



No Panic 13 Diego

No Panic Volleyball Club has assembled a team of players for our No Panic 13 Diego Team with a high level of athleticism and volleyball skill. Players will be expected to play multiple positional roles, including setter, hitter, and defensive-specialist. During the season, we will work on improving technical skill, strategy, and team chemistry.

Our players will be competitive, communicative, respectful, cohesive, and hard-working. We believe our players should consistently display a positive attitude and strive to do what is best for the team and themselves.

The entire team will receive weekly technical training in team practice and in skill specific workouts. Coaches will provide regular feedback on the team's progress as measured in practice scrimmages and tournament performances. Players will also receive information on how to improve their skill, nutrition, and conditioning.

Though we encourage players to be a part of other activities outside of volleyball, we ask that players respect their teammates by making their commitment to No Panic a priority. Unavoidable conflicts should be shared with coaches as soon as the player is aware of them.

The No Panic 13 Diego team will compete with many of the top 13s teams in the nation which include but not limited to: NVVA, Vienna Elite, EC Power, Triangle, TCA, Metro, Synergy, and more.



Player Expectations

The players chosen for No Panic Volleyball teams have a combination of mental and physical attributes that are consistently displayed by some of the top volleyball players in the region. We expect these players to demonstrate the following during the coming season:

- Intensity and motivation. Players must be prepared to give 100% in practice every day. "Practice as you would play" is a phrase they will hear often during the season. All our players are strong athletes with the capacity to play at the highest level, but there is no substitute for hard work. Players will show respect for their coaches and teammates by coming prepared to do their absolute best every time.
- Mental capacity and emotional resilience. Players need to perform well under pressure and be able to shake off mistakes. The ability to put each game behind you and focus on the next challenge is a vital skill in both sports and life.
- 'Coachability' and the capacity to quickly learn new techniques. The player must be able to actively listen to instruction, adjust how they do things, and retain the skills taught to them. Work outside of practice will help the player improve their skills even faster. If all players continue to study the game, practice little things at home, review videos, and take advantage of other opportunities to improve (i.e., open gyms, doubles, 4 vs 4 tournament, private speed and jump training), we can build a very strong team.
- Dedication to the team. A team is only as good as its weakest player; therefore, it is in each player's best interest to help their teammates play to the very best of their ability. In practice this means that we constantly enforce a positive and supportive environment for learning. Players who are afraid of making mistakes will not improve their skills. In tournaments this means players let the coaches give instruction, while players give encouragement. A team's emotional state on the court directly affects their performance. Players who are a negative presence on the court will find their playing time limited.

No Panic Volleyball's methods are designed to develop well-rounded players with the motivation and ability to compete at the highest level possible. Our teams have been carefully selected with excellence as their goal. Working together they will gain success through their dedication, hard-work, and understanding of the game.



Volleyball Season Plan

NOVEMBER - DECEMBER

- All Skills Review
- Player's will learn No Panic techniques in passing, hitting and setting
- Team attitude expectations
- Offensive mindset – attack attack attack
- Defensive mindset – block block block and keep the ball off the ground.
- Tons of BALL CONTROL and SERVING!!!
- Team plays 3 times a week
- Preseason test through scrimmaging with other clubs
- Refining skills in all positional roles

JANUARY – FEBRUARY

- Jump Float Serve (standing float serve must be mastered by 80% of the team)
- Error minimization
- Continued setting techniques
- Add Team plays each week
- All formations

MARCH – APRIL

- More team systems and plays
- More problem solving and communication
- USAV REGIONAL CHAMPIONSHIP preparation

MAY/ JUNE (optional)

- Sand Volleyball!
- Post Season preparation (AAU or USAV Nationals)



Practice Expectations

No Panic Volleyball teams will practice at CASSEL'S three times a week. We understand that players will be traveling from all over Northern Virginia, with different school release times and distances. Plan accordingly and we expect you to be on time.

Our No Panic Volleyball teams have an established routine before, during, and after practice. The coaches request that players arrive as soon as reasonably possible prior to practice to prepare apparel and warm-up. We expect players to greet their coaches and teammates before every practice. Dynamic warm-ups will be completed without the coach's direction, but will be supervised and critiqued by the coaches.

Intensity, commitment, positive attitude, and the desire to improve are non-negotiable characteristics we look for in our players. Strong time-management skills outside of practice and dedication to attend all practices are key to helping your team succeed. Each individual is responsible for extra conditioning and nutrition outside of practices. Staying in shape and eating right are important to a player's mental and physical growth, and establish good habits for life outside of sports.

We expect players to advocate for themselves and to ask questions regarding improving their volleyball skills. This is an important life skill and we request that parents encourage their players to address issues with coaches directly, rather than intervening on their child's behalf right away. Our coaches are committed to helping your child develop as a person as well as an athlete. The experience of asking for and obtaining feedback on performance and then taking the necessary action to improve is one that your child will use throughout their entire working career. If they have tried to self-advocate and feel they are not being heard, then you are welcome to request a meeting with the coach for further discussion. Please respect the 24-hour-rule as laid out in the communication policy on the next page.

We do not encourage parents and other family members to be on the gym floor or courtside during your child's practice. This is for safety, respect for the team, and to maximize the floor space for our team and coaches. Depending on the location, bleachers, hallways and/or area away from the volleyball are acceptable. We understand all parents want to witness the growth of their children in the sport of volleyball, but please be sensitive to giving space physically and mentally to our athletes.



Parent Expectations

No Panic Volleyball Club prides itself on being a small club with accessible coaches. If you have a specific question for a coach about your child, we kindly ask that you set up a meeting via e-mail before or after practice. Please note that we will only discuss your child with you, and will not enter into any discussions about any other players with you at any time. ***Please be aware that watching practices courtside has zero added benefit and interaction during practices is not permitted.***

Communication:

1. Players are encouraged to discuss issues with the coaches directly.
2. If a parent has an issue with something that happened at a tournament, we ask that you wait 24 hours after the end of that tournament to call or email to set up a meeting for the next practice.
3. Coaches will not respond to emails or calls made within the 24-hour post-tournament time span. This gives coaches, parents and players enough time to reflect on any issues to be discussed.

During tournaments/games we expect the following from the parents of our players:

1. No coaching players or coaches
2. No yelling at referees, line judges, scorekeepers, or other tournament officials
3. Yes to positive support of the team
4. Yes to high energy in stands
5. Yes to praising all players during and after a match

Post-tournament, please give your player time to relax and regroup mentally and physically on the way home. There will be plenty of time to discuss their triumphs and mistakes tomorrow.



TEAM FIRST

Volleyball is as much a mental game as it is physical at times. A cohesive team dynamic can make the difference between a good team and a great team. Teams will engage in team-building activities during the season to help establish a strong bond between players. In order to lay the groundwork for positive team dynamics, No Panic has established certain guidelines for behavior.

SOCIAL MEDIA

The online world that today's teenagers live in provides the opportunity to make mistakes on a very public stage. No Panic has the following rules regarding social media:

- Players are expected to display good sportsmanship on ALL social media and online group communication platforms, including but not limited to Twitter, Snapchat, Tumblr, Facebook, Instagram, and YouTube. Posting negative comments online about teammates OR opponents reflects poorly on both the player and the club, and will result in consequences.
- Group chats and online communication about team-related topics should be inclusive of the entire team, not just a subset.
- Players should be careful about the information they put out on social media. Once something has been posted, you no longer control who sees it. In the short term, this can harm your relationship with your coach or your team, and in the long term, it can impact the impression that a future coach, college, or boss might have of you.

BENCH ATTITUDE

There are between 10 and 12 players on a volleyball team, and only 6 of them can be on the court at any given time. Those who are on the bench are just as important to the team's success as those who are playing. No Panic expects players to show a positive and supportive attitude toward their teammates at all times during a match. Coaches will take a player's attitude into account when deciding future line-ups.

TRAVEL

For multi-day travel tournaments, No Panic arranges blocks of rooms at a hotel that is close to the playing venue, often within walking distance. No Panic's policy is that players will stay with their parents. However, families are welcome to arrange situations where players travel/share a room with another player's family for cost reasons. Coaches will set a curfew time for all team members and we ask your help in enforcing that curfew. No Panic's complete Travel Policy is published on the Forms and Documents Page of our website.

Social activities when traveling should be inclusive of all members of the team.



GAME DAY

Players must arrive 45 minutes before scheduled 1st match of the tournament day. Players begin team warm-ups on their own 30 minutes before the 1st match of the tournament day.

The team is expected to be at courtside 15 minutes before the 1st match. Teams are responsible for monitoring the play on their court so as to be on time for all subsequent matches. Per CHRVA/USAV rules, teams that are NOT on time may be required to forfeit.

Captains are chosen during the practice before a tournament. Two to three different captains will be chosen for every tournament. We request the team transport the ball cart, balls, and ball bags from practice to the tournament venue. Then return the equipment at our next practice. *We ask that all family members assist the team in retrieving balls served or hit off the court during warm ups.*

During matches, players on the bench will stand at the end of the bench. All players will help carry any equipment between team transitions. No cell phones, tablets, laptops, or homework are allowed at the work-team tables or with line judges. Work teams are rotated throughout the season and will be kept on record. All players must be present during all assigned work team assignments. No exceptions!

Between matches we encourage players to energize through healthy carbohydrates and rest. This is also a perfect time to do homework!

We support both our team and the opponent for putting on a match. We ask that audience members do not switch sides when teams switch.

Players earn the opportunity to compete in tournaments.

It will be based on the following:

1. Performance and Attendance during practices
2. Performance during previous games played on that specific tournament day.

Our team is expected to be positive ambassadors of No Panic Volleyball Club and the sport of volleyball by respecting their team camp area, referees, other coaches, players, and families.

Most importantly our team will display self-respect and team respect. We require players to wear warm-up pants or shorts over spandex when off the court.

If players or family members do not adhere to the above guidelines on punctuality, work teams, and showing respect, disciplinary action will take place not limited to:

1. Sitting out a set.
2. Sitting out a match.
3. Exiting the building.