

# North Clackamas Christian School

## Elementary Volleyball Expectations - 2019

Coach Suzy Minne

- Arrive at practice on time. This means on the floor warming up, NOT walking into the gym with shoes in hand.
- All players need to come to practice in appropriate clothing (t-shirt, shorts, sports bra, knee pads) with good shoes and a filled WATER BOTTLE.
- RESPECT the coach and each other:
  - \*when given instruction, respond with “yes coach” or eye contact and a head nod.
  - \*no excuses, eye rolling, etc.
- --Work hard: take advantage of practice time to push yourself and make yourself a better, stronger player. We will not walk from one drill to the next – always hustle!  
*1 Corinthians 9:24 - "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize".*
- --Sportsmanship: remember whether on the court or off, we are representing NCCS and more importantly Christ, to those around us. Make sure our words and actions toward each other, our opponent, the officials, etc. are honoring to God.  
*Colossians 3:17 - "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him".*

Elementary volleyball will be all about learning and practicing basic volleyball skills and having fun! While I hope to work toward passing, setting and hitting on each possession, I don't anticipate that being the norm to start with. :)

I look forward to getting to know each of you this season! Please feel free to contact me with questions and concerns: [suzyminne@gmail.com](mailto:suzyminne@gmail.com), or my cell is 503-956-6437.

Player signature \_\_\_\_\_

Parent signature(s) \_\_\_\_\_

\_\_\_\_\_