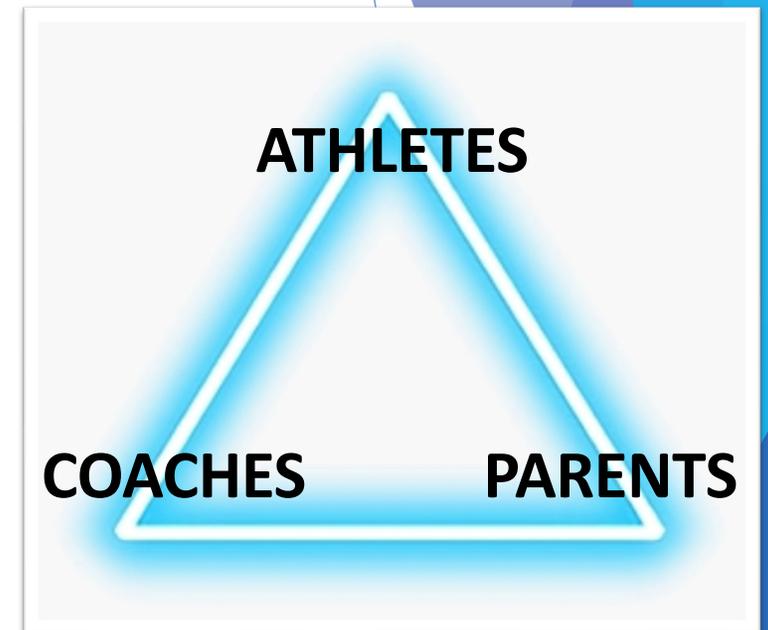




2022-23  
PARENT MEETING

# THE ATHLETIC TRIANGLE

- ▶ Responsibilities for the ATHLETES.
  - ▶ Learn to take responsibility for your performance.
  - ▶ Communicate with coaches/parents.
  - ▶ Set attainable goals.
- ▶ Responsibilities for the COACHES.
  - ▶ Design a training program that is appropriate and conducive.
  - ▶ Determine competitive objectives.
  - ▶ Provide necessary instruction/feedback.
- ▶ Responsibilities for the PARENTS.
  - ▶ Provide consistent, loving, and supportive environment.
  - ▶ Let them know your love is unconditional.
  - ▶ Show your interest in supporting your athlete's commitment to practices, attending competitions and engaging in other key parental roles.



## Along with the Responsibilities for Parents...

- ▶ Our coaches will not be responsible for organizing team bonding/dinners, so we would love for a mom/parent to step up and be a team manager.
- ▶ The team manager can be multiple people, it doesn't have to be just one parent. Many can share the responsibilities.
- ▶ The team manager would be in charge of team bonding, athlete bonding, planning dinners/lunches at tournaments, and help organize necessary events.
- ▶ Some teams do snack bags at tournaments, and all parents chip in and partake in snack bags.



# ATTENDANCE

- ▶ There will be no punishments for school sanctioned absences, but there can be consequences due to missed information, touches, repetitions, that can influence their playing time.

Dear Parents,

You're right. Coaches do play favorites. They play the players that are committed and coachable. The players that are disciplined and dependable. The players that are talented and accountable. The players that are resilient and respectful.

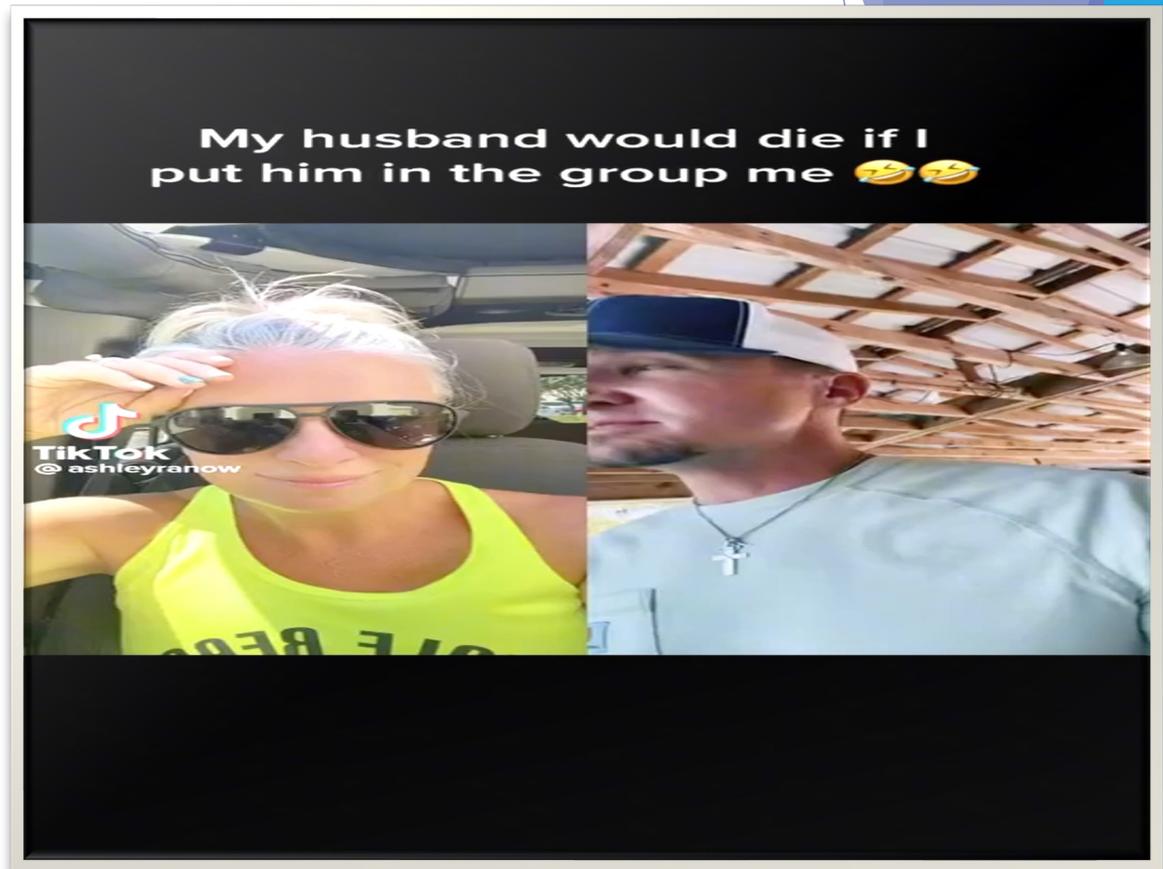
Regards,  
Playing Time



**PLAYING TIME  
REQUIRES ATTENDANCE?**

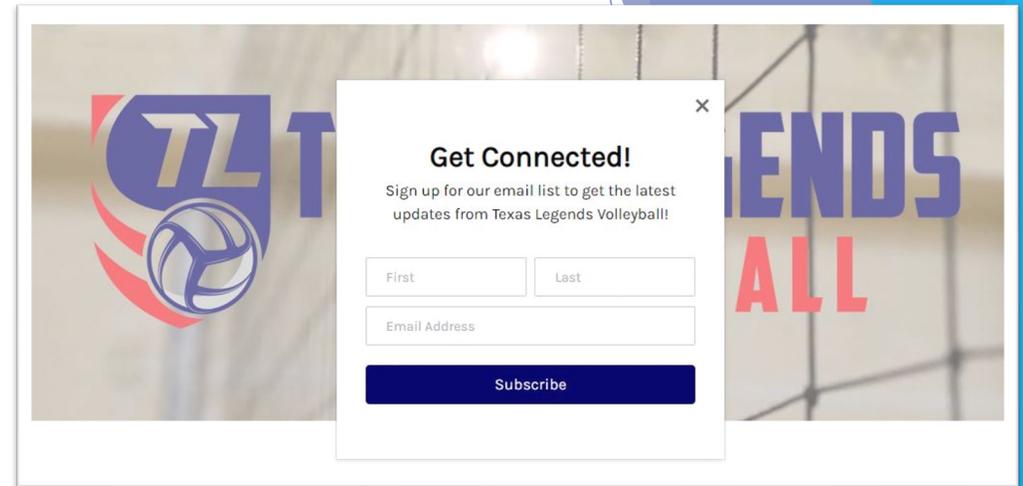
# COMMUNICATION

- ▶ How to properly address an email – please include your athlete’s name and team. It will help us better respond to you!
- ▶ Please check our website for simple questions. Most information is on our website.
- ▶ Give us a minimum of 24 hours to respond – we have over 300 athletes and families.
- ▶ Any negative comments will be dealt with accordingly, including possible removal from the communication lines.



## SOCIAL MEDIA

- ▶ Follow us on Facebook, Instagram and engage by liking, sharing, and commenting.
- ▶ Sign up for Legendary News for a list of training opportunities and the latest news for TLVC.
- ▶ Please send us raw pictures and videos of your athletes throughout the season. We cannot use filtered pictures and videos that are formatted for TikTok, Reels etc.



**@texaslegendsvolleyball**

# MENTAL TOUGHNESS

- ▶ What is mental toughness?
- ▶ Mentally tough people view obstacles as a **challenge, not as a paralyzing event**. They look at their failures and mistakes as lessons to be learned from and opportunities for growth. In other words, they embrace obstacles better than others because they lean in.
- ▶ Understand that we, your coaches, TLVC staff, and teammates are here to make you better. If someone's delivery is blunt, it is not because they don't like you or are being mean, it is because they are trying to make you better and push you. It is important to understand the difference.

**You gotta train  
your mind to be  
stronger than  
your emotions  
or else you'll  
lose yourself  
every time.**

# EMOTIONAL MATURITY

- ▶ As in conjunction with the USAV code of conduct, for competitive teams, we will require both athlete and parents to be emotionally mature.
- ▶ Being emotionally mature can be described as when someone can manage their emotions no matter their circumstances, holding themselves in a proper and responsible manner.
- ▶ We expect our athletes to be pushed mentally and physically in order to grow into the best versions of themselves.
- ▶ Furthermore, our teams schedules are some of the most competitive in the Lone Star Region.
- ▶ We expect our athletes and parents to be able to commit and partake in the schedules they sign up for, including being mentally and physically prepared for a demanding schedule.

“

Emotional intelligence  
allows us to respond instead  
of react.

– Unknown Author

# EMOTIONAL MATURITY

- ▶ Parents, your role is so vital to how your athlete's season can go.
- ▶ If you are a banker, I trust you with my money. If you are a lawyer, I trust you with my case. Same goes for coaches. For some reason, when our kids get involved, we lose our ever-loving minds. Please trust that we are doing right by the team and your kid.



**Bhrett McCabe, PhD** ✓

@DrBhrettMcCabe

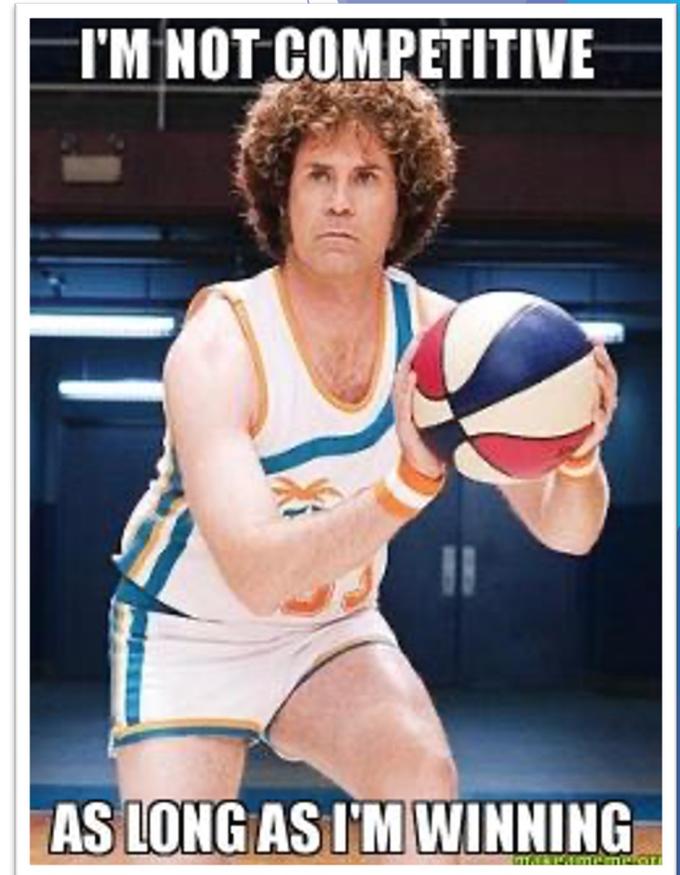
There are 5 things every Sports Parent SHOULD do:

- Support every player on the team
- Speak positively about the coaches, even if you do not agree
- Encourage working through struggles
- Ask questions instead of giving opinions
- Be a positive influence at games



# COMPETITIVENESS VS COMBATIVENESS

- ▶ **Combative:** A person who is combative is aggressive and eager to fight or argue. Traits include, being aggressive, pugnacious, argumentative and being defensive.
- ▶ **Competitive:** Competitive is most used to describe a person who has a strong desire to compete and win. It is commonly used to describe someone or something that can succeed against or stay even with others in the same contest or setting.
- ▶ **Tone/delivery** are important – know that it is not only what you are saying that matters, but how you are saying it.
- ▶ **Difference between bullying and being accountable.**



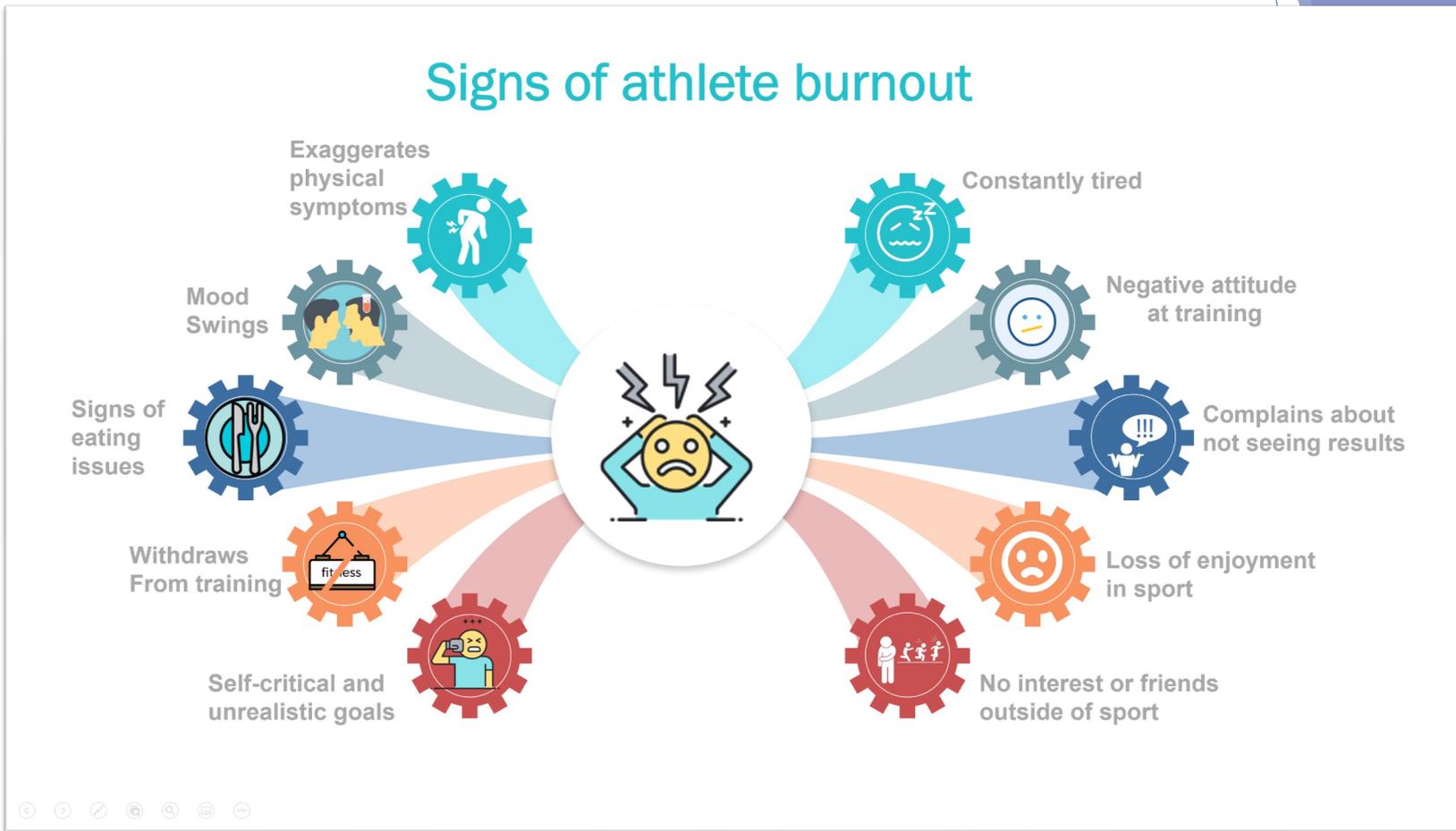
## SCHEDULES

\*Caution – some tournaments are published before the Thursday prior to the tournament. Please do not send out any tournament information or post it. It has not been verified by TLVC. The tournament directors can change the schedule up to the day prior, so please do not send out anything. Please be patient and wait for a TLVC staff member to send it out.

\*PSA – We send out tournament information typically on Thursdays. Please do not email, or ask on Sports Engine what times you play. Our team works very hard to make sure that everything is accurate and sent out on time.



# SIGNS OF BURN OUT



# HOW TO PREVENT BURNOUT

- ▶ We understand that the schedule is tough, but that is what it takes to be on a competitive team. Here are some practices to help prevent burnout. It is up to the athlete to recover, take care of themselves, and have good time management
  - ▶ Practices: ice, rest, eat enough protein, hydrate properly, stretch.
  - ▶ To prevent burnout, make sure you take time to decompress from the day by journaling, taking a hot shower, mindfulness, reading etc. Make sure you get enough sleep and manage your time appropriately, so you don't feel as stressed by external circumstances.

## TOURNAMENT & PRACTICE SCHEDULES

- ▶ All schedules can be viewed on your Team Center on SportsEngine and on our website, through Team Pages.
- ▶ If you are having trouble accessing your team center, email Sean at [Sean@texaslegendsvb.com](mailto:Sean@texaslegendsvb.com). You can also find his email on the website.
- ▶ We will be using the chat function in your team center to communicate throughout the year.
- ▶ You can see the roster through your team center. You can also RSVP to practices/events on SportsEngine.



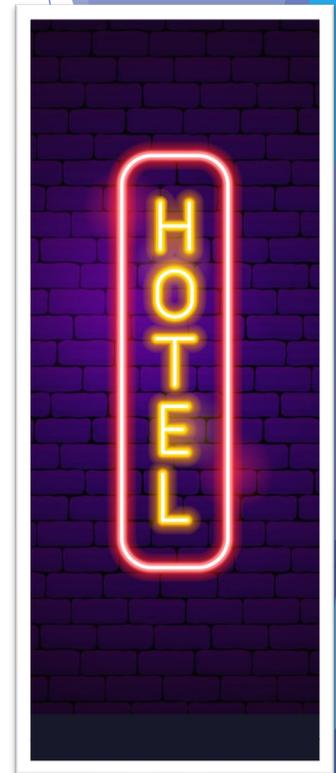
## PRACTICES

- ▶ As previously said, practice schedules can be found on our website and through your team center
- ▶ Please have your athlete arrive approximately 15 minutes before the start of your practice time. You can utilize this time to get your gear on, fill up your water bottle, and ensure you are ready to go for practice.
- ▶ NEW RULE: There will be no backpacks in the gym. They will be stored in the lobby. You can take your water bottle into the gym.
- ▶ No food or drink are allowed inside the gym. Water is the exception.
- ▶ Practices are **CLOSED**. No parents/guardians are allowed to stay and watch practices.



## STAY-TO-PLAY (STP)

- ▶ STP is a USAV mandated policy that is out of TLVC control .
- ▶ It only applies to qualifiers and certain large tournaments.
- ▶ Every athlete on the team is required to stay in a STP hotel when applicable.
- ▶ Room blocks for each team will be emailed out by TLVC staff.
- ▶ Once the room block email has been sent, you have 48 hours to reserve the room.
- ▶ Team acceptance in STP tournaments is dependent on completion of room blocks.
- ▶ Please check with the hotel for your room, as we would have to go through hundreds of reservations.



# RECRUITING

- ▶ We have a full time Director of Recruiting & Programming to help your athletes play in college.
- ▶ Kelsey graduated from Baylor with a Masters of Sport Pedagogy, while getting her masters, she was a graduate assistant for the Womens Team at Baylor under Ryan McGuyre, Jason Williams (TCU), Sam Erger (SMU), Ben Bahr (SMU), and Kellianne Layton. She played an important role in their recruiting process and screening. She is here to help you guys get recruited!
- ▶ You can go to our website and under the “Recruiting Tab” you can submit some information to get started
- ▶ Kelsey has put together a Google Classroom that will help guide you through the process.



## SUMMARY POINTS

- ▶ Attendance is important!
- ▶ Have good mental toughness practices – both athlete & parent!
- ▶ Prioritize playing like a team – chemistry is important!
- ▶ Know your schedule so you can plan and save accordingly.
- ▶ Prevent burnout & practice proper recovery.

**LET'S BE LEGENDARY THIS SEASON!!**



**TEXAS LEGENDS**  
**VOLLEYBALL**