



Synergy VBC Guidelines

17-Hydra

We're only as strong as the individuals that make up this club (coaches, players and parents). Please read our club's guidelines and expectations outlined below that will help lead to a great experience for our athletes and their families this season

CORE VALUES

- **Effort:** We expect our athletes to give their best effort in every practice, match, and workout. Effort is key to growth and developing a strong work ethic, and each player is responsible for pushing themselves to be better every day.
- **Competition:** We make every effort to expose our athletes to highly competitive situations and challenge them to raise both their physical and mental game in order to reach their full potential. It's important to learn to embrace challenges and view setbacks as opportunities to grow.
- **Respect:** We believe in creating a culture of mutual respect that fosters trust and positive relationships. Respect for teammates, coaches, opponents, officials and the game itself is non-negotiable.
- **Communication:** Teaching our athletes how to communicate with coaches and teammates is an important part of their growth. We encourage supportive, thoughtful and constructive communication, and expect that our parents set the right example on this as well.
- **Coachability:** Athletes must be open to coaching, feedback and self-reflection. A coachable player is someone who is willing to learn, adapt and grow in response to coaching and feedback. Being open to trying new techniques, strategies and roles within the team.

ATTITUDE & BEHAVIOR

- There is an expectation that our coaches, parents and athletes show respect to tournament officials and opposing teams. Parents and players should never argue with officials. All disputes over officiating should be handled by our coaches and elected court captain.
- We work with our athletes to embrace the “We over Me” mentality. We expect that our athletes and our parents learn to put the team first. Only supporting the team when your child has a role that you approve of is an attitude and behavior that is detrimental to the team/family environment that we will work hard to attain.

PLAYING TIME

At Synergy we want to get all of our players playing time but we do not guarantee an equal dispersion of that time. We ask that our coaches break a tournament into two segments: Pool Play and Playoffs/Qualifiers.

- **Pool Play:** Athletes will participate in at least one-third of all sets. **NOTE: This is a general guideline and coaches are given flexibility to alter playing time if and when situations arise.**
- **Playoffs & Qualifiers:** During this time we encourage our coaches to put together a line-up that they think is their most competitive as we play to win. During this time there are no minimum playing time requirements.

**If your team is knocked out of contention a coach can then decide to go back to our pool play strategy. National Bids will be treated as a qualifying event and teams will be encouraged to be as competitive as possible until they are knocked out of contention.*

- Conversations with coaches regarding playing time will not be tolerated during tournament play. If you feel a conversation is needed with your coach, please wait 24 hours from the last day of tournament play. For age groups 15s - 18s, the player should be the one to reach out to the coach to discuss this matter.

PARENTS AND PLAYING TIME

The support of parents is essential to the success of the team. While it can be difficult at times, we ask our parents to maintain a respectful, positive attitude and encourage their child to do the same regardless of their current role and/or playing time.

Coaches and club leadership are the ultimate authority with regard to lineups and playing time decisions. We recognize that sometimes a parent may feel frustrated and while that's understandable we do ask that both our parents and players try to maintain a positive Perspective

If you should have any questions or concerns, please reach out to your Head Coach. If there is a major team issue or discrepancy, feel free to contact our Lehigh Valley Club Director, Fern Torres. If a matter requires further escalation, reach out to Chang Han.

We look forward to a great season and we thank you again for choosing Synergy!

17 Hydra Practice Days & Times	
Mondays	Wednesday
7:30-9:30 pm LCCC	8:30-10pm St. Luke's

Weekend Practice Day & Time
Sunday
3:00-5:00 pm St. Luke's

Practice Facilities
<p>LCCC</p> <p>Berrier Hall</p> <p>4525 Education Park Drive, Schnecksville, PA 18078</p>
<p>St Lukes SportsPlex</p> <p>4636 Crackersport Rd, Allentown, PA 18104</p>

SLV Contact Information:

Christi Kelly
Hotel/Travel Coordinator
 610-283-4375
 Christi@synergyvolleyball.com

Lisa Montgomery
Uniform/Merchandise Coordinator
 Lisa@synergyvolleyball.com

Chang Han
Synergy Club Director
 610-316-3235
 Chang@synergyvolleyball.com

Fern Torres
SLV Club Director
 610-392-3607

fern@synergyvolleyball.com