



Sun Country Shine

Welcome Back!

We will use this space to periodically update our membership on the wonderful things going on in our region, discuss some food-for-thought topics, and seek your input on how to continuously improve our region.

Here we go !!!

The club season is upon us. If this is your first year playing club volleyball - welcome! If you are a wily veteran - welcome back.

Visit the SURVA Website

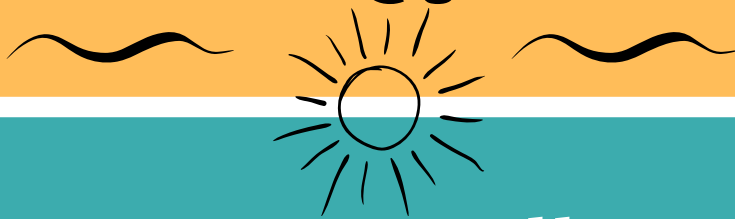
suncountryvb.org

You will find more info for players, coaches, officials, and directors.



Sun Country Spotlight

Coming soon! The Sun Country Spotlight section will allow us to highlight our exceptional members. This could be an outstanding player, coach, director, or official that has an exciting story to share either on or off the court. Send your nominations to mlmoffitt11@gmail.com



Sun Country All Stars

The USAV All Star Championships will be in Des Moines, Iowa July 18-21, 2024. Sun Country is hoping to field an older boys team and a younger girls team this season.

If you have questions or want to let us know about players that are obviously deserving from your area you can contact Mike Moffitt or Geoff Lawson.



TIMEOUT PLEASE

With Dr. M

Players - Coaches - Parents

Strengthening the triangle between players, coaches, and parents.

Sadly, at times I feel that youth sports would be vastly improved if there were no adults involved. While it is true that almost all of the issues that arise in youth sports are a result of adults behaving badly, our young athletes still need us to share our knowledge and love of sports, learning, and competition with them in a positive way. Think of a player, a coach, and a parent as the points of a triangle. The relationship between any two of those points will always impact the third point. How do we strengthen those relationships?

Coaches need to set their expectations for both parents and players clearly early in the season. Let players and parents know how and when they should communicate with you. Coaches should be constantly learning and improving, regardless of their experience level. Always do your best to simultaneously improve all of your players' individual skills and the team's performance. Be open to feedback and be transparent about the reasons for your decisions. Understand that you get to coach a player for a season or two, but the relationship between parents and their kids spans a lifetime. Be a positive force in their lives for the time that you are in their lives.

TIMEOUT PLEASE

With Dr. M

Continued...

Players - Coaches - Parents

Players should come to practice with an open mind and an intent to learn, then approach tournaments with an enthusiasm to apply their new skills and compete as hard as they can. Unfortunately, some kids are very talented at “splitting”. This behavior occurs when the player successfully gets extra attention and reinforcement from both adults by turning them against each other. They will tell the coach “my mom is so crazy, she did this, this, and that.” Then at home the player says that “the coach is so mean. I am afraid of her. She made us do this, this, and that as punishment”. So, players, stick to the truth, please. Most adults are stressed out enough already.

Parents are obviously footing the bill and putting in the hours to transport their athletes all over the place. As tempting as it is to rehash and critique your child’s performance, the healthiest thing you can say is “I love watching you play. It looked like you had fun out there.” Parents can also indirectly support the coach by asking their player reinforcing questions like “what did you learn today?” and “what was your favorite part of today’s practice (or match)?”. Parents must also be aware that they have the power to poison their player’s relationship with a coach by constantly talking trash about the coach at home. Being openly disrespectful to a coach is a whole different problem, but teaching your athlete that you don’t respect the coach behind their back encourages the player to disrespect that coach too.

TIMEOUT PLEASE

With Dr. M

Continued...



Players - Coaches - Parents

Stick to the Chain of Command. It is made clear in the Book of Matthew and countless other sources of wisdom, that there is incredible value in being direct in your conflict resolution. If you have a problem, go directly to that person at the appropriate time and place. It is almost guaranteed that there is some level of misunderstanding occurring and the best solution is a conversation. Even if you continue to disagree, talking will be humanizing and enlightening, and you will come away with a better understanding of the person on the other side of your quarrel.

If something illegal or extremely dangerous is happening, please ignore the chain of command and alert the authorities! But going behind the coach's back to complain to the club director or the commissioner of the region over petty grievances, exaggerations, position or playing time, is counterproductive and is a drain on peoples' valuable time. The chain of command should always start at the lowest possible level, with the person your conflict is actually with.

Take care of one another. Strengthen that triangle. Do your best. Be kind.

DR. MIKE MOFFITT

Mike is your SURVA Junior Representative
Please reach out to him with questions, comments, and
concerns related to coaches education, player welfare and
ethics, All Stars, or future topics for "Timeout Please".

mlmoffitt11@gmail.com