### Evergreen Volleyball

### 2015

### Sandy Feaser

### Head Coach

### Sandra.feaser@rentonschools.us

### 425-351-3837

### Tiare Faletogo

### Assistant Coach

### Head JV Coach

### 206-432-1035

The primary goals of the volleyball program at Evergreen are to

* teach lifelong skills of accountability and self-confidence in young women athletes
* introduce and develop advanced volleyball skills
* create a sense of community among teammates that improves the life of the entire campus
* experience success at a competitive level in the Seamount League
* **ABSENCE FROM PRACTICE:**  Athletes must be at practice the day prior in order to compete in the following match so that we can ensure the most effective preparation for any given opponent. If a player is unable to attend a practice and thinks they still deserve to compete, they need to explain their situation to their teammates and coach so that everyone feels confident that we are adequately prepared for our opponent. They will not start in the following match and will only play if a teammate gives up their spot for them.
* **PUNCTUALITY**: Athletes and coaches are expected to be ON TIME to all practices and matches as a way of demonstrating their commitment to their teammates. If and when a player realizes they will be late due to circumstances out of their control, they are expected to notify their coach. If they do not do so, consequences ensue (see above for absence, team will choose consequences for tardies)
* Athletes are expected to attend both JV and Varsity matches on any given game night as a way of showing support for the overall volleyball program and not just their own individual squad
* Athletes are expected to be serious students.

Practice/Match Policies

I believe that a coach’s role is to inspire and motivate athletes to meet their full potential. I believe that athletes can reach their full potential more readily when they are physically AND mentally engaged in self-monitoring their own skills and the game as a system. Under my coaching, athletes are expected to strike a balance between thinking and reasoning how and why the game works the way it does AND practicing and running drills to build muscle memory.

Athletes can expect to be asked WHY certain plays occur as they do and/or WHY they perform skills in a particular way to instill their ability to improve themselves and reach the next level as a volleyball player. Players and parents can expect me to have high expectations in terms of practice and game participation, but they can also expect me to be understanding of life circumstances. I expect players to be fully committed to their teammates and fully committed to having a growth mindset, wherein they are open to trying new and different strategies to make the team and themselves more successful.

Coaching Philosophy

**Student signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EVERGREEN HS VOLLEYBALL**

**Varsity 2015 Junior Varsity**

**Luana Tupa Erika Lara-**

**Casteneda**

**Kindra Smith Camille Nokes**

**Malea Vaomu Elizabeth Recinos-**

**Avalos**

**Elizabeth Lindo Gladys Serrano**

**Sophia Huynh Kiana James**

**Veronica Martinez Rileigh White**

**Sabrina Pietron Feretia Aferti**

**Lily Berka Nouci Ha**

**Thaiasia Holloway Thaiasia Holloway**

**Kelea Waiau Paola Quintanilla**

**Paola Quintanilla**

**AS OF 9/3/15**

**www.seamountathletics.org**

**for schedules, standings, rosters and more!!**

Schedule

Thu, Sep 10 Thomas Jefferson 7:00 Home EVCampus

Tue, Sep 15 Tyee 7:00 PM Home EVCampus

Thu, Sep 17 Hazen 7:00 PM Away Hazen

Tue, Sep 22 Lindbergh 7:00 PM Home EVCampus

Thu, Sep 24 Foster 7:00 PM Home EVCampus

Tue, Sep 29 Highline 7:00 PM Away Highline

Thu, Oct 1 Renton 7:00 PM Home EVCampus

Tue, Oct 6 Kennedy Catholic 7:00 Away Kennedy

Thu, Oct 8 Tyee 7:00 PM Away Tyee

Tue, Oct 13 Hazen 7:00 PM Home EVCampus

Thu, Oct 15 Lindbergh 7:00 PM Away LHS

Tue, Oct 20 Foster 7:00 PM Away Foster

Thu, Oct 22 Highline 7:00 PM Home EVCampus

Tue, Oct 27 Renton 7:00 PM Away RHS

Thu, Oct 29 Kennedy Catholic 7:00 PM Home EVCampus

* At the JV level, the goal is to be successful in terms of winning games but more importantly, developing skilled players. The goal is to establish equitable playing time based on skill, desire to play, and willingness to take risks. In some cases, equitable playing time will take priority over winning sets/matches
* At the Varsity level, the goal is to be successful in terms of winning games. The players that demonstrate the greatest level of consistent skill will earn the most playing time, regardless of age, position, experience, etc. In most cases, winning sets/matches will take priority over equitable playing time.
* At both levels, negative attitudes result in loss of playing time. Selfish attitudes are toxic and jeopardize the program’s success regardless of individual skill. Players will be removed from the contest if they are unable to control negative body language and emotions that adversely affect the team as a whole.
* Teammates are expected to commit to an entire season when they try out in August. Commitment to the team is outlined in the expectations and policies previously addressed. Failure to maintain said level of commitment can result in removal from the team but is highly unexpected.

Playing Time and Team Membership