

Hello Everyone,

My name is Skyler Krantz and I will be the head volleyball coach for 2017. I am a self-sustainable organic farmer by day and a volleyball coach by night. This will be my sixth year coaching volleyball and I couldn't be more excited to return to Hazel Wolf for the second year in a row. I have a passion for the sport and I look forward to expanding the girls' knowledge as players on the court. Chelsea Brown, our assistant coach, is an Instructional Assistant and Interpreter for the Deaf and Hard of Hearing program for Seattle Public Schools and has over 10 years of experience playing competitive volleyball. She is looking forward to continuing the coaching role and taking on her second season here. The following outlines the groundwork we would like to establish for the program:

Hazel Wolf Volleyball Program

Our **Mission** as coaches, is to establish and maintain a middle school volleyball program that will enable girls to reach their full potential as competitive volleyball players, student athletes and teammates. Our **Program Goal** is to provide as many girls as possible the opportunity to play middle school volleyball. Our **Core Values** are simple: Competition, We cannot reach our greatest potential if we are not challenged. Commitment, to grow we must be willing to risk and work hard. Composure, we are ambassadors of ourselves, the volleyball program, and our school. Community, we support each other and are connected and committed as teammates.

Coaching Philosophy

- We are committed to training and developing each and every girl that wants to be a part of this program. The goal is to enable each player to become the best she can be, so that collectively the team becomes the best they can be.
- Present ability does not predict future ability. The current skill level of a 6th grader does not predict how good she will be as an 8th grader or senior in high school. We strive to keep everyone involved in the program while giving each player ample practice and game time so they have the opportunity to develop.
- We run deliberate practices. Becoming a great volleyball player is more than raw talent. It requires dedication to mindful repetition of complex skills in an environment that is physically and mentally demanding.
- We create a safe environment to take risks. You cannot reach your greatest potential unless you are challenged. This requires risk however, and it is vital that in our program we provide a safe place where players can aim high and be supported and encouraged whether they succeed or fail.

Practices will start on Tuesday, March 14th. No practice Thursday March 16th. Starting Tuesday, March 21st practices are held after school on Tuesdays and Thursdays. Games will start late March on Saturdays through mid-June! Chelsea and I are really looking forward to teaching and coaching your girls! If you ever have any questions, comments, or concerns please don't hesitate to email me at Skylerkrantz@yahoo.com or Chelsea at clbrown1@seattleschools.org

Skyler Krantz and Chelsea Brown