to win and building character so kids develop into successful, contributing members of society. As important as winning is, Second-Goal Parents let coaches and athletes worry about the first goal of scoreboard results. Second-Goal Parents have a much more important role to play ensuring their children take away from sports lessons that will help them be successful in life. Remember, that is the Big Picture. And attending to this is much more vital than being an extraneous back-seat coach.

The lifelong impact you can have – that no one else can in quite the way you can – is on the life lessons your child takes away from the sports experience. No one can be there for your child in this way better than you. No one. If you embrace your role as a Second-Goal Parent, it will transform the way you see youth sports. It will help you act to seize the teachable moments that will come your way again and again because you are looking for them.

What might have seemed like a disappointing loss or a failure by your child becomes an opportunity to reinforce resiliency. A tough competition in forbiddingly hot, cold, or nasty weather can prompt a conversation with your child about learning to enjoy challenges.

Whether your child succeeds or fails on the playing field, you will be able to use the experiences to reinforce the kind of person you want her to be.



FILLING THE TANK

Responsible Sports Parents can help fill their child's EMOTIONAL TANK by creating a balance of both specific truthful praise and specific constructive criticism. Research shows that the Magic Ratio is 5:1, five praises to one criticism, which fosters the ideal learning environment.



- “What did you learn from that experience?”
- “Why do you think it’s important to learn to bounce back from failure?”
- “What about the game can you feel good about even though you lost?”
- “I know in my life that I learn more from my failures than from my successes. In fact, times I’ve been successful have usually come from learning from my mistakes.”
- “I’m proud of the way you dealt with the pressure during the game. Many people get so afraid under pressure that they don’t give their best effort. You didn’t make the play, but you gave it a good shot!”
- “Resilience is such an important attribute. I love to see you bounce back after a disappointment.” Back to the Big Picture



WE ARE TRAINING PERSISTENCE

Children need this level of praise and reinforcement in order to advance. The key is to avoid empty, unearned praise. The praise must be truthful and specific (i.e., not just "Way to go," but, "Good thinking, sarah, I noticed in the second match you were hitting the ball really well.").

Be sure your non-verbal communication also maintains the Magic Ratio. You fill Emotional Tanks when you listen, nod, clap and smile. Tank drainers include ignoring, frowning, head-shaking, eye-rolling and yelling. If you happen to see a videotape of last week's game, are you embarrassed to see or hear yourself, or do you feel good about your actions on the sidelines?

VOLLEYBALL IS A PROCESS

NO ONE IS 'GOOD' AT VOLLEYBALL DAY 1

THE CLIMB IS DIFFICULT.

THE JOB IS TO ENCOURAGE THE ASCENT.

What We See

“If you dig down to the very heart of these reactions, you will find a fear of failure—specifically, that if these kids don’t perform well, they perceive that something really bad will happen (however objectively untrue it may be). Based on considerable research and my own work with young athletes, the most common causes of fear of failure include:

- Disappointing my parents (and, by extension, my parents won’t love me)
- Being rejected by my peers
- Ending my sports dreams
- It will all have been a waste of time
- Failure in sports means I’m a failure

These beliefs produce in children a threat reaction that causes powerful internal changes including:

- Psychological (e.g., negativity, doubt, worry)
- Emotional (e.g., fear, anxiety, stress)
- Physical (e.g., muscle tension, racing heart, choppy breathing, too much adrenaline)
- Behavioral (e.g., self-sabotage, avoidance)
- Performance (e.g., tight, tentative performances)”

Jim Taylor, Ph.D., teaches at the University of San Francisco.

- We have watched some of our most skilled players break-down and cry on the court in the middle of matches.
- We have had players develop phantom injuries and be out for half a season.
- We have had parents hide sicknesses and health issues from coaches out of fear of reduced playing time.
- We have had parents email coaches that they have suggestion on how to ‘win more’.
- We have had parents that try to coach their kids from the sidelines during games.

**Competition is a mirror.
Athletes get the opportunity to sort ourselves out.**



HOW YOU CAN HELP

Be An Ally

“We can’t change the sports culture. So, it’s up to us parents to shape our family’s sports culture and do the right thing for our young athletes. During this holiday season (and beyond!), give your children the gift that keeps on giving: Your love and none of the crap.

Here are a few concrete suggestions (and I realize how tough they are to enact, but I can assure you that I’m walking the walk on every one of these with my two athlete daughters):

- Remind yourself why your kids compete in sports (and it has nothing to do with results).
- Be happy and have fun at competitions. If you are, your children most likely will too.
- If you can’t control your emotions at competitions, don’t go.
- Before competitions, if you find that you are stressed, worried, or anxious, stay away from your kids.
- Before competitions, don’t try to motivate or coach them; nothing you say will help, but a lot you say can hurt.
- Before every competition event, smile and say “I love you.”
- After every competition, smile and say “I love you. Do you want a snack?”
- After competitions, if you find yourself frustrated, angry, or otherwise upset, stay away from your kid till you’ve calmed down.
- Here’s the toughest one: Never, ever talk about results! I know this sounds impossible, but it can be done (though it takes tremendous willpower). If your children bring up results, just say, “Results don’t matter now. What matters is that you gave your best effort and had fun.”

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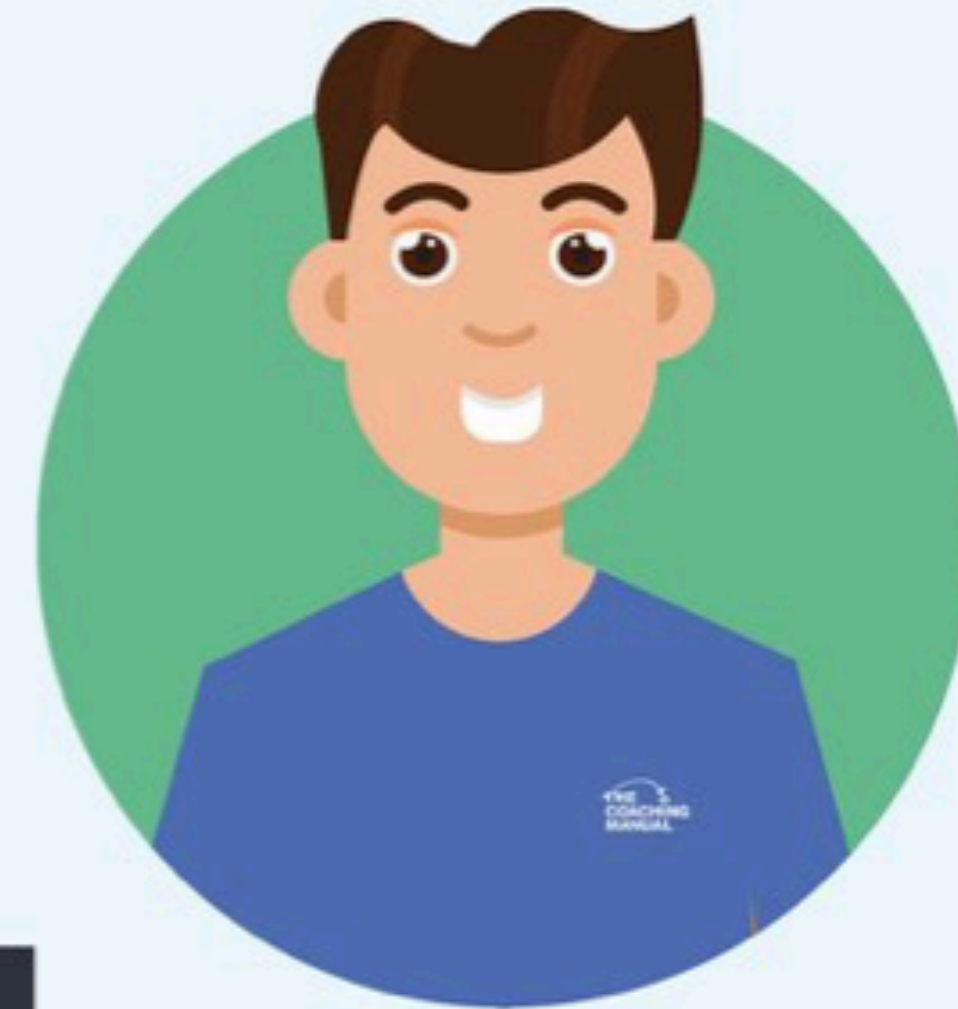


COACHES PUSH. PARENTS SUPPORT.

ATHLETES BEGIN THEIR CLUB TRAINING WITH YEARS OF CONDITIONED RESPONSE



WWPIS
WORKING WITH
PARENTS
IN SPORT



PUSHY PARENT

VS

SUPPORTIVE PARENT

- | | | | |
|-----------------------------------------------------------------------|---|---|----------------------------------------------------------------------|
| You want to win more than your child | ✗ | ✓ | Support the process not the outcome |
| You react in an inappropriate manner | ✗ | ✓ | Control your emotions |
| You make them specialise in one sport from a young age | ✗ | ✓ | You let them try a number of different sports |
| You force them to play | ✗ | ✓ | You give them a say if they want to participate |
| You don't give them choices | ✗ | ✓ | You provide lots of very different opportunities |
| You are embarrassed and ashamed if they make mistakes or lose a match | ✗ | ✓ | You keep your composure and remember it is your child who is playing |
| You only care about your child and how well they play | ✗ | ✓ | You support all of the children involved in the game |
| You constantly yell instructions to your child during the game | ✗ | ✓ | You only praise and support positively from the side |
| You argue with other parents and coaches | ✗ | ✓ | You are friendly and supportive of other parents and coaches |



WHY WE COACH

What persistence is made of

- To offer the mental, emotional and physical growth the game offers to children to succeed beyond the court.
- To help children understand what goal setting and attaining really means.
- To provide a road map and stewardship toward academic scholarship.
- To preserve and evolve the art of the game.
- To compete against the best examples of the sport.



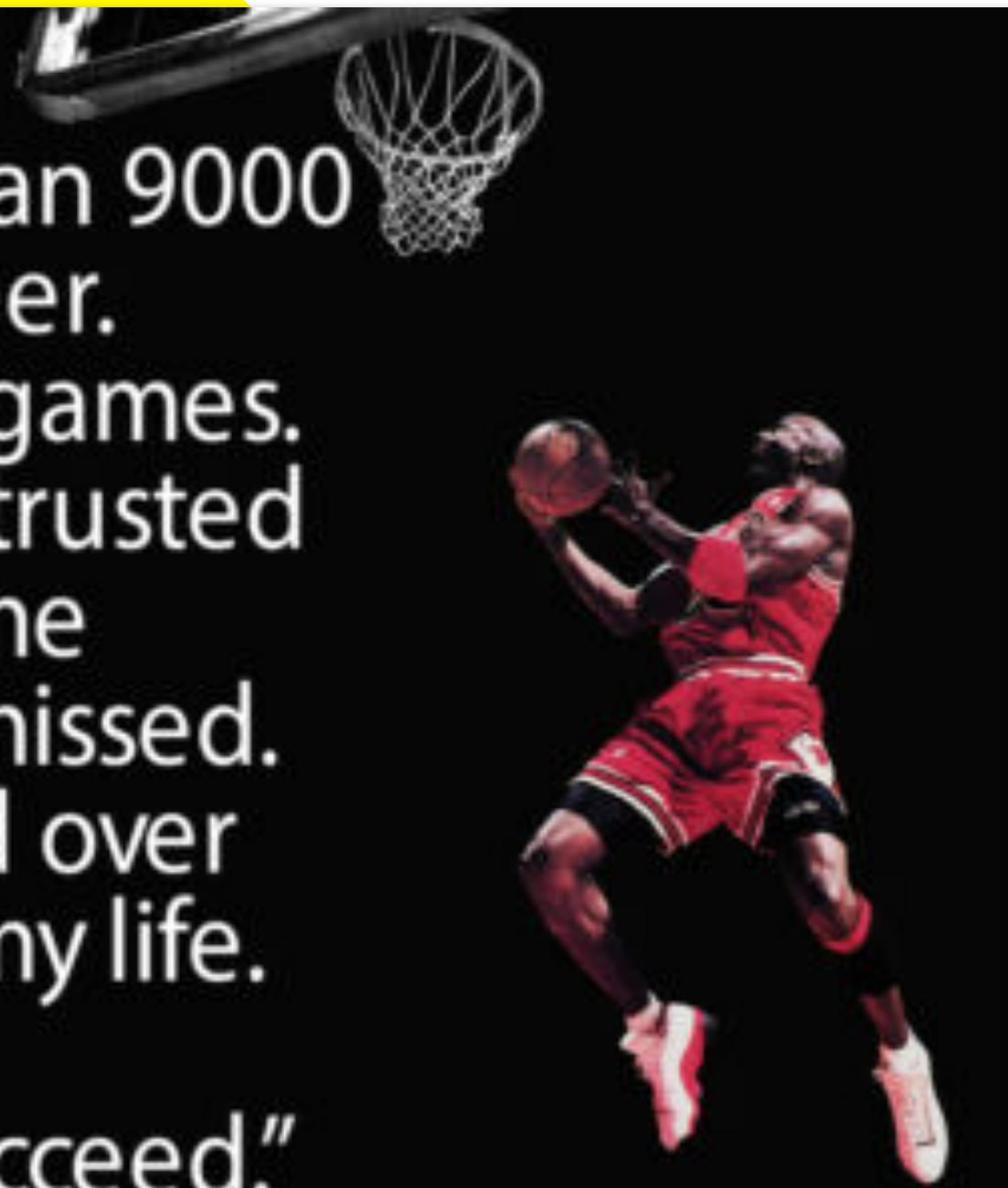
WINNERS DON'T LOSE THE LESSON

THEY CRAVE THE ADVERSITY

- We compete because we WANT the lessons competing against the best gives us.
- We CELEBRATE our wins and LEARN from our defeats.

No adversity. No growth.

" I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."



The US won its first Gold Medal in **57** years. Were the other 56 years of Olympians losers?





What Coaches Need

A community committed

- **Patience** - It takes time.
- **Belief** - The coaches have traveled the road.
- **Faith** - The struggle is part of the success.
- **Autonomy** - Don't try to guide the sherpa.
- **Support** - The great days will out-number the learning days 100-1. Don't let that 1 day ruin the other 100 for your player.
- **Focus** - on 'being willing' not on 'being winning'.
- **Community** - Team activity planning support. Building our relationships between our parents and players by creating Team-building events for the teams, or club fund raising events.
- **Chaperones** - (2) Per Team



TRUST & RESPONSIBILITY

Volleyball is a choreographed dance



Teammates must be able to TRUST your athlete to:

- Show up
- Bring positive energy
- Train hard
- Support them as friends
- Be a disciple of the game

An athlete must be RESPONSIBLE for:

- Their commitment - To the team & schedule
- Their energy - In practice and competition
- Their passion - To learn the game
- Their joy - For the challenge
- Their belief - In the LAVBC process



WHAT PLAYERS DO:

Own the gym like college players

- Arrive early for extra warm up time. Use your yoga knowledge.
- Help set up and break-down the gym.
- Help lead with your captains.
- Help grow a culture of awareness and focus.
- Have fun, fun, fun!





POLICIES



PLAYING TIME

A healthy outlook...

- **LAVBC IS NOT A PAY FOR PLAY CLUB**

- Each player must earn their playing time through effort, teamwork and execution of skill.
- Coaches do their best to put all players in at times where they and the team can succeed.
- The **ONLY** conversation that should be had about playing time is **BETWEEN PLAYER AND COACH**

TO DO (time to train)

Player: “Coach what can I work on to get more playing time?”

NOT TO DO (time to go)

- Parent: “Why isn’t my daughter playing more or as much as other girls?”
- Parent: “My daughter should be starting/playing more.”
- Parent: “I am not paying so my daughter sits the bench.”



1. Speak with your player directly regarding any concerns they or you may have about their progress or performance related issues. Discuss with them what their coaches have directly communicated with them regarding any concerns.



2. Ask your player to address any questions or concerns with their coaches one-on-one. IF THEY NEED SUPPORT, then support your player and ask for a meeting with the coach and WITH your player. One-on-one meetings between parents and coaching staff about player concerns regarding volleyball performance or playing time without the player present are not supported at LAVBC. That will not happen.



3. To request a meeting with coaching staff first direct your inquiries to our team Resolution Manager, Kandi Olive. Ms. Olive will discuss the nature of your concerns with you and schedule a meeting with the appropriate staff member.



4. We ask that parents be mindful of our coaches' time and respect their focus. Before and after practices and during tournament play the coach's focus is on organizational logistics and plans for the entire team. This is not the time to address your individual parent/player's concerns. We understand and have experienced that in these moments you can be most tempted to do so, however this timing is particularly un-productive for player based conversations with coaches. Direct your inquiries to Ms. Olive who will schedule a time to speak in person or on the phone with you and your player so that your concerns can be appropriately addressed.



CONSEQUENCES

- Strike one: You will receive a warning.
- Strike Two: You will no longer be able to attend LAVBC trainings or games.
- Strike Three: You and your player-family will be asked to leave the club.

There are no refunds for player or parent dismissal for conduct.

PLEASE READ YOUR PARENT/PLAY POLICIES



MAKE IT A GREAT SEASON

#LAVBCLESGO
#LAVBC

