

FIREBIRDS

ATHLETICS DEPARTMENT

HIGH SCHOOL GIRLS' VOLLEYBALL

Coaching Staff

Bryley Van Doren, Head Coach / bryley.vandoren@windsorcharteracademy.org
Hannah Mielke, Assistant Coach / hannah.mielke@windsorcharteracademy.org
Amanda Banderas, JV Coach / amanda.banderas@windsorcharteracademy.org
Gabi Elliott, C Coach / gabi.elliott@windsorcharteracademy.org
Chris West, Athletic Director / chris.west@windsorcharteracademy.org

2025-26 SCHOOL YEAR SEASON DATES

Tryout Dates: August 11th from 6:30-8:30 pm and August 12th from 5-7 pm at the Firebird Facility.

Regular Season Dates: August 13th to October 29th, 2025

General Practice Dates & Times:

Varsity Team: Practice will generally be held Monday through Friday from 4 p.m. to 5:30 p.m. at the Firebird Facility.

Junior Varsity Team: Practice will generally be held Monday through Thursday from 4:30 p.m. to 6 p.m. at the Firebird Facility. On Fridays, practice will be held from 4 p.m. to 5:30 p.m.

C Team: Practice will generally be held Monday through Thursday from 5:30 p.m. to 7 p.m. at the Firebird Facility. On Fridays, practice will be held from 4 p.m. to 5:30 p.m.

**Practice and game times are subject to change. Please see our [Athletic Calendar](#) for official dates and times.*

Team Photos: Wednesday, August 27th at 6 pm

Senior Night: Home Game vs Resurrection Christian - 10/28/2025

Banquet Date: TBD

COACHES' CODE

We understand that our job as coaches is to help ensure these young women leave our program with a sense of responsibility that is greater than themselves. We want these ladies to be women of integrity who will lead, be responsible, and be good citizens. We know that as coaches, we have a tremendous amount of influence and power. We will use this platform to better our community, school, and program.

We understand that coaching has a huge impact on the development of these young women. We promise to coach with affirmation, to believe that every single player has value and purpose, and to do everything we can to build up each player.

We understand that positive communication between the player and coach is essential for the player to succeed. We understand that private and public communication between coach and player is vital for mutual respect, and therefore, both are treated with the utmost value. We know that players must understand their role to be the best players they can be. We know that coaching can be a tricky feat, and sometimes affirmation gets lost, but we understand that there is no place for screaming, shaming, swearing, or sarcasm in our program.

We understand that these athletes are students first and players second. These are student-athletes. We will do everything possible to promote a culture of education both on and off the court. It is our responsibility to help these young women grow in both and create an environment to succeed in both.

We understand that our actions reflect our program, school, and community. Just like our players, we hold ourselves to honoring the game by respecting the opposing team, referees, timekeepers, fans, and families, regardless of scores or intense situations.

PARENT'S CODE

I understand that I have a responsibility to help endorse the values of this program. I promise to do everything I can to support and encourage my daughter, her teammates, and her coaches.

I understand that the coaches do their best to promote and encourage these ladies to be women of integrity who will lead, be responsible, and be good citizens of our community. I promise to help support this effort through the sport of volleyball and have effective, productive communication with the coaches. I know that it is through positive communication that a common mutual understanding can be achieved. Positive communication includes not just parent to coach or player to coach interaction, but parent to daughter communication as well. We are all in this together. Negative communication affects us all both on and off the court. Therefore, I will empower my daughter with positive statements and help her learn from adversity.

I understand that as a parent, it is extremely important for a healthy program to have parents who are truly supportive in the stands, even in those intense moments. I am a role model in victory as well as defeat. I will support and demonstrate characteristics of integrity, empathy, sacrifice, and responsibility for my daughter, her teammates, and the opponents. I will refrain from boasting and will cheer and support all kids – not just my own.

I understand that issues can arise between the players and between players and coaches. I will encourage my daughter to meet with her coaches before issues overwhelm. I want to promote self-advocacy and awareness. If clarity is still needed, I know the coaches will be open to communication without any retribution.

PLAYER'S CODE

I understand that I have a responsibility that goes beyond the game of volleyball. I accept that my actions, positive or negative, affect the entire volleyball program. I understand that it is a privilege to play volleyball for WCA. Not everyone gets that chance. With this responsibility, I will serve as a role model through the way I communicate and act. I will act with a sense of pride, dignity, and integrity. I understand that the things I saw – either

verbally, written, or through social media – reflect on my volleyball program, school, family, and the community.

I understand that being engaged in this program carries the responsibility of speaking up for what is just, no matter how unpopular. I will have the courage to help teammates and others empathetically fight to do what is right.

I understand that I have a responsibility to treat coaches, teammates, referees, and opponents with high regard and respect. We are all in this together. This includes the community outside our circle of volleyball, too.

I understand that I have a leadership role on this team. My spirit will affect people and teammates around me in a positive manner, in and out of volleyball.

I promise to do the very best I can for the WCA Girls Volleyball Program. I understand that this effort extends to practices, games, and events. I know that this commitment to maximum effort is a promise to my school, teammates, coaches, and family.

I understand that good sportsmanship is a key component of a healthy program. I understand that I am just a small part of this program. I know that in this journey, there will be many ups and downs, but I understand the importance of staying level-headed and respectful to everyone around me. I am an individual, but a part of something much bigger.

COACHING PHILOSOPHY

Coaching should be all about the student/athlete. This is a special time in the lives of the players in our program. High school volleyball can, and should be, fun, while at the same time, allowing for life lessons to be learned. Being on time, playing by the rules, playing together, respecting the sport and your opponent, and, most importantly, enjoying life are all lessons that can be developed and enhanced through participation in high school volleyball. It's all about developing talented athletes who are also quality people. Success

on the court will occur in a program when the players are expected to be quality people/students/athletes, and where the program creates an environment that fosters their growth and development and encourages them to reach their potential. Great results will come from establishing aggressive, yet achievable, expectations for every person in the program, from coaches to players to managers, and demanding that the expectations be met.

Key points to emphasize to players and coaches:

- Ethics
- Academics
- Teamwork
- Discipline
- Loyalty
- Attitude

Goals:

- Teamwork: Building a family
- Be a disciplined team at all times.
- Prepare young people for their futures.
- Be a positive role model.
- Stress fundamentals.
- Be a source of pride for the school and community.
- Make volleyball fun.
- Encourage all players to be a positive influence in the classroom and community.

SEASON EXPECTATIONS & GUIDELINES

Windsor Charter Academy Volleyball is a program that strives to encourage and teach greatness in the game of volleyball as well as in the game of life.

Attendance Expectations:

- Keeping with athletic excellence, all players are required to be at every practice and every game. In order to compete at the highest level, participating in every practice is necessary to refine individual skills and to be able to work as a cohesive team. Failure to be at practice/games for anything besides illness, death, or family celebrations will result in the following:

- Missed practice: Playing time will be reduced.
- Missed game: Players will not be able to play in the following game. They will be at the game but on the bench cheering on their team.
- Schedules for practice and games go out months in advance. Please plan your trips accordingly.

Expectations at Practice:

- On time and ready to go when practice starts. This includes having all the equipment on.
- Players shall arrive 15 minutes early to every practice to allow ample time to put up nets and put on gear.
- All players are expected to have a coachable attitude.
- Players are expected to have a "superior" work ethic. We cannot achieve our team goals or your individual goals without a superb effort daily in practice.
- Treating teammates and coaches with dignity and respect.
- All players will help with putting up and taking down nets. Nets should be put up before practice starts.

Expectations for away games:

- Show up on time, if not the bus will leave you and you will need to find another ride. If your team is doing self-transportation, allow ample time to get to the gym on time.
- "On Time" is subject to individual coach discretion.
- Be respectful of the driver regarding the noise level on the bus.
- Have all equipment needed.
- Ride the bus home, with some exceptions, but the norm is to ride to and from games as a team if there is a bus.
- Good sportsmanship.

Expectations for home games:

- Be on time; if late, you will not start, or playing time will be cut.
- Have all the equipment you need.
- Good sportsmanship.
- Players attend matches for all other teams (Varsity, JV, C team). Doing homework in the stands is acceptable.
- Phones should not be used during the games, unless texting parents.

Expectations for Academics:

- Attend all classes
- Staying eligible to compete
- Treat teammates the way you would like to be treated
- Must attend school on the day of a game to play

Expectations for Playing Time/Communication:

- Playing time will NOT be discussed (face to face or via email, or text) during or immediately following a game. 24 hours must pass before any communication is initiated.
- Playing time and other relevant matters may be discussed with the coach at an appropriate time with the following guidelines/process: the player must first speak with her direct head coach, then the parent may speak with his/her daughter's direct head coach, then the player and parent may set up a meeting with Coach VanDoren, and finally, the player and parent may set up a meeting with the WCA Athletic Director and Coach VanDoren.
- Playing time will NOT be discussed with any player or parent about another player.
- It is expected that the athletes are to do most of the advocating for themselves to the coach.
- Be willing to listen, just as much as you are willing to talk.
- If two players have an issue, please involve the coaches, but not the other players. This is a **drama-free, gossip-free team**.
- Gossip or bullying will not be tolerated at all.

THE CULTURE OF THE PROGRAM

Commitment

- Excellent work ethic.
- Get out of your comfort zone.
- Commit to becoming better every day.
- Make the team the best that it can be.
- Take excellent care of yourself physically, mentally, and emotionally.

Sacrifice

- Give up free time to achieve excellence.
- Place team success over personal glory.
- When the team gets recognized, we all get recognized.

- Every individual in the program is critical to our success.

Handle outside influences

- Avoid anything harmful to you, as this harms the team.
- Do not allow people outside the program to take your focus away from your personal goals and the team's goals.
- There will be people who will be critical of the coaching staff, other players, and/or the program. We must all be educated on how to deal with these negative influences and keep the focus on the team.

Be honest

- Open and consistent communication from coaches and players will give our program an edge.
- Sometimes an honest assessment is difficult, but it is the only way to truly achieve greatness.
- Be honest with yourself about your effort daily.
- Be honest about your level of dedication.

We are creatures of habit

- Good habits are hard to break.
- Develop excellent work habits daily, and you will perform to the maximum of your abilities.
- Champions develop a habit of success in all areas of life.

PROGRAM EXPECTATIONS AND OBJECTIVES

Coaching Staff

- Loyalty: All members of the girls' volleyball coaching staff will be expected to be loyal to the other coaches, the players, the administration, the students, the faculty, and to the school.
- Character: A coach has the unique opportunity to work closely with the girls in the program in helping to develop worthy values and attitudes. Our coaches should

explicitly demonstrate the highest standards of ethical conduct. Integrity and strong moral character must be the foundation for all interpersonal relationships.

- **Technical Knowledge:** Coaches must know the game and be able to impart their knowledge to the players. Coaching is teaching! A coach must be open-minded, intelligent, creative, and constantly seeking to improve their knowledge of the game.
- **Organization and Hard Work:** Each coach must demand of themselves a commitment to excellence. They must be a self-motivator who is highly organized and dedicated to getting the job done regardless of how hard or long the requirements of the job. When you love your job, you never count the hours.
- **Academic Performance:** Coaches must emphasize academic excellence to all of our players. Athletics can never be placed above academics.

Other Staff Expectations: What I expect from my staff and myself:

- To love, support, and care for all players.
- To always be honest.
- To never physically or verbally abuse a player.
- To act professionally at all times.
- To conduct themselves, on and off the court, in a professional manner that would bring honor to the coaching profession and the school.

Players in the Program

- To constantly strive for excellence on the volleyball court and in the classroom.
- To get the most out of your abilities as an individual player and as a teammate to others.
- To represent yourselves, your family, your teammates, your friends, your community, and your school in the highest regard.
- To be great leaders, followers, students of the game, and teammates.

TEAM SELECTION POLICY

Players will be evaluated on skills (passing, defense, serving, attacking, setting, speed, transition footwork, and toughness), abilities, and attitude. After a 2-day evaluation period that will include objective evaluations (passes made, hitting placement, setting ability, agility testing, etc.) and subjective evaluations (coaches will all rank every player from 1 through how many players try out), the teams will be selected and communicated to the student-athletes. Weight will be given 1/3 to objective evaluations and 2/3 to subjective evaluations. Coach VanDoren will have the ultimate say on team selection and placement. Players can be cut at all levels and all grades. The program is looking to keep 25-35 players. **If the number of total players trying out is under this number, those athletes that may have otherwise been cut will be given the option to be a part of the program in different ways. If the athlete chooses to stay in the program as a player, it will be an open and honest discussion about what playing/practice time would look like.** Please keep in mind that we will have several athletes who will be swing Players. (Play in V/JV or JV/C). Players who are cut will have an individual meeting with the coaches on what they need to improve on if they would like to try out next year. The overall evaluation process will be utilized to determine the skill/potential level for each player.