



Intro

- Welcome, Staff Intros, Purpose of ME101, a lot of this info is in the Parent/Player Manual.
- Compiled into from ME Parents, Coaches, Directors, Alumni to create a comprehensive doc/meeting agenda to better assist our families & their experience with us this season.

The ME Way

- Our culture, club philosophies, values: process-minded, positive environment, care about our athletes, learning how to fail and recover, getting comfortable being uncomfortable, life lessons, positive/coachable attitudes, dealing with hard things, cheering for and encouraging our teammates even when things don't go my way.
- Gold Medal Squared Certified, Florida Region Gold Seal, UA Sponsored Club
- We are a competitive club; we prepare for and expect to win as much as possible.
- With our non-competitive programs, we still teach and expect perfect technique, great work ethic, willingness to learn, make changes and improve.
- **Winning is HARD**; high expectations for work ethic, making changes and performing to the best of their ability.

ME Coaches & Staff

- Quality vs. Quantity: values, morals, family-mindset, respect, language, etc.
- Access to the Nation's best coaches, mentors & leaders.
- Backgrounds: ME Alumni, college & professional athletes, school admin, teachers, coaches of other sports, youth workers, etc.
- Gold Medal Squared Certified: EVERYONE teaches the same thing, 5u-18u
- Our coaches are creating line-ups that we believe are best suited to the team's overall success. Line-ups and rotations will change often, as the coaches see fit.

Practices

- Parents should refrain from staying in the gyms during practices. If parents stay, they are not allowed to talk to the athletes or coaches and should stay as quiet and inconspicuous as possible.
- Our coaches are working very hard to create an environment of focus, listening, independence, learning and one free of external distractions.
- Athletes are expected to attend EVERY practice, with the only exception of missing due to severe injury or illness. If a conflict arises, EVERY effort must be made to overcome the conflict and the athlete attend, even for part of the practice.

Tournaments

- Athletes are expected to attend EVERY tournament. Should an extreme conflict arise, EVERY effort must be made to overcome the conflict and the athlete attend, even for part of the tournament. **Missing a JNQ is not allowed and is grounds for immediate dismissal from the club.**
- Scheduling Websites/Apps: ME Site (Tournaments Tab & Calendar), advancedeventsystems.com (AES), sportwrench.com, palmbeachjrs.com
- Team responsibilities: play, ref, off/scout/team time. The following day's schedule is usually not posted until the end of current day & all game results are updated.
- Weekend schedules released the week of the event.
- Coaches will communicate with players via group chats for meeting times, locations, etc.

ME101 Family Meeting



- Plan to arrive at the designated meeting spot at least ONE HOUR before your team's first responsibility (refing or playing).
- Teams should plan to eat some meals together, stay together during their off times. Athletes cannot leave the facility during their poolplay breaks.
- Athletes should wear only ME Gear and bring ALL jerseys to every tournament.
- Tournaments are LONG DAYS so please plan accordingly. Bring extra water, snacks, phone chargers, activities for siblings, even blankets for resting times.

Hotels & Overnight Trips

- **JNQ: MUST arrive the day before and take a flight after 5:00pm.**
- Hotel Links: ME website, click the links to make your reservations, Stay to Play events.
- Athletes must stay for completion of playing/refing responsibilities. Everyone refs.
- The priority is volleyball, not vacation; athletes need to sleep, rest and eat healthy meals/snacks.

Expectation of Parents

- Support all ME athletes and coaches, even when we don't agree or aren't as successful as we'd like.
- Remember that while we all are investing A LOT, this is a game and it's about the athletes and creating a positive experience for everyone involved.
- Be mindful of non-verbal communication and reactions to your daughter & team's errors. We want to evoke a feeling of confidence, positivity and mindset that mistakes are OK, we can recover quickly, and move on to the next play.
- Refrain from yelling at the refs & work crew, remember that these things are out of our control and we need our athletes focused on things we do have control over – our attitudes, effort, focus, etc.
- Any questions about playing time or your daughter must be reserved for a meeting with the coaches, ME Directors and the athlete the following week. Request a meeting via email to ME to set up a time before your team's next practice. It is NEVER appropriate to address a coach during the tournament.
- Address all questions and concerns about your team with ME Directors or Coaches directly, rather than discussing with other parents/families. If there's an issue that needs to be addressed, our staff is more than happy to help get it taken care of.

Volleyball IQ

- Each set we are given 12 substitutions, 2 time outs, unlimited libero switches. Once a sub is made, she can only go back in for the same position.
- Once the line-up is submitted to the ref table, no changes can be made without using a substitution.
- Many calls are the Head Ref's discretion and they have the ability to override calls from the line judges or down refs.
- Volleyball is not a game of "minutes played", rather a game of rotations. Often, players will go through an entire rotation and the ball never comes to them. If we sideout and move through rotations quickly, sometimes playing time seems shorter than previous times. These are all situations that we have little to no control over.