

COACHING EXPECTATIONS

The **Mountain Volleyball Club** supports a philosophy of competition that is guided by the highest standards of good sportsmanship and fair play. The club is committed to providing a cooperative environment that is free from discrimination and harassment in all forms and fosters respect for the dignity; self worth and well being of all members of the Mountain Volleyball Club Central to this philosophy are the volunteer coaches whose mandate is help students develop in ALL aspects of life. To this end, coaches, parents and chaperones must recognize that our athletes participation in volleyball is an extension of society. For this reason, professional behaviours are expected on the court, to provide a consistent model to athletes and their parents.

The coaching philosophy of the Mountain Volleyball Club encompasses four essential points: MVC Coaches, Respect for Athletes, Responsible Coaching and Responsibilities of Coaching.

MVC COACHES

- Seek ways to reduce potentially negative aspects of sport e.g., winning at all costs, playing to the letter (rather than the spirit) of the rules. Accept both the letter and the spirit of the rules that govern Ontario Volleyball Association and the competitions in which they compete.
- Encourage the athletes and other participants to uphold the rules of competition and the spirit of those rules
- Accept the role of officials in ensuring that competitions are conducted fairly and according to established rules
- Refrain from abusive personal attacks on officials, student-athletes and other coaches
- Maintain the highest standards of personal conduct and project a favourable image of the sport and of coaching to athletes, other coaches, officials, spectators, families, the media and the general public
- Encourage athletes and other participants to participate in volleyball on a life long basis
- Understand that coaches are a powerful influence and role-model to the athletes you coach, therefore be conscientious of what you say and do in all aspects of coaching.
- Uphold the responsibility of coaching in the Mountain Athletic Club by bringing unethical behaviour to the attention of the appropriate authority

RESPECT FOR ATHLETES

- Treat all participants in sport with respect at all times.
- Provide feedback to athletes and other participants in a caring manner that is sensitive to their needs. Focus criticism on the performance rather than on the student-athlete.
- Recognize the athlete's right to consult with other coaches.
- Respect athletes as individuals and refrain from intervening inappropriately in personal affairs that are outside the generally accepted jurisdiction of coach.
- Treat all student-athletes equitably regardless of gender, race, and place of origin, athletic potential, colour, religion, sexual orientation or socio-economic status.
- Encourage and assist athletes to become responsible for their own behaviour, performance and decisions.
- Respect as much as possible the opinions and wishes of athletes when making decisions that affect them.
- Provide athletes with the information necessary for them to be meaningfully involved in the decisions that affect them.
- Keep confidential any information about athletes gained through coaching activities and believed to be considered confidential by the athlete.
- Encourage an environment of mutual support among all athletes.
- Encourage athletes to respect one another and to expect respect for their worth as individuals.
- Not to engage publicly in demeaning others in sport.
- Practice discretion in public conversation about athletes, coaches or other participants in sport.
- Respect the athlete's dignity. Verbal or physical behaviours that constitute harassment or abuse are not acceptable.

RESPONSIBLE COACHING

- Employ coaching methods that benefit athletes, provide a safe environment, and work consistently for the good of the student-athlete
- Ensure that activities are suitable for the age, experience, ability, and physical and psychological condition of the athlete
- Prepare athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments
- Refrain from using training methods or techniques that may harm athletes
- Demonstrate awareness of significant pressures in athletes' lives such as school, family and financial pressures and coach in a manner that fosters positive life experiences
- Consider athletes future health and well-being as foremost when making decisions about an injury and the ability of the athlete to continue
- Take into account academic demands placed on athletes and conduct practices and games in a manner as to allow academic success
- Act toward other coaches in a manner characterized by courtesy, good faith and respect
- Collaborate with other coaches to ensure the best interest of the athlete are being met
- Reinforce alcohol, tobacco and other drug-free policy Know and abide by sports rules, regulations and standards as they apply to the Ontario Volleyball Association as well as expectations of outside competitions

RESPONSIBILITIES OF COACHING

Administration

- ❑ Attend Coaches' Meeting (or send a representative)
- ❑ Assist Treasurer and Public Relations Designate in collecting Athlete Information and Registration Forms
- ❑ Assist in uniform inventory sizing
- ❑ Co-operate with the Head Coach in maintaining practice schedules and other aspects of the sport
- ❑ Submit Tournament expense reports/receipts in a timely fashion (within one week)
- ❑ Select and assist Parent Rep

Athlete Development

- ❑ Ensure the safety and security of all student athletes
- ❑ Be familiar with the site's Emergency Action Plan (EAP)
- ❑ Implement practice plans that lead to the overall development of the athlete

Program Development

- ❑ Welcome athletes capable of meeting MVC expectations and requirements
- ❑ Fulfill competition commitments
- ❑ Fulfill tryout and practice commitments
- ❑ Maintain equipment and (ball, net, cart, etc) inventory
- ❑ Supervise assistant coach and support staff

Communication/Liaison/Public Relations

- ❑ Liaise with Co Coaches and Head Coach
- ❑ Liaise with Parent Representative and provide schedules for athletes and parents
- ❑ Provide the Public Relations Designate with scores, statistics and other media friendly information that helps promote the team or club

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