

Meet your coaches:

Michael Matteson

Varsity/JV Head Coach

Coaching experience spanning 22 years and 45 teams, including 25 volleyball and 20 basketball teams from Pre-K through Varsity.

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Sarah Gagliardo

Varsity/JV Assistant Coach

Coaching experience includes 8 years of club volleyball and 3 seasons of high school volleyball.

Email: SarahHill2008@gmail.com

Travis Kamarata

Varsity/JV Volunteer Manager

Coaching experience: Matrix 17's, EYS rec volleyball (2015-2019), EYS Lady Wolves Club Volleyball (2016-2018)

Joleese Coddington-Meadows

Varsity/JV Volunteer Assistant

Coaching experience: Three years of club experience, both girls and boys.

Dear Parents:

Just as a classroom teacher needs your support to bring out the best in your child, we also look for your help in this area.

Inevitably your child will, at some point during the season, feel frustrated or disappointed with some aspect of the program. Often this frustration is a result of a coaching decision that affects him.

If he has a question, a problem or a misunderstanding, encourage them to see us for the explanation. Avoid taking sides with them until they have discussed the situation with us, as we may be the only ones who can adequately give them a satisfactory answer. As has been explained, we will openly and clearly explain our position.

The player-coach relationship is very delicate and demands a great deal of mutual respect. We will develop our respect for your child if they handle their problems directly with us. Parental interference can damage the relationship that we are hoping to develop. Having the player deal directly with adults is an important aspect of the maturation process and should be encouraged at all times.

If you wish to speak with us about a matter concerning your child's playing performance, please remember that we will openly discuss things with you provided that common courtesy is extended. An emotional outburst or confrontation will only serve to draw us apart. Ultimately, your child will sense the lack of cooperation between their parents and coaches, and tend to lose their interest for what we are hoping to accomplish. It is critical that we work together on your child's behalf—it is of no benefit to them if we pull against each other. Encourage your child's relationship with us; they want and need your constant support and approval.

We fully understand and appreciate how much you want your child to play his best. However, it is important that you leave the coaching to us. As professionals, we know what is best for our team's improvement. We know our coaching profession just as well as parents know their profession or trade. In your eagerness to see your child do well, you may suggest to them to do just the opposite of what we have instructed them to do. Naturally, this results in confusion and leads to poor performance.

In your child's best interest, trust that we are experts in our field and allow them the benefit of playing the game one way—the coach's way. We have spent years studying the best ways to teach the game. This is carried over in our teaching of sound principles of volleyball. Our previous history of coaching success bears this out.

Finally remember that parental support is of the utmost value in the important task of helping your child do their very best. One or two parents thinking negatively can do a great deal of harm to the entire program.

Pedagogy

Growth Mindset

“Mistakes are good; struggle makes you smarter.” We learn from our mistakes, and we get better through hard work.
“Hard work beats talent, when talent doesn’t work hard.”

Random vs Blocked

The drills that have the best transfer from practice to games are those that are more game-like. These “random” drills may look, at first glance, as if we are just playing games or scrimmaging, but know that there is a purpose to every drill, and we are working on skills that will help us be successful on the court in competition. These game-like scenarios are proven to have more transfer to actual games.

Developing the Athlete

We wish to develop every athlete that comes through our gym. Development comes more from practice, and is exemplified in game play. We will spend a considerable amount of each practice working on fundamental skills to help develop each athlete into being a well-rounded volleyball player. We hope to stretch our athletes out of their comfort zone, and have them get better every practice.

Developing the Program

We wish to develop an entire program to ensure long-lasting success. Success for Estrella Foothills High School’s Boys Volleyball program long after the current athletes and coaches have moved on. We hope to accomplish this through building a long-lasting culture. We hope to do this through creating success in this program early. We hope to do this through developing not as separate teams, but as an entire program. We view the Varsity, JV, and eventual JVB squads as one deep roster. If an athlete develops to a varsity level, and is ready to help our varsity be successful in competition, then we will use that athlete at the appropriate time. We are not separate teams, but one program looking to have success for years to come.

Straight-Line Serve Receive, Move in Angles

We use a straight-line serve receive, and move in angles to help ensure our athletes cover the entire court, but don’t run into each other. We coach our athletes the correct positioning, the correct communication, and the correct form, and do this with the straight-line approach.

Perimeter Defense

“The most common defensive set-up is called a ‘perimeter defense’. This 2-0-4 system has two blockers, no player behind the block and four defenders where they themselves along the perimeter of the court, with one foot on the line. In this formation players are always ready to move into the center. This way players know when balls are out; and their movements are directed into the court.” <https://sphvballteam.weebly.com/perimeters-defense.html>

GMS

Although our philosophy and pedagogy in our gym is not exactly like that found in every GMS gym, it is familiar enough that you would recognize us as a Gold Medal Squared program.

Culture

Gritty Culture

“A growth mindset is the belief that intelligence can be developed. Students with a growth mindset understand they can get smarter through hard work, the use of effective strategies, and help from others when needed. It is contrasted with a fixed mindset: the belief that intelligence is a fixed trait that is set in stone at birth.”

(<https://mindsetscholarsnetwork.org/learning-mindsets/growth-mindset/>)

Our big theme this year is “Greatness Resides in This,” an acronym for G.R.I.T. We wish to instill in our athletes a culture of growth mindset. We strive to provide an environment where athletes feel safe to make mistakes, as this is where true learning occurs. We want our athletes to exemplify have “grit,” and understanding that hard work is how we make ourselves better, and that natural talent can only take you so far.

Championship Culture

We also wish to instill in this program a culture of winning. Although we strive to develop every athlete in the program, when it comes to Varsity matches (and even JV matches to a lesser extent), success is measured on wins. We wish to put the right athletes in the right place to help the entire program gain this success.

Honest Culture

If a call is in question, and our athletes are called upon to give an honest answer—we want our athletes to feel confident in following their integrity, and give their honest response. Even if this means the loss of a point, even if it is the loss of a match point, we will be Honest in our gym.

Affirming Culture

“Work hard, be nice!” We pick each other up, whether that is literally picking a teammate off the ground, or figuratively picking up a teammate who is low in confidence. We will pick our teammates up through affirming words, positive speak, and trust in each other.

Leadership Culture

No Captain—We are All Captains. Although a floor captain will be named each set to facilitate communication with the up-ref. Our program believes that everyone in this program is destined to become leaders in some form in the future. We wish to instill a culture of leadership through the “No Captain—We are All Captains” philosophy. Coin toss captains will change every match, and each athlete will be expected to communicate with their coach with the tough issues.



EXPECTATIONS OF PLAYERS:

- You are a student first, athlete second. Take pride in your academics.
- Learn from your mistakes, commit to being the best you can be.
- Accept seriously the responsibility and privilege of representing Estrella Foothills High School: display positive public action at all times, demonstrate good character.
- Demonstrate respect for opponents, coaches, and referees before, during, and after games.
- Treat every practice as if it's the state championship game.
- Respect judgement of referees, abide by rules of the games and display no behavior that could incite fans (ex. Questioning calls, gestures, taunting, "show-boating" etc.)
- Cooperate with referees, coaches and fellow participants to conduct a fair game.
- Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
- Come prepared each week to practice and understand that there will be ramifications for disruptive behavior—whether in practice or a game (ex. Reduced playing time, sitting out practice, etc).

EXPECTATIONS OF PARENTS AND OTHER FANS:

- Support the team and coaches.
- Respect decisions made by referees—do not speak to them.
- Respect opposing fans, coaches, and participants.

COMMUNICATIONS COACHES SHOULD EXPECT FROM PLAYERS AND PARENTS:

- Concerns expressed directly to the coaching staff
- Notifications of any schedule conflicts in advance
- Notifications of illness or injury as soon as possible

APPROPRIATE CONCERNS FOR DISCUSSION WITH THE COACHES:

- The treatments of your child
- Methods to help your child improve his skills
- Concerns about a player's behavior

ISSUES NOT APPROPRIATE FOR DISCUSSION WITH THE COACHES:

While the coaches are committed to open communication with parents, there is a certain process that should be observed. In particular, the time before and during a game is dedicated to the players. It is not appropriate for a parent to approach a coach to discuss game or individual player concerns at this time. The coach will be happy to set up a meeting/phone call to address parent concerns at a time that will not interfere with the attention required by the players. An exception to this request is an incident when a player is injured.

Social Media (<https://www.stack.com/a/a-high-school-athletes-guide-to-using-social-media-effectively>)

When it comes to best practices online, remember that you want to SHINE. Use this simple acronym to help you shape up your online presence.

- **Support:** Use social media to support yourself and others. Show support for others' content as well. Congratulate teammates on great games or practices. Use social media to spread positivity.
- **Highlight:** Use social media to highlight your individual and team accomplishments, along with anything else that you'd like to "brag" a bit about. Ace a test? Land an awesome internship? Let people know about it on social media.
- **Inspire:** Use social media to inspire others who pay attention to your account. Authentically empowering others is one of the most impactful things you can do for yourself. Share quotes or clips you might find inspiring and uplifting.
- **Network:** Use social media for networking and connecting with others by using positive interactions with other likeminded individuals.
- **Educate:** Use social media to educate your audience on the important factors of your life and career. What's important to you and what's helping you be successful on and off the field?

These tips will help you SHINE online the same way you shine in competition.

On the other hand, there are some definite social media no-no's that will not only stop your shine, but likely cause you to ride the PINE.

- **Plagiarize:** Do not post content that does not belong to you without taking the proper steps to get permission. Sharing, retweeting and reposting is fine if you give credit where credit is due. Also, never pretend to be someone you are not online.
- **Illegal Activities:** If it's illegal, don't do it. And especially don't post about it. But... don't do it in the first place. This may sound simple, but a number of athletes have blown potential scholarships by posting about illicit activities on their social media.
- **Negligence:** Do not exhibit negligent behavior. This means think before you post. Put thought into the picture you're painting of yourself online. It may be seen by people who've never met you and who have nothing more to go off of than your social media. If two kids are in a dead heat for a scholarship offer, that could be a deciding factor.
- **Extreme Emotions:** There's nothing wrong with being authentic online, but you should be careful not to let emotions like anger, jealousy or frustration boil over on social media. What may seem like a fine post at the time could look terrible in hindsight after you've had the chance to cool off. Be authentic, but think before you post and keep some aspects of your personal life personal.

In addition to the SHINE and PINE methods for social media usage, here are some other general things to keep in mind before you post.

1. Nothing is truly private. Ever. Even if your account is locked, people can take screenshots and share them. Those live on long after a post is deleted.
2. Make yourself easily identifiable by including your name, sports, positions and class year in your bio. This will help coaches and other athletes find you and connect with you.
3. What you share, like or retweet is now your content. You're associating yourself with that messaging.
4. Be authentic. Don't constantly compare yourself to others and worry how you measure up. Be yourself.
5. Do not post (or share) anything you wouldn't want to tell your grandmother.
6. Grammar still matters.
7. Never share your log-in info.
8. Use online tools to enhance what goes on in your day to day real life.
9. Don't use social media during class.

Equipment

Jersey

We are a new program—which means we were not in the budget for this year. We need to purchase our own uniforms to use this year. Due to our contract with Eastbay, all competition jerseys must be Nike branded. We need everyone to purchase the blue dri-fit short sleeve men's shirt from the EFHS Team Shop. Additionally, all liberos need to purchase the grey shirt as well. Optionally, it would be nice if everyone had both the blue and the grey. These shirts are \$25 each, and Mr. Wright will get the numbers put on after the purchase. Purchase the shirt, and have it delivered to you, then bring it to Coach Matteson. They will be returned once the numbers are put on the front and back. These jerseys are now yours to keep, and will become our practice jerseys for next season.

Shoes

Appropriate footwear is a must for volleyball. Shoes must be court shoes with good grip. Any volleyball or basketball shoes will work. Eastbay has quoted us a good price on Kyrie 2s for \$83 plus tax and freight.

Knee Pads

Any volleyball or basketball knee pads will work, and can be found online or at any sports equipment store.

Optional

Backpacks, socks, ankle braces, and other EFHS gear are all optional for purchase from the EFHS Team Shop, and the Boys Volleyball Team Shop.

EFHS Team Shop: <http://www.eastbayteamshop.com/Flyer/c451781a-0ba9-47e0-9d36-3bfda797df9a>

Boys Volleyball Team Shop: <https://eastbaystore.com/OFTS4753/Category/All>

Dress Code

Please come appropriately clothed and properly equipped to all events.

For practice, this means shirt, shorts, appropriate shoes, socks, knee pads, and ankle supports (if needed).

For games, this means with your uniform, shorts, appropriate shoes, socks, knee pads, and ankle supports (if needed).

For Away Matches, please dress in business attire: button down shirt, tie, dress slacks or chinos (non-denim, non-athletic wear).

For Home Matches, please dress in spirit attire: EFHS t-shirt, other spirit wear.

A new rule being enforced this year in the AIA is with changing clothes on the court. If you remove your shirt at any time during a match, your coach will receive a yellow card penalty. If you are changing your jersey (libero change), you MUST do this away from the court.

Another AIA rule being enforced is no jewelry during play. No rings, bracelets, necklaces, or piercings are allowed. Please refrain from getting any piercings until the completion of our season.

Weights

Estrella Foothill Strength and Conditioning Spring 2020 School Training Schedule			
Time	Monday		
3:00 PM-3:45 PM	Spirit Line	Throwers	Tennis / Girls Volleyball
3:45 PM-4:30 PM		Open gym (fall & winter sports)	
4:30PM - 5:15PM	Distance Track		Softball
5:15PM - 6:00 PM	Boys Volleyball	Baseball	
Time	Tuesday		
3:00 PM-3:45 PM	Girls Volleyball	Throwers	Football (Non Class)
3:45 PM-4:30 PM		Open gym (fall & winter sports)	
4:30PM - 5:15PM		Sprints, Jumps, Vaults	
5:15PM - 6:00 PM			
Time	Wednesday		
3:00 PM-3:45 PM	Spirit Line / Girls Volleyball	Throwers	Football (Non Class)
3:45 PM-4:30 PM		Open gym (fall & winter sports)	
4:30PM - 5:15PM		Sprints, Jumps, Vaults	Softball
5:15PM - 6:00 PM	Boys Volleyball	Baseball	

Dynamic Warm-up

- High Knee Hug
- High Knees
- High Knees Laterally
- Quad Stretch
- Marios
- Atlas
- Speed Skater
- Volleyball Shuffle
- Karaoke
- Frankensteins

<https://www.theartofcoachingvolleyball.com/20-dynamic-volleyball-warmup-exercises-with-marie-zidek/>

Arm Warm-up

- Two-hand ball throw
- Behind the head ball throw
- One-hand ball throw
- Spike throw
- Setting drill
- Passing drill
- Pepper

For practice, once we get through warm-ups, athletes should then go into cooperative play. 2v2 or 3v3 on two to three mini-courts per court.

For games, captains will be called for the coin-toss during warm-ups. If we are visiting, we will be on first and go into hitting warm ups followed by serving warm ups. We will then shag for the home team when it is their turn to do hitting. When they are serving, the team will huddle up for final pre-game discussion. If we are home, this order will be reversed.

Game Time Jobs

We want to build an Affirming Culture, a Winning Culture, and a Leading Culture. We will accomplish this by making sure that our events are run better than any other events in this state! We need to make sure that our teams feel supported, our fans are modeled and served, and our refs are taken care of. This is accomplished through sharing of jobs during home matches. All varsity players are expected to be dressed out and ready to work the JV games. All JV players are expected to stay and work the Varsity games. (Once we have a JVB team, it will be Varsity work JVB, JVB work JV, and JV work Varsity.)

These jobs will consist of:

Line Judge 1—you will watch the lines and judge in, out, touch, antennae, etc. on one side of the court.

Line Judge 2—you will watch the lines and judge in, out, touch, antennae, etc. on one side of the other court.

Ball Rotation 1—we will do a three ball rotation, where the game ball will rotate between these three balls, and we maintain a fluid speed. Ball Rotation 1 stands/sits to one serving side, and delivers the ball to server.

Ball Rotation 2—we will do a three ball rotation, where the game ball will rotate between these three balls, and we maintain a fluid speed. Ball Rotation 2 stands/sits in middle, and relays ball to serving side.

Ball Rotation 3—we will do a three ball rotation, where the game ball will rotate between these three balls, and we maintain a fluid speed. Ball Rotation 3 stands to one serving side, and delivers the ball to server.

Concessions 1—this is providing a service to our fans, and allows us to fundraise money for our program. You will take inventory, and sell concessions.

Concessions 2—this is providing a service to our fans, and allows us to fundraise money for our program. You will take inventory, and sell concessions.

Concessions 3—this is providing a service to our fans, and allows us to fundraise money for our program. You will take inventory, and sell concessions.

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Statistician—we need to affirm and serve each other as well, we need a statistician for each match. This statistician will help track all the necessary stats that get entered into MaxPreps.

Fans 1—our fans need to have models of cheering on our teams that reinforces the culture we are trying to build. Our teams need affirmation from each other, and being a loud bleacher creature helps us succeed on the court.

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Cheers

We want to encourage our Affirming Culture, our Leadership Culture, and our Championship Culture in our stands just as much as on our court. We would love it if our fans cheered with our team for our good things. Typically, in volleyball, the cheers start on the court, then move to the bench in chorus, and then move to the stands.

Some of the cheers we would like to encourage are:

Beginning of Each Set

“Nobody sits until the wolves score!” We want to encourage everyone to stand at the beginning of each set, and to not sit down until we score our first point.

Bump-Set-Spike

When we are in a volley, and we cheer after each bump-set-spike as “Let’s-Go-Wolves.” So after we bump, we cheer “Let’s,” after we set, we cheer “Go,” after we spike, we cheer “Wolves!”

Tool Time!

Whenever we spike, and it is deflected off of the opponents block for our point, we call this a tool because we tooled the block. When this happens, we want to encourage the cheer “Tool Time!” Where we also cross our arms in the air.

Block

Whenever we get a block on an opponent, we will simply cheer “Oooohh!!!”

Serving Ace

Whenever we get a serving ace, we will simply cheer “Ooh, Ahh, Ace!”

Kill

Whenever we get a kill, we will simply cheer “Killer!”

Fundraising

Concessions

We have already accomplished this on a couple of occasions, where we worked the Boys Soccer Senior Night, and the Girls Basketball Home Playoff Game. We want to continue this effort by selling concessions at our home matches. Varsity will work the JV game, and JV will work the Varsity game. There will be a rotation of who is working.

Serve-a-thon

We will conduct a serve-a-thon on February 29th. We ask that your athlete goes around and asks for sponsorships from friends and family to make serves during our serve-a-thon. We will do this in the evening of February 29th as our practice. Athletes will fill out their sponsorship form, and then at the serve-a-thon serve on alternating sides of the court for thirty minutes. The number of serves made in translates to an amount of money collected from each sponsor. All funds are due by March 16th.

Snap-Raise

Details to come.

Tax Credit

In Arizona there is a great opportunity to provide a donation once a year to a school or school program, and you will receive this amount as a tax credit on your state tax returns. This means that every dollar donated through tax credit will come back to you this April.

Schedule

Currently we have six games on our schedule, plus one tournament. We are working on getting some more games, so this schedule is subject to change. We will likely be getting another game with Phoenix Christian, a game with Fountain Hills, we are still waiting to hear from Cactus, and we will be getting another tournament at Desert Edge. Additionally, our JV team will be hopefully playing Agua Fria at least once, Canyon View, and Thunderbird.



SCHOOL TEAMS

Varsity JV Freshman / Sophomore

2019-2020

ALIGNMENT

5A Independent

Schedule

24 Mar 5:30 pm	vs	Phoenix Christian Cougars	Estrella Foothills High School	Region
31 Mar 5:30 pm	vs	Carl Hayden Falcons	Estrella Foothills High School	Freedom
09 Apr 5:30 pm	@	Camelback Spartans	Camelback High School	Freedom
15 Apr 5:30 pm	@	Marcos de Niza Padres	Marcos de Niza High School	Freedom
22 Apr 5:30 pm	@	Raymond S. Kellis Cougars	Raymond S. Kellis High School	Freedom
05 May 5:30 pm	@	Phoenix Christian Cougars	Phoenix Christian Jr./Sr. High School	Region

We are participating in the Lancer Invitational on Friday April 3rd and Saturday April 4th. There will be another tournament either on April 11th or April 25th. Please be flexible as we continue to get more games on our schedule.

Updated schedule information can be found on my website: <http://www.meant2teach.com/coach/> the AIA website: <https://www.azpreps365.com/teams/volleyball-boys/5994-efoothills/130502-varsity> or MaxPreps: [https://www.maxpreps.com/high-schools/estrella-foothills-wolves-\(goodyear,az\)/boys-volleyball/schedule.htm](https://www.maxpreps.com/high-schools/estrella-foothills-wolves-(goodyear,az)/boys-volleyball/schedule.htm)

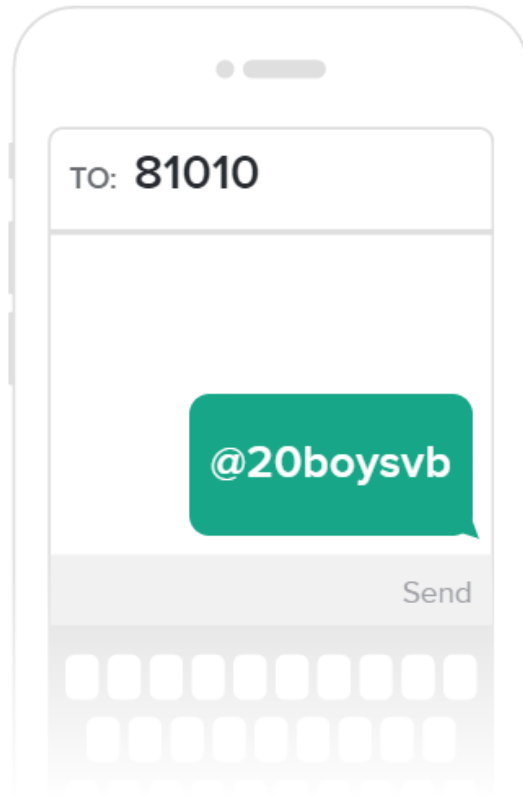
Communications

Remind:

Tell people to text @20boysvb to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @20boysvb to (623) 552-2297.



Facebook

@EFHSMensVB

Coach Matteson

mmatteson@buhsd.org

@CoachMatteson

<http://www.meant2teach.com/coach/>

Program Rules

1. Everyone helps set up and tear down.
(No one touches a volleyball until our nets are fully set up for practice, no one leaves until our nets are fully taken down at the end of practice.)
2. Lift each other up.
(If a teammate is on the ground, lift them up. Encourage each other in practice, and play. Always have positive speak.)
3. Show true grit.
(Always work hard, learn from your mistakes, get stronger from every experience.)
4. Have a growth mindset.
(A growth mindset is someone who learns from their mistakes, is not afraid to make mistakes, and is always looking at improving, everything.)

Team Rules

1. Any student athlete in possession of an illegal substance such as alcohol, tobacco, or drugs will be suspended from the team for the time specified in the athletic contract.
2. Academic eligibility will be consistent with Buckeye Union High School District policy.
3. A student must be present at school to attend practice/games. Missing practice **will** effect playing time. If there is an unexcused absence, it will result in losing playing time and/or game suspension.
 - a. For an excused practice, the coach must be notified prior to missing practice. Depending on your reason will depend on whether or not it is considered an excused practice. If you have questions whether your excuse is excused or unexcused, ask coach in advance.
4. The coaches will decide a dress for game days. Whether it be dressing up or wearing athletic/spirit wear, this will be followed. Refusing to dress as a team on game days will effect playing time.
5. Any player who is not able to participate due to an injury is expected to attend both practice and games unless otherwise excused by the coach.
6. Any disrespect or attitude towards teammates or coaches will not be tolerated. This will result in missed playing time or possibly removal from the team.
7. Don't do anything that could bring embarrassment to you or will disrupt the development of the Estrella Foothills Boys Volleyball Program.
8. Any inappropriate use of social media will result in consequences consistent with Buckeye Union High School District policy.

Please sign and return: By signing, the coaches assume you understand the above and are willing to follow the rules and accept the consequences if rules are broken.

Athlete: _____

Parent/Guardian: _____

Date: _____