

PHILOSOPHY/PRINCIPLES–

- Athletes Development-Skill Building-Love of Volleyball
- Family events, Academics, School Sports, Juniors
- Make every effort to be at practice–Builds Camaraderie, Team Cohesiveness, Develop Volleyball Skills

COACHES / PLAYERS–

- 1-2 coach for each team
- 90+ players in the program

PRACTICE–

- **Introduction/development of basic skills–passing, setting, serving, hitting**
- **Players start by being grouped by age/ability for certain skills**
- **Playing the game of volleyball through drills and games set to focus on specific skill development**
- **Learn the rules and strategies**
- **HAVE FUN, MAKE FRIENDS, LEARN VOLLEYBALL**

SCHEDULE

SCHEDULES–

- Practice Schedules will be posted on the SportsEngine website www.rockvbc.com
- Choose CALENDAR
- Check for possible updates and changes weekly
- Practices will be canceled if Janesville Public Schools close their buildings–
 - WCLO.com/closings/post
 - Facebook: ROCK VBC Inc. www.facebook.com/janesvilleroockvbc/
- No tournaments are scheduled for the JUNIORS Program

PRACTICE

FEES–

- Badger Region memberships – \$17.50
- ROCK JUNIORS–\$195
 - All players will receive
 - Team shirt with their number and name (ROCK color chosen by club)
 - Baden Volleyball
 - 12 Practice dates 12/1, 12/8, 12/15, 1/5, 1/19, 1/26, 2/2, 2/16, 2/23, 3/2, 3/9, 3/16

MEMBERSHIP

PARENT CONDUCT/BEHAVIOR–

Practice Time

- Parent attendance is welcomed at practice– Not a lot of seating, tables in lobby
- Please avoid coaching your daughter from the sidelines during drills unless invited by coach
- Please refer to our conflict resolution policy for any problems that you may have.

Supportive/Positive

- Help your athlete look to positives, what are they doing well
- Encourage athlete to improve skills during practices
- Don't criticize the other players or coach in front of your athlete

Tournaments

- No tournaments scheduled for the Junior Program

GROWTH vs FIXED

ROCK GEAR–CLOTHING–Orders will be on-line and delivered to practice

- LINK will be added to the ROCK VBC Website
- Not obligated to buy–All players get a team shirt
- **Dec 8th due date.**
- Should be ready for Christmas–pick up 12/18 and 12/19
- Gear can add names–if desired

ROCK GEAR

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