



# 2019 KING'S VOLLEYBALL



**TRADITION DOESN'T GRADUATE**



***WINNING A CHAMPIONSHIP IS MAGICAL BUT THERE IS NO MAGIC TO WINNING A CHAMPIONSHIP.***

- **WHAT YOU SHOULD KNOW**
- **COACHING STAFF**
- **PROGRAM STANDARDS**
- **SPRING-SUMMER PHILOSOPHY**
- **SPRING-SUMMER SCHEDULE**
- **ROLES**
- **VOLUNTEER NEEDS**
- **COMMUNICATION**



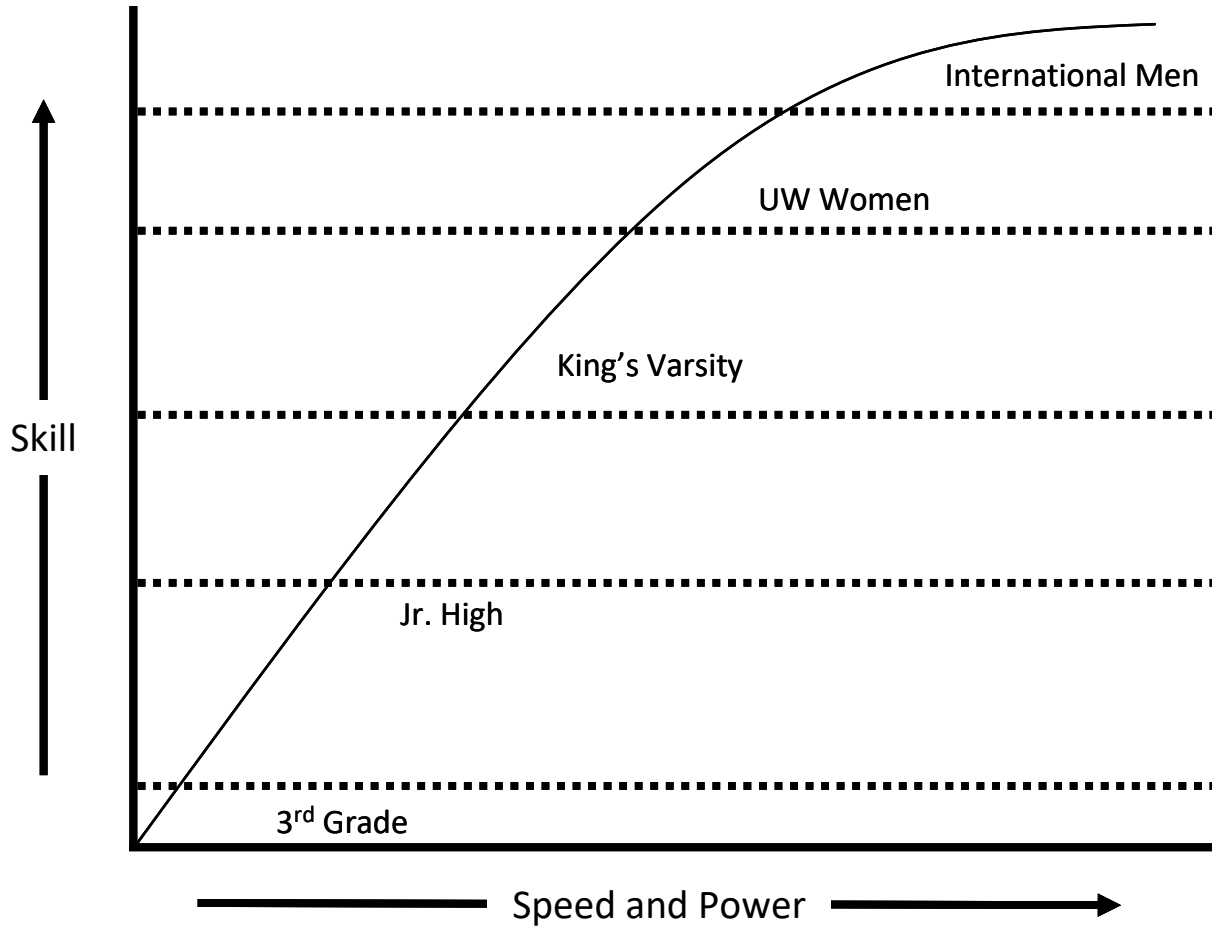
## ***HIGH STANDARDS, TRADITIONS, LEGACY***

### **WHAT YOU SHOULD KNOW**

- **WE HONOR THOSE THAT HAVE COME BEFORE**
- **WE BELIEVE IN COMPETITION**
- **WE PLAY GAMES AND KEEP SCORE**
- **WE DON'T TRUST THE EYE-TEST**
- **WE PRACTICE LIKE WE PLAY**
- **WE BELIEVE IN PRINCIPLES**
- **WE UNDERSTAND THAT PRESENT ABILITY DOES NOT PREDICT FUTURE ABILITY**
- **WE COACH EVERY GIRL**
- **WE HOLD OURSELVES TO HIGH STANDARDS**
- **WE STRIVE FOR A GROWTH MINDSET**
- **WE BELIEVE IN THE ACCUMULATION OF MARGINAL GAINS**
- **WE TRUST THE PROCESS**
- **WE UNDERSTAND THERE ARE NO SMALL THINGS**
- **WE PRAY**



## 3 TEAMS – ONE PROGRAM





## ***COACHING STAFF***

### **COACHING STAFF**

- Bart Foley, Head Coach – 12<sup>th</sup> year
- Josh McCorkle, JV Head Coach– 9<sup>th</sup> year
- Alysanne Stack, Varsity Assistant– 2nd year
- Dionna Leach (Kirton), C-Team Head Coach – \*1<sup>st</sup> year
- JV Asst Coach, TBD



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## **Program Standards**

### For the Players:

- It's all about the TEAM
- Make a strong commitment to your academics, your social choices and your team.
- On the court - hustle, attitude, coachable, hard work, positive and encouraging!
- Always compete!
- Control what you can control
- Don't compare...become
- Commit to trust the process and you will enjoy the journey and reap the harvest

### For the Parents:

- \*This is your daughter's experience not yours. Allow them the freedom to accept ownership and to be accountable for their own experience.
- Be a fan of the Team, not just your daughter ~Support, encourage, celebrate, and praise don't criticize, complain, compare or coach.
- Be an Ambassador. Represent yourself, the team and the school well.
- Remember emotions and perceptions can be misleading.



## ***SPRING AND SUMMER***

### **Spring and Summer Objectives ~ *Spring Practices/Open Gyms/Team Camp/Tournaments***

- It's not mandatory, but...
- Opportunity!
- Evaluation
- Player Development, Data collection
- Culture Setting
- Learn new roles, positions
- \*Need Player Availability Forms

### **Spring and Summer Schedule**

- Spring Practice in MMG: May 28<sup>th</sup> – June 6<sup>th</sup>, 5:30 – 7:30pm
  - June 3<sup>rd</sup> – First day for incoming 9<sup>th</sup> graders
  - Week 1 – Compete, Measure
  - Week 2 – Slower, More Coaching, Compete
  - \**Basketball emphasis Tu/Th, Volleyball emphasis Mo/We/Fr*



## ***SPRING AND SUMMER***

### **Spring and Summer Schedule Cont'd**

- Leavenworth Tournament: June 1<sup>st</sup>
  - 1- Team, Varsity Level
  - Roster by Invite
  
- La Conner Tournament: June 8<sup>th</sup>
  - 1-2 Teams, JV and Varsity Level
  - Rosters by Invite
  
- KHS Friendship Tournament: June 15<sup>th</sup>
  - Two teams – Rosters by invite
  - Volunteer Needs: Concessions, Gym Captains, BBQ, Tournament Director
  
- Lynden Tournament: June 29<sup>th</sup>
  - 1- Team, Varsity Level
  - Roster by Invite





# ***SPRING AND SUMMER***

## **Spring and Summer Continued**

- June Open Gyms for all Incoming 9<sup>th</sup>-12<sup>th</sup> Graders: Tu and Th nights 5:30pm
  - June 11, 13, 18, 20, 25, 27
  - Open Gyms are not practices
  - Opportunity to slow it down and train, tutor
- \*KHS Gold Medal Squared Team Camp: July 8<sup>th</sup> to July 11<sup>th</sup>
  - Registration Open NOW \$220 – [www.goldmedalsquared.com](http://www.goldmedalsquared.com)
  - All Players on 2-3 courts
  - Intensive Deep Dive into all individual and team aspects of play
  - Foundational for the fall season
  - Wednesday, July 10<sup>th</sup> BBQ/Swim (Volunteer need?)
  - (Bart will send email with details)
- Shorecrest Summer League: July 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>
  - Varsity level league – by invitation
- First Day of Tryouts for the 2019 Season: August 26<sup>th</sup>



# KHSVB MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 MEMORIAL DAY	28 Spring Practice 5:30-7:30	29 Spring Practice 5:30-7:30	30 Spring Practice 5:30-7:30	31 Spring Practice 5:30-7:30	



# KHSVB JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Leavenworth Tournament 1 Team
2	3 Spring Practice 5:30-7:30 Incoming 9 <sup>th</sup> Graders	4 Spring Practice 5:30-7:30	5 Spring Practice 5:30-7:30	6 Spring Practice 5:30-7:30	7	8 La Conner Tournament 1-2 Teams
9	10	11 Open Gyms 5:30-7:30	12	13 Open Gyms 5:30-7:30	14	15 Friendship Tournament 2 Teams
16	17	18 Open Gyms 5:30-7:30	19	20 Mini-Camp 9a-5p Open Gyms 5:30-7:30	21 Mini-Camp 9a-5p	22 Mini-Camp 9a-5p
23	24	25 Open Gyms 5:30-7:30	26	27 Open Gyms 5:30-7:30	28	29 Lynden Tournament 1 Team
30						



# KHSVB JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <a href="#">Shorecrest Summer League 6pm</a>	2	3	4	5	6
7	8 <b>GMS Team Camp</b> <a href="#">Shorecrest Summer League 6pm</a>	9 <b>GMS Team Camp</b>	10 <b>GMS Team Camp</b>	11 <b>GMS Team Camp</b>	12	13 <b>LC Tournament</b>
14	15 <a href="#">Shorecrest Summer League 6pm</a>	16	17	18	19	20
21	22 JR High Camp 1-5 <a href="#">Shorecrest Summer League 6pm</a>	23 Elem Camp 9-12 JR High Camp 1-5	24 Elem Camp 9-12 JR High Camp 1-5	25 Elem Camp 9-12 JR High Camp 1-5	26	27
28	29 <a href="#">Shorecrest Summer League 6pm</a>	30	31			



# KHSVB AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	<b>1<sup>st</sup> Practice</b> 9:00-12:00 All Players 4:00-6:30 All Players  <i>90 days to State</i>	9:00-12:00 All Players 4:00-6:30 All Players 6:00-7:00 Fall Sports BBQ 7:00-8:00 Parent Mtg	3:00-5:30 Group 1 Practice 5:30-8:00 Group 2 Practice	3:00-5:30 JV/C Practice 5:30-8:00 Varsity Practice	<b>Possible Retreat?</b> 12:00-2:00pm All Players 2:30 Depart for Retreat	



# ***ROLES – WE ONLY GET 1***

## **ROLES**

- Players play, Coaches Coach, and Parents Parent
- This is you daughters experience
- We're all in this together
- KING's VOLLEYBALL – It takes a village...

## **SPRING PARENT VOLUNTEER JOBS**

- Friendship Tournament – June 15<sup>th</sup>
  - Gym Captains, Concessions (both gyms), BBQ
- GMS Team Camp – July 8-11<sup>th</sup>
  - Guest Coach Hosts
  - Meals
  - BBQ Swim Party



## *COMMUNICATION*

- **PLAYER AVAILABILITY FORMS – TURN IN TONIGHT**
- **EMAIL – PRIMARY COMMUNICATION METHOD**
- **PROGRAM WEBSITE - KINGSVOLLEYBALL.NET**
- **SOCIAL**
  - Facebook – Kings KnightsVolleyball
  - Instagram – kingsvolleyball
  - Twitter - @kingsvolleyball



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