

CARDINAL CRUSH PHILOSOPHY

The purpose of this league is to find a means to introduce the game of volleyball to girls at an age where they can become interested in the game, develop gradually and become more productive players by the time they get to high school.

We want to do this in a way that doesn't force athletes to choose "a" sport, but allow athletes to determine if volleyball is something that they are interested in pursuing as they enter high school.

Cardinal Crush will focus on learning individual skills through drills and game-like situations. Thus, giving players the ability to put their skills and abilities to the test while at tournaments.

Goals for the season are to learn individual ball handling skills, court awareness and positioning, and running a basic offense and defense (4-2, 6-2, or 5-1). We also want both individuals and teams to feel successful. Therefore, coaches determine the playing time and positions where they feel athletes can succeed, which in turn, benefits the team.

It is understood that roster players will actively participate in every tournament. "Equal" playing time is unrealistic due to the nature of the game (some sets may have closer scores, making for more rallies for athletes to play in; also a player may serve for multiple points, allowing players more time in the front or back row).

