

What is Mentoring?

“PAY IT FORWARD”...by giving back!

www.bringyourownparent.com



What is a Mentor?

A mentor is someone who teaches or gives assistance and advice to a less experienced and often younger person.

What are the benefits of having a mentor?

Whenever you are learning something new or going through a new experience it feels good to have someone there who can give you suggestions and advice based on the choices that they have made and the things that they have gone through.

Having a mentor means having someone to share your thoughts and fears with. Sometimes parents don't always have the answers that we're looking for.

Sometimes we don't feel comfortable talking to our coaches. So a mentor is a good person to have around us that we can relate to...like a big sister.

BYOP® ThinkTANK TEAM

Valerie Armstrong •

Kelly Hisel • Joyce Newell •

Karissa Stoker • Annette Lynch

Mentors

Kaitlynn Stoker • Jentry Allen

Ahada Jones, Chair

Special Advisor, Ruth N. Nelson



If you are not able to view click on link below

<https://youtu.be/VsQ9iX411EA>

Program Details

Each training session will build upon a solid foundation of all fundamental skills needed to participate in the sport of volleyball. Parents must be engaged in every training session, participate and involved in the home training program involving physical and skills activities.



What are the benefits of being a MENTOR

A mentor has the power to influence a young girl and provide guidance in not only the techniques and fundamental skills of volleyball but also in the attitude and perseverance required to excel. It is our duty as a mentor to put everything out on the floor and spill our experiences into the lives of these young girls who may soon grow a passion for this sport.

We have the opportunity to disciple these girls with the knowledge it took us years to learn. We have all gained something from volleyball that has influenced our personal lives and it is our time to transfer these benefits to those who aspire to be where we are today. Of the many benefits of mentoring, the most important is gaining the ability to adapt to teaching different age groups and transforming our focus from ourselves to the players.



We learn to be emotionally selfless and we learn to problem solve since each player has different areas in need of improvement that change on the daily basis. Mentoring forces us to provide proper communication with any age peer from children to adults."



Program Overview

This training program is designed for any player, no matter what skill or ability level, as long as their goal is to become the best they can be! Parents must be fully dedicated to be actively involved in this program. BYOP® will provide excellent volleyball fundamental skills training as well as life lessons to both player and parent.



MENTORING GUIDELINES



1. Register and complete the BYOP® 101 online course & email your certificate of completion to your Certified BYOP® Instructor.



2. **Always Be Attentive:** Pay attention to your surroundings and be available to help anyone (Ruth, parents, players and coaches) who might need assistance.

3. **Be Positive & Directive:** Instead of saying “Don’t pass with your arms high” or “Don’t drop your elbow when you hit” say things like “Try to keep your arms low” or “Reach high” or “Puppet, 1-2-3”, and remember to say good job, much better, just a little faster, WOW...and provide specifics on what was good.



4. **Mentoring Is Not A Social Event:** Although it is tempting to talk with your friends who are also mentoring during the same hour, the purpose of mentoring is to assist Ruth and help mentor the younger girls who are looking up to you.

5. **Don't Be Afraid to Correct:** When watching the training sessions, if you see a player practicing inefficient technique, it is important to correct them and show them the efficient way to do things. If they keep practicing inefficient technique or movement patterns, that could develop into a habit that will be difficult to break. The same applies if the parents are teaching inefficient technique. It is okay to redirect and/or assist a parent to show them the correct technique, but always be respectful, not bossy or rude.



6. **Model Good Behavior:** Remember that you are being observed in everything you do. The younger girls are looking up to you and will copy something you do, even if it is a bad technique in volleyball or just the way you might be acting. Practice effective techniques and practice what you preach! Practicing simple techniques correctly will even benefit your play more often than you know.



7. Finally, be sure to have FUN!: Remember the reason why you are here! You are here because you love volleyball, and you want to help train and mentor young girls who already have a passion for the sport you love.