

Synergy 15-Rush Team Expectations



2025-26

2025 Synergy 15-Rush Team Expectations



Shared Vision:

Synergy 15-Rush athletes will relentlessly pursue excellence on and off the court. This excellence can be displayed through our play during matches, but also how we carry ourselves during practices and how we represent the team and the broader Synergy Volleyball Club to others. We will strive to always play our best, and demonstrate preparedness, discipline, and adherence to our team and club rules and values. We will make an effort to better ourselves with each passing day, knowing that dramatic improvement can only be made through the gradual accumulation of small improvements. We will show respect to our teammates, coaches, club staff, officials, opponents, and ourselves. We will aim to make decisions based on the best interest of the team over our own self- interest.

Values:

The following values will be foundational to the success of our team. ALL of these values must be owned by all members (coaches, athletes, parents) for our team to reach its full potential.

1. Respectfulness
 - a. All members will demonstrate respect to others at all times
2. Selflessness
 - a. All members will put the needs and interests of the team ahead of their own individual interests
3. Resilience
 - a. All members will strive to show resilience in the face of adversity
4. Growth Mindset
 - a. Athletes (and coaches) will commit themselves to a growth mindset that places learning and improvement at the center of their actions

Behavioral Baselines:

The baselines listed below are a MINIMUM requirement for all athletes:

1. Be prepared to start practice on time, every day.
 - a. That means the gym is properly set up, players are equipped properly, and everyone is in the right mindset for practice.
2. Practice Standards:
 - a. For the time practice is scheduled, our focus is on volleyball.
 - i. Electronics are away, conversations are focused on volleyball
 - b. Nets must be set up, and ALL players must contribute.
 - c. Players will commit to mastering the fundamentals DAILY!
 - i. Fundamental skills are critical, and everyone can always improve on them.
 - d. Have an open mind.
 - e. NEVER hesitate to ask questions or ask for clarification.
 - f. Demonstrate positive body language and cheer for your teammates.
 - g. If we are dedicating practice time to a drill, it is because the coaching staff deems that drill is important to the team.
3. We will use appropriate and respectful language. We can disagree with each other and still maintain a high level of respect.
4. Listen more than you speak.
 - a. Everyone has ideas that can benefit the team, so be willing to listen.
5. Place heavy importance on your physical and mental health.
6. Be an example on social media. Demonstrate our core values online.
7. Show appreciation to your teammates, coaches, club staff, parents, etc.
8. **COMMUNICATION IS KEY.** If you have a conflict or a change of schedule, please alert the coaching staff as soon as possible. It is each player's responsibility to alert us to any changes or prior conflicts that may cause you to be late to or miss a team event.
9. Any inappropriate actions that do not align with team values and vision will result in consequences at the discretion of the coaching staff and Synergy Volleyball Club.

Playing Time

Playing time can be a touchy subject, especially if someone feels like they are not getting enough of it. Players must understand that coaches determine playing time based on what they believe will put the team in the best position to compete at a high level. Below is a framework with a few guidelines to lay out how playing time decisions are made and how you can EARN more of it.

Playing time determinations will be made using the following framework:

3 A's and 1 I:

Attitude

As an athlete, your attitude, energy level, and effort are some of the only things you have complete control over. By demonstrating a positive, team-first attitude, you put yourself in the best position to earn more playing time. This can be done by cheering on your teammates, being engaged on the bench, and showing willingness to help the team in any way.

Ability

Ability has a lot of variables, but this aspect of the framework comes down to who demonstrates the highest level of skill and athleticism on the court. No two players are the same, and sometimes, certain skill sets are more valuable than others. Context is important when determining ability. Ability can also be measured statistically (Hitting %, Server Rating, Passer Rating, etc.) or through standard measurements (vertical reach, speed, height, quickness, etc.).

Availability

Attending practices regularly and being available on match days is critical to team success and player development. 15-Rush will implement the following attendance policy:

The following are excused absences that will not affect playing time:

1. Sick with a doctors note
2. Important life events (Funerals, weddings, religious ceremonies, etc.)
3. Emergency scenarios

All other absences will be examined on a case-by-case basis by the coaching staff.

Should a player miss practice for a reason not listed above, they will be subject to the following playing time limitations:

- Every missed practice = 1 missed set of tournament play
- Every missed tournament day = 1 missed match of tournament play

Absences from team events should be communicated to the coaching staff as soon as possible. Failure to do so will result in consequences at the discretion of the coaching staff and Synergy Lehigh Valley.

I (your coaches) Decide

At the end of it all, it is the responsibility of the coaching staff to set the lineup that they believe will be the best for the team. This is especially true during playoffs and qualifiers. You do not need to agree with our decisions, but you must always demonstrate respect and do your best at whatever role you have been given. The coaching staff is always willing to have playing time discussions. However, we request that all playing time conversations are initiated by players. We also will not discuss other players' playing time, only how each individual athlete can EARN more time. Please see the next section for additional guidelines.

24-Hour Rule:

If a player or a parent would like to initiate a playing time discussion, it is club policy to NEVER do so at a tournament. When we attend a tournament, our first priority is to do the best we can and win as much as possible. In the heat of the moment, having conversations focused on an individual's playing time can detract from team success. If you would like to have a conversation with the coaching staff around a coaching/lineup decision, please wait until 24 hours have passed since you have returned home from the tournament in question.

Interpersonal Communication:

We see transparency and honesty as critical to team success. It is important to have honest, yet respectful dialogue. It is our job to tell you the truth, even if that truth is difficult to hear.

If you are having any conflict or issues, we ask that you address them with the affected party first. If a resolution cannot be met, a coach can then be brought in to resolve the issue.

It is vital that young athletes get experience having difficult conversations with their teammates and coaches while learning to maintain a high level of respect. After all, we are not ONLY teaching volleyball. It is the coaching staff's goal to develop our athletes into well-rounded and well-adjusted people who have the skills to navigate life's many challenges.

Court Culture:

Our goal is to create better pathways for communication from player to player and foster more positive self-talk. By doing so, we can avoid miscommunication and more effectively work through any issues that arise during matches.

1. All team members will participate in team huddles
2. When speaking up, we will attempt to avoid comments that are general (“my fault,” “my bad,” etc.)
3. Instead, we will replace those comments with:
 - a. Ownership of a mistake/error - “I will close the block next time,” “I will make sure to speak up earlier in serve-receive.”
 - b. Focusing your attention on the next action - “Watch for the tip out of a timeout” or “look for the middle to run a 31 on a freeball.”
 - c. Confirm individual responsibilities or set plays
4. Self-talk is an important type of communication.
 - a. What we say to ourselves can be just as important as what we say to others.
 - b. Our thoughts can trend towards the negative in tense situations.
 - c. Try to talk to yourself like you talk to your best friend!
 - d. Try to have a “next ball” mentality and don't dwell on past mistakes
5. Lastly, **PLAY THE GAME WITH JOY!!!** We want to be a part of a team that enjoys each other's company, loves to learn, and is capable of withstanding tough times. We all play the game because we love it! The more we can play with joy and enjoy the process of growing, the better our team will be!

Parent Roles

We wholeheartedly agree that parents serve a vital role in the success of our team.

The #1 job of a parent is to support your daughter and their team. We thank you all so much for giving us the opportunity to coach your daughters!

For obvious reasons - parents can have a HUGE impact on their children. We kindly ask that you show up and show your support, while embodying and embracing the team-first (WE over ME) mentality. What you say to your children has enormous weight. We ask that you be the biggest cheerleader you can be for them while upholding team values.

We will also need parent volunteers to plan team bonding activities, record film at tournaments, and much more! If you would like to volunteer your time or talents, reach out to the coaching staff!

Thank you all very much!
Let's have an amazing season!!!

Coach Collin

Email: coachcollinvolleyball@gmail.com

Phone: 610-849-3696