



# LONGMEADOW HIGH SCHOOL

2009 - 2010

# VOLLEYBALL

***"Pure Intensity"***

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*" A person doesn't become whole until they become a part of something bigger than themselves." - Jimmy Valvano*



#### **PROGRAM PHILOSOPHY:**

The focus of the Longmeadow Volleyball program is on the development of the player as a student, athlete, leader, and role model. Any success we might enjoy will be directly related to the effort put forth by ALL members of our FAMILY - players, coaches, and managers. Our success will be dependent upon our confidence, intelligence, hard work, sacrifice, dedication, and enthusiasm. Success requires the confidence to dream, to set goals, and the hard work, sacrifice, discipline, and enthusiasm to set that plan into action. In order to accomplish our goals we must hold ourselves to the highest standards, both on and off the court, and we must conduct ourselves with class and dignity in all situations. WE WANT OUR PROGRAM TO BE A MODEL FOR OTHERS TO FOLLOW!

#### **SEASON OUTLOOK:**

The 2009 season will be another test of character for this team. Last season's successes have once again put a "black and white" bulls-eye on our back. We will continue to embrace what has made us successful - TOUGHNESS, TOGETHERNESS, SACRIFICE, PRIDE, and COLLECTIVE RESPONSIBILITY! Combining these attributes with pin-point passing, attacking ability, and relentless defense we are in a great position to have another miracle year. Success however, will not happen automatically. We all (Players, Coaches, Managers) have to make a conscious effort everyday to improve.

#### **WHAT WE ARE:**

We will get easy points, not give up easy points, have more good touches, and punish our opponents when they score on us. Therefore, our focus on the year will be to:

1. Get the ball to the setter – crisp passes - patience on offense
2. Own the net (Big blocks – Bigger swings)
3. Defend as a team (Rule #1: Go for every ball! Rule #2: If a ball is too far to reach...see rule #1!!)
4. Attack every chance we get (Get those easy points)
5. Play TOUGH defense & SMART offense
6. Outwork our opponents (Nothing easy)

#### **WHAT WE MUST DO EVERYDAY:**

1. Communicate
2. Compete
3. Execute
4. Work Hard

#### **WHAT MAKES UP LHS - LANCERS**

**L** - Look to your teammates for support

**H** - Help your teammates when they are down

**S** - Sacrifice yourself for the good of the team

**L** - Loyalty

**A** - Active Communication

**N** - NO Excuses

**C** - Commitment

**E** - Enthusiasm

**R** - Respect

**S** - Self-Pride



**OUT MOTTO:**

*Winning is not a goal, it's a result*

Remember, the volleyball season is long. We will face trials, tribulations, and adversity. NO team goes through a season without challenges. The test of a GREAT TEAM is not those who have the fewest challenges, but those who learn from those challenges and peak when it counts the most. We can accomplish anything if we do it together! We need to be there for each other. Our doors are always open to you. If you have ANY problems you want to discuss or if you just want to shoot the breeze, do not hesitate to speak with us about anything. The coaches are here for you! Problems cannot be solved without communication. Let's make this season memorable!

**RULES:**

1. Go for every ball
2. If the ball is too far to reach...see rule #1
3. Everything WE do must be done in a FIRST CLASS way! (Together you, as players will determine the specifics.)

**FINAL THOUGHTS:**

Those who wish to excel must give far beyond the average.

Longmeadow Volleyball has a reputation built on sportsmanship, excellent volleyball, and high academic performance. It's up to you to meet and maintain the standards set forth before you and your coaches.

Remember that everything you do on and off the court reflects you, the school, your family, and Longmeadow. Our challenge is to not only build a reputation, but enhance it every day.

This volleyball season depends upon you and YOU alone.

1. The way you study the game
2. The way you work on your weaknesses
3. The way you improve on fundamentals
4. The way you cooperate with your teammates
5. The way you condition yourself
6. The way you desire to grow
7. The way you support your team
8. And above all, the way you ignite a burning desire to play winning volleyball

*"Success is that place in the road where  
preparation meets opportunity" –  
Branch Rickey*



### EXPECTATIONS:

1. You are a **role model** representing yourself, your family, this program and LHS. **Act in a first class way at all times and in all situations** (games, practices, classes, and social situations).
2. You are a **family member**. Act in a mature way at all times and in all situations with your family's best interest at heart. Think before you act. **Every action will either build our family unit or break it apart.**
3. You are a **teammate**. It is an awesome privilege and an awesome responsibility. **NOTHING can come between you and your teammates.** You must give ALL your teammates your unconditional support. It is everyone's responsibility to be a cheerleader and a supporter.

### EXPECTATIONS OF EACH OTHER

Practices: (Some examples from past teams)

- 1.) Come prepared to practice and be ready at least 10 minutes prior to start time
- 2.) Full **Concentration** and **Intensity** for the entire practice
- 3.) 100% effort every practice
- 4.) Push each other to practice harder
- 5.) Pick each other up when others are down
- 6.) Listen and respect coaches
- 7.) Have fun

Games: (Some examples from past teams)

- 1.) Play together
- 2.) Give 100% every time you step on the floor
- 3.) Understand your role
- 4.) Keep focused whether on the bench or in the game
- 5.) Leave everything on the court
- 6.) Help each other through mental lapses
- 7.) Play like Soldiers, be ready for war
- 8.) Respect decisions made by the coaches

Road Trips: (Some examples from Past Teams)

- 1.) Act like mature adults
- 2.) On the trip, focus on the game and what will make us successful during it



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### PLAYER'S CONTRACT:

I have read the 2008 Longmeadow High School Volleyball Handbook and I agree to uphold all of the principles which have made, and will continue to make, this a model program. I readily sign and am anxious to be a positive contributor and leader of our team and family.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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