**2023-2024 ISO WINTER Team Meetings**

1. Communication- be sure everyone has contact info completed. Ask if they are getting emails. If anyone is going to miss a practice or be late they need to contact the coach. Add cell phone #’s to team spreadsheet. Email ISO if you want to be added to group email list.
2. Each team has received an email specifically for that team. If you want to communicate with the other parents on the team you can reply to everyone through that email. Please take Inside Out email address out of it before you start an email chain as I don’t want to be included in 50 emails asking who is bringing what to the next tournament.
3. Team information is on the ISO website.

* Team Rosters
* Tournament schedules will be added soon
* Weekly practice schedules- we try to stay at least two weeks ahead with the schedule
* Links to many of the tournaments
* Links to make club payments

1. Practice expectations:

* Working on December schedule. January may vary based on power leagues and tournaments.
* Be on time- ready to start at scheduled time
* Should always have a water bottle with them. Towel also if you sweat a lot ☺
* Report all injuries to your coach
* Give 100% in all drills
* Playing time is earned in practice
* Listen when coaches are talking- no chit chat
* Practices are open for parents to sit and watch. If you choose to watch you will not coach your child or any other child that is practicing. If you are not able to keep to yourself you will be asked to leave the gym. Let the coaches do the coaching.

1. Scrimmages & Ref Training

* Working on setting up team scrimmages for December 30. Teams will play at ISO or Impact Dynamic.
* Also doing ref training on December 30. Juniors and seniors are welcome to participate.
* Participating in the scrimmages is encouraged but if you are out of town no need to change your plans. We will make it work with those that are able to be here.

1. Tournaments- Power Leagues

* Club power league in West Michigan Area
* Single day events on Saturday or Sunday
* Start at 8:00 am- 2:00pm or 3:00 pm to 9:00pm
* 4 matches per day- there for 6 hrs
* Admission cost- $5 adults , $3 students
* Open Power League will vary between Dunes, West Michigan, and Lakeshore.
* Saturday afternoon/ Sunday morning
* 3 matches per day typically
* Admission cost- $5 adults , $3 students
* Tournaments are typically two day events. Saturday is a morning or afternoon wave. Sunday could be any time frame. The more you win the more you play on Sunday.

1. Playing time vs Practice Time

* Everyone has the same opportunities for practicing. Playing time however is not equal
* Some players might never come off the court. Some might play half the time. Volleyball is a game of specialized positions which requires some positions to play more than others.
* Coaches will not put players in a position where they are sure to fail. i.e. serving or setting. Parents sometimes think their child should have the opportunity to serve but the child doesn’t want to because they know they will fail and let the team down.
* Everyone participates when their team is assigned as the work team- don’t ask to leave early to get out of working.

1. Positive parenting

* Let the coaches do the coaching
* Be positive- do not yell criticism at your daughter or anyone else’s daughter
* Don’t need parents yelling “POINT” every time they think a point is missed. The coach will handle this.
* Be sure you have read and understand the parent/player rules.
  + 24 hour rule

1. AAU Membership needs to be completed ASAP. Prior to team scrimmages it must be done. Follow instructions on our website. Be sure to select Inside Out as your club. If you did a 2 or 3 year membership still need to login to your account- select edit/reprint and be sure it shows Inside Out as the club.
2. Be safe/ Healthy

* Err on the side of caution – if you think you are sick stay home.
* If you don’t feel comfortable in a situation stay away.
* Be considerate of those around you.

1. Club Payments

* All club payments are handled by Lindsey Balcom. If you have questions you may email her at Lindsey@insideoutvolleyball.org.
* Payments can be made online or at the front desk.
* ISO staff working the front desk does not have access to how much you owe. Questions on payment amounts should be directed to Lindsey.