



# OUR LADY QUEEN <sup>OF</sup> MARTYRS

CATHOLIC CHURCH & SCHOOL

## OLQM Team Guidelines

1. Players will do all they can to keep their commitment to the team by being on time for all practices and games. If a player has to miss a practice or game, please email/call ahead of time so coaches can adjust the lesson/game plan for that day.
2. In general, the more committed a player is to be at practice, the more improvement and the more the player will learn. Practice is considered a classroom situation and therefore will start on time and expect players to be on time. Consider practice like homework and games like a test. If you miss practices then you may not be ready for the game.
3. Please be dressed and ready to begin warm-ups 30 minutes before each game.
4. We hustle on and off the floor/field during all games and practices. Sprint on and off the floor/field during substitutions and timeouts. Check-in at the scorer's table for all substitutions. Only come on the floor/field when the official calls you in.
5. Players wait outside the gym/off the field when another team is practicing before. **Bring water bottles and a practice jersey every day. You will be responsible for your own water at all games too!** At OLQM we do have a refillable bottle filler on our fountain. Please be mindful that not all schools will. Please be prepared.
6. Parents please pick up your child on time after practices/games so coaches do not have to wait until you get there.
7. **When we wear our white uniforms, shirts that are worn under a uniform, if visible, must be white, as with grey, royal blue, or blue jersey. The undershirt must be the same color if you can see it**
8. **No earrings or jewelry can be worn during games or practices. Socks must be white, black, or royal blue.**

## OLQM Coaching Philosophy

1. Each sport will focus on the fundamentals, understanding of the game, execution, fun, and winning. There will be times when parents may not like a call or a decision. Please remember we are representing Our Lady Queen of Martyrs at all times. Please no bantering or yelling at the officials,
2. **Any concerns that you would like to bring to a coach's attention should be done after 24 hours.**
3. **NO coaching or shouting out instructions from the stands.** Parents stick to cheering, clapping, and positive comments only. Leave the coaching to the head coach and the assistant coach on the bench. This is important for many reasons.... For one, it's hard enough to get the players to hear their coaches' voices and instructions. When you add a bunch of parents shouting out instructions, it gets really tough for the players to hear and/or process what their coach is saying. Sometimes parents yell out instructions that contradict what the coach is telling them. Parents yelling out instructions becomes contagious. It happens all the time. It starts out with one well-intentioned parent (or grandparent) yelling instructions. And before you know it several others chime in and it's just a blur of too many voices.
  - a. **The players need ONE voice (their coach).** I know this is really hard to do. I have been there. And I realize that sometimes the instruction is helpful and you'll see something the coaches are missing. But the negatives of allowing this clearly out weight the positives. Just relax, have fun, and stick to cheering.
  - b. **Don't complain about the ref's calls.** Look, the refs are going to make bad calls. That is just part of youth sports and what we signed up for. So just accept it and don't even pay attention to the refs. We want our players to be resilient and not worry about things they can't control (the refs). When they hear the parents complain, they start to think it's justified and the refs must be treating them wrong. Then the excuses start to follow. That type of attitude does not fit into our core values and the character skills we are trying to develop with this team. So please don't complain about the refs or complain to them. Our players are going to be resilient and play through whatever happens on the court/field. No excuses. Some of the teams we play are going to complain and shout and you name it. Don't worry about what they do. Let them be the silly ones. As most of you already know, things can get ugly in the stands — obnoxious behavior, yelling at kids/coaches/refs, parents getting kicked out. No matter the circumstances, that will NOT be the Vikings' coaches, parents, or players!
4. **Playing Time Will NOT Be Equal.** CYO has guidelines on playing time that are followed. Playing time will NOT always be equal especially as kids move up

through grade levels and get to the varsity level. Just like the drama club does not assign roles equally, the best actor or singer gets the lead. There will be some games when a player does not play very much. There may be some games they play more than other players. There are countless reasons that playing time varies. Some of those reasons include:

- a. Coach messed up the rotation or made a mistake.
- b. A coach took a player out because they didn't feel the player was giving their best effort. Sit a player down on the bench, and tell them exactly why they were taken out. We find that bench time is a very effective form of motivation.
- c. We felt a player was dominating and it was starting to hinder the development of others on our team.
- d. We are trying to give our team a chance to win and match players up a certain way.
- e. Your daughter/son asked to come out.
- f. Your daughter/son is new to the sport and doesn't have the same experience or skill level as another player who has been playing the sport longer.
- g. Probably the biggest reason playing time varies quite a bit is because we are trying to develop every player on the team as much as we can. For improvement to occur, every player needs to be challenged (they need to fail a little bit) — but not too much. So, we adjust playing time to match players up against the appropriate competition.
- h. No cuts are made at OLQM and sometimes teams have more players than needed. This makes it challenging to get everyone into a game and sometimes just isn't attainable at the varsity level. Coaches will be upfront with players before the season begins in these situations.

Let's work together to bring joy, health and happiness to all our young athletes.

Go Vikings!