



## Central Lyon Volleyball

### **Central Lyon Volleyball Mission Statement:**

To develop hard working individuals who are positive role models on and off the court, as well as; pushing student athletes to reach their fullest potential. It is our mission to instill a strong work ethic, discipline, leadership, and a desire to play the game of volleyball, competitiveness, and learn other life lessons along the way.

### **Central Lyon Team Philosophy:**

Once practice is underway, coaches will evaluate each athlete's skill level. Athletes may be moved within Freshmen, Jr. Varsity and Varsity levels for them to be successful—this is important for confidence and for skill improvement. We have many athletes who work above and beyond the minimum to better themselves. We're hoping our players push each other to become better athletes, and to continue to develop our volleyball program.

Coaches will attempt, whenever possible, to provide playing time for every athlete on the roster. But these opportunities cannot be guaranteed. To balance squads, players could be moving up or down throughout the season, flexibility from all athletes and parents is an integral component in each team's success.

## JV-R Volleyball

### Coach Whitsell

My role as the JV-R volleyball coach is to teach and mentor players in the fundamentals of the game as well as demonstrating good sportsmanship. I strive to teach players life lessons through volleyball which will carry over into adulthood. These life lessons are working hard, setting goals, and evaluating and adjusting along the way. These are skills that can translate on and off the court. I strive to provide the opportunity for my athletes to achieve their full potential in volleyball.

Each girl will have a role on the team and every role is important to our dynamics. No matter the role, I require hard work, determination, enthusiasm, and coachability. Not everyone will play an equal amount. A strong desire to improve oneself by mastering the fundamentals will not only benefit the player but will increase her probability of success later in her volleyball career. I will require respect not only to our teammates but to our opponents. As a coach, I will push each athlete to be her best. I strive to provide an atmosphere that makes volleyball an enjoyable experience.

The success of our team requires each player to perform her role to the best of her ability. My goal as the JV-R coach is to determine where each athlete fits. I hope to instill my passion for the game and help each athlete become the best version of themselves.

## JV Volleyball

### Coach Weiler

My philosophy is to emphasize a fun and positive experience of playing the sport of competitive team volleyball. We will work to strive for the perfection of the mechanics and the technical skill development. At the JV level, all players must be flexible and open-minded.

When being flexible, it is understood the many changes that may happen at the JV level. At the JV level, we are starting to shift to a Varsity mentality. We are playing to win to a certain extent. I will try to allow all players to see some playing time, but depending on each game and player's position, it is important to remember that some athletes may play more frequently than others.

Every player has a role on the team and every role is important. I require hard work, determination, and passion for the game. Trust the process and your coach.

I strive to pass on my passion for the game of volleyball as well as to help players realize and achieve their full potential both on and off the court. And lastly, we play to have fun and push others to become better.

# Varsity Volleyball

## Coach Schar

As your varsity coach, I will provide athletes with a safe and competitive playing environment that allows each player to reach her fullest potential. I believe it is my job to provide players with opportunities to see how skills obtained during the volleyball season correlate to many areas of their lives. I will be firm and consistent and treat all athletes fairly. I will clearly communicate to all players.

At the varsity level, I will attempt, whenever possible to provide playing time for every varsity athlete on the roster. However, these opportunities cannot be guaranteed. And when they do not occur, my perception of when they should occur may not match with when you believe they should occur. I will work for my athletes to understand above all, playing-time decisions at the varsity level come from my obligation to produce a team that will defeat our opponents. I will always put the players on the floor who I think have the best chance to win the match.