

Hello parents and players! Welcome to the Reseda High School Girls Volleyball Program. If you have received this packet it means you have made one of the high school teams and have been cleared or will soon be cleared to play. As we look ahead to an exciting season of learning, progression and competition we have some key things that we would like both parents and players to be aware of. Please enter the program with the respect it deserves and take some time to read through this entire packet. It contains some very important information and will greatly increase a players purpose and focus during the upcoming season.

Top priority for our players! All communication in regards to training and volleyball must be player driven. Meaning, we want to hear directly from players on what they are looking for and hoping to achieve with their volleyball training and careers. Player communication also includes scheduling and calendars. In order for players to get the most out their training and time spent in training they need to be focused and engaged as well as participate with the necessary level of maturity. Allowing players to be the first line of communication and keep up with their own schedule goes a long way to keeping them engaged and helping them build their confidence and belief in themselves and their ability to handle all aspects of training. We have set a 3 practice miss rule for our program! Which means, 3 missed practices max during a season, more than 3 and the player will be released from the program but is welcome to tryout again the following season.

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The requirements for our older players and younger players will differ to some degree and we will include both in any applicable situations or handouts so that our younger players can look ahead and see what the expectations are as they progress through each level of play in our high school program.

We hold no age stigmas. Players do not need to be a certain age to be capable of performing high level skills. Technical skills are acquired through a combination of great instruction, hard work, studious mindset, a players intent to learn and improve and the time they spend off the court practicing these skills. We routinely move players to the groups where they fit best regardless of age. We encourage players to play with more experienced players when they can and when it's the right fit, and **will move players amongst teams when necessary to find the best fit for them in regards to their current skill sets and ability to learn and progress.** We encourage players to develop friendships and enjoy their time here, while also maintaining a clear focus on their top priorities, progression in skills and athletic movement and the understanding of the game of volleyball.

All players will be required to have a 3 ring binder with the following sections:

- +RULES
- +NUTRITION
- +WEIGHT TRAINING JOURNAL
- +BALL CONTROL CIRCUITS
- +HANDOUTS
- +NOTES

Please write your name on your binder with tape, always have a pen or pencil with your binder and bring your binder to every workout.

Practice rules bring focus and increase the competitive nature of training!
They are very important for all players and coaches.

Reseda H.S. practice rules:

- a. pay attention to details on and off the court
- b. respect all coaches, other players and most importantly yourself
- c. never ask "what are we doing in practice today" or "are we playing"
- d. never "coach" another player
- e. never give anything less than your absolute 100%
- f. don't ever pick and chose when you will play hard. you are cheating not only yourself but your teammates and the program.
- g. iPods, cell phones, tablets or any other electric gadgets are not allowed during practice which means from the time you walk in to the time you walk out we should not see them or hear them.
- f. arrive 15 minutes prior to scheduled practice time

Consequences:

timed run around the gym or track with increasing time for each infraction to be done after practice or the next day before your practice or you will not be allowed to practice.

Travel Game rules:

- a. clear your early dismissal with the necessary faculty the day before
- b. pack snacks / powerbars / good food etc so that you can eat a good lunch and have another meal or a good snack before game time.
- c. bring more than enough water for pre, during and post game recovery
- d. make sure all necessary equipment is with the team and on the bus
- e. Actively support all players and teams, be prepared to assist in warmups and help out whenever and wherever needed
- f. Always bring both jerseys regardless of teams decision on jersey to wear

Home Game Rules:

- a. clear your early dismissal with the necessary faculty the day before
- b. pack snacks / powerbars / good food etc so that you can eat a good lunch and have another meal or a good snack before game time.
- c. bring more than enough water for pre, during and post game recovery
- d. make sure all necessary equipment is set up and ready for game time.
Nets, volleyball carts and volleyballs all need to ready for use.
- e. Actively support all players and teams, be prepared to assist in warmups and help out whenever and wherever needed
- f. Always bring both jerseys regardless of teams decision on jersey to wear

Consequences:

timed run around the training facility with increasing time for each infraction to be done after practice or the next day before your practice or you will not be allowed to practice.

Reseda High School Volleyball Program

Our purpose: to prepare players technically, physically, and emotionally to progress in the sport of volleyball. To educate players not just in sport but a lifestyle balanced in health, fitness and nutrition.

Our future: groups/teams of like minded players supporting each others pursuits of greater achievements in both sport and life.

Work ethic: our players give 100% focus and effort in practices, training, competition, school and everything they do.

Respect: We will respect each other. We will listen to teammates and coaches with an open mind. We will not degrade or demean each other. We will encourage our teammates. We will respect ourselves.

Loyalty: We are committed to the team and the program. We will put the interests of our teammates ahead of ourselves. We will support each other in all of our endeavors. We will look out for each others well being.

By printing your name below you are committing to living our teams values in social situations, in the classroom, at practices, during competitions and when interacting with coaches, teammates or opponents.

Players Full Name:

Players Signature:

Parents Name:

Parents Signature:

Nutrition!

Both coaches are certified sports nutritionists. And we are happy to assist any player in improving their daily dietary routines. In this day and age it is very tough to consistently eat healthy and eat clean. But, there are some very simple things that can help you feel and perform better!

Basic nutritional guidelines:

1. Eat food that does not come out of a package! Sounds simple but can be tough, especially with time restraints. But you will stay healthier, feel better and perform better when you eat natural foods. So please do your best to avoid packaged foods as often as you can.
2. Make your diet predominantly complex carbohydrate based! Lots of quinoa, buckwheat, rice along with lots of fruits and vegetables will help you fuel both brain and body efficiently and effectively.
3. Avoid sodas, processed sugar and stimulants. All three give you temporary highs and crazy lows. Avoiding soda, starbucks, coffee bean, and similar drinks will help you maintain a more consistent energy level and feel better day to day.

Those are the basic of basic guidelines!

If you want to go above and beyond, here is the next step. Avoid dairy at all costs! Dairy has been linked to childhood acne, weight gain, and the protein in milk, lactose, has been shown to be the #1 fuel for cancerous cells.

Here is a little excerpt from the book “The All Day Energy Diet” by Yuri Elkaim. And you can find similar views all over the internet from a lot of valued resources by doing a little research.

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The Bone-Chilling Truth about Dairy

“Dairy, specifically cheese is the most acid forming of all foods. This is due to the large amount of protein and phosphorus it contains. Even though it also contains a substantial amount of calcium, its calcium benefits are few and far between; because the phosphorus-laden and acidic nature of dairy impairs calcium absorption and utilization in the body.

Comparing cows milk to human milk, we see that dairy has four times more protein and about 1,1018 mg of calcium per 100g, while human milk only has about 33 mg of calcium per 100 grams. Seeing that, we’d automatically believe that milk is great for your bones right? Isn’t that what we’ve always been told? Hold on a second.

In the body, the relationships between minerals are more important than the quantity of any single one. Human milk is ideal for humans. Cos milk has a lot more protein and a lot more calcium because it’s needed to feed baby cows, not baby humans or adult humans. Cows grow to about 1 ton in one year. Humans take forever to reach 100lbs. We don’t need anywhere near that amount of protein or calcium. That’s right—dairy can actually be bad for your bone health.”

Reseda H.S.

Four aspects of player Development

SKILL IQ ATHLETICISM MENTALITY

Skill: Have you mastered the skills for your sport? (serving, passing, setting, etc) You can accomplish this by practicing the skills repetitively. Top priority for all young players, serving! You need to practice overhand serving every day until you have mastered the skill. Without serving, there is no game. And there will never be enough group time to practice your serve enough to make it sharp. That is a player responsibility. Want to move to the next level, get more court time or be better than a friend or teammate? Practice your skills repetitively every day until you achieved your goals.

IQ: Are you cognitively prepared to process the details of your sport and recognize patterns in split seconds come game time? This can only be accomplished by being a student of the game. And can be done at every level! All players should be watching volleyball videos on a regular basis! Watch good high school teams, college teams and even pro teams. Watch your position the most, but watch the entire team for all the details.

Athleticism: Are you physically prepared? Can you make it through a tough practice and still feel ready for more? Volleyball players need it all. Working on speed, agility, quickness, endurance, strength and overall fitness is a necessity for good development. And you can accomplish this by training hard and training consistently.

Mentality: Do you believe in your heart of hearts that you are capable of accomplishing your goals? Competing at the next level or the highest level? No matter who or what is in front of you? You can accomplish this by training with people that challenge you both physically and mentally on a daily basis, which is why we are here and doing what we do!

Reseda H.S. Fall Season 2018 player goals

Player Name:

Age:

Date of Birth:

List 5 individual goals

List 3 individual strengths



List 3 individual weaknesses

Player
Signature:_____

Parent
Signature:_____

Reseda H.S. Pre-practice warmup & prep Protocol

Reseda Girls Warmup - to be done prior to scheduled starting time!

Rainbow 10 breaths
3 part glute/hip stretch x30 sec each
Lunge position calf & achilles stretch x30 each
Front split stretch x60 sec each
Standing toe touch x30 sec
Cat Camel x 10
Quadruped extension x 5 each
3 way glute activation x 10 each
Quadruped position scap/shoulder mobility x 10 each
Thoracic rotation x 10 each

Reseda H.S. Ball control circuit Fall 2018

To be done immediately following warmup unless otherwise directed

Partner Series

Overhand Throw (soccer throw) 10x each
1 hand high toss no bounce 10x each
1 hand high toss bounce 10x each
Cross body 10x each
Wrist away 10x each

Overhand

20x low and flat
20x regular
20x high
20x alternating side
20x set to self and set back
20x jump

Underhand

20x low and flat
20x regular
20x high
20x alternating side
20x jump

Partner defensive series

Drop and drive overhand dig 10x each
Drop and drive underhand dig 10x each
2 contact pepper 20x each
3 contact pepper underhand dig 20x each
3 contact pepper overhand dig 20x each

Reseda H.S. Girls Volleyball Schedule

(we will potentially be adding a frosh-soph level if we have the players and for our opponents who also carry frosh-soph teams.)

All JV games will be started at 2:30pm unless otherwise noted

All Varsity games will be started at 4pm unless otherwise noted

- 8/21 Practice Main Gym 2pm-4pm
8/22 Home Game vs Panorama
8/23 Practice Main Gym 3:30pm-5:30pm
8/24 Home Game vs Cesar Chavez
8/27 Away Vs Sylmar
8/28 Practice Main Gym 2pm-4pm(additional serving reps available 4pm-4:30pm)
8/29 Away Vs JFK
8/30 Practice Main Gym 3:30pm-5:30pm
8/31 Practice Main Gym 3:30pm-5:30pm
9/3 No practice
9/4 No practice
9/5 No practice
9/6 No practice
9/7 No practice
9/8 Tentatively scheduled 10am-1pm on schools gym time approval
9/10 Practice Main gym 3:30pm-5:30pm
9/11 Practice 2pm-4pm (additional serving reps 4pm-4:30pm)
9/12 Away Vs Van Nuys
9/13 Home Vs Canoga Park
9/14 Practice Main gym 3:30pm-5:30pm
9/17 Home Vs San Fernando
9/18 Practice Main gym 2pm-4pm (additional reps available 4pm-4:30pm)
9/19 Practice Main gym 3:30pm-5:30pm
9/20 Away Vs Panorama
9/21 Practice Main gym 3:30pm-5:30pm
9/24 Home vs Sylmar
9/25 Practice Main gym 2pm-4pm (additional reps available 4pm-4:30pm)
9/26 Home Vs JFK
9/27 Practice Main gym 3:30pm-5:30pm
9/28 Practice Main gym 3:30pm-5:30pm
10/1 Practice Main gym 3:30pm-5:30pm