

# Bring Your Own Parent®

## Program Details

The BYOP® program was developed to provide young aspiring volleyball players the opportunity to receive training from a certified BYOP® instructor who has been trained on and off the court under the direction of Ruth N. Nelson. Each training session will build upon a solid foundation of all fundamental skills needed to participate in the sport of volleyball. The program may also include some competition or game-like drills, BYOP® PLAYDAYS, Skills Contests, BYOP® Bring A Friend (BAF™) Program and other organized activities.

Participation in the BYOP® program will establish a strong foundation of basic volleyball skills (for both players and parents), effective and efficient movement patterns and basic volleyball IQ. The parent will also have a more realistic view of different developmental stages of a player from training fundamentals (5-7) to continued skills training and an introduction to league or recreational play (8-10). Those players who have developed their fundamental skills may move on to competitive league play, modified junior club local programs, or a junior club travel team program in conjunction with their BYOP® training.

After parents go through their first 8-week training period of one (1) hour each with their daughters, their relationships become significantly enhanced because of the quality of time they are able to spend with one another. The emphasis is on training good habits from the very beginning – one step at a time. From the very first moment with the team, everyone meets new friends – kids and parents alike. It is a very fun, positive, confidence building, and supportive training and learning atmosphere.

In addition, players create BYOP® cheers, for

example, a 5-year old developed one of our more popular cheers: **"Pink and black... Don't talk back!"**

## Expectations and Commitment

Parents must be fully committed to participate in this program each session, thereby providing opportunities for their children to be exposed to "THE BEST" training and development of both the players' volleyball skills and life lessons beyond the court. It is recommended that parents attend one of the BYOP® introductory presentations by a certified BYOP® instructor in order to fully understand what the program entails. If a player has the desire, the passion, and the love for volleyball, as well as the willingness to work hard and show respect for all ... this program is for YOU.

## Requirements

Each parent and child is required to complete an online contact form before becoming part of the BYOP® program. When registered, each parent is expected to be actively involved by attending and participating in all sessions, learning the fundamental volleyball skills including how to toss, hit and serve, and analyze errors so that each player has an educated parent supervising and assisting with the Home Training Program Series (HTPS™). In the event the "sign-up" parent in the family has an emergency and is unable attend a training session, the other spouse may assume the sign-up parent's responsibilities during that time. A critical part of the program is consistent parental engagement during every training session and HTPS™ (physical and skills program) in order for the most positive gains to occur.



Skills Contest / PLAYDAY



Player/Parent Cheers



Bring A Friend (BAF™)



**Visit our website to register with one of our Certified Programs!**

All participants (parents/players) are required to wear BYOP® training shirts

**Texas:** Mckinney/Fairview/Plano/Carrollton/Allen; Bryan, DFW; **Seguin & Wichita Falls**

**California:** Orange County • **Arizona:** Phoenix • **Ohio:** Cincinnati

**Illinois:** Chicago • **Oklahoma:** Oklahoma City

**Home:** [www.bringyourownparent.com](http://www.bringyourownparent.com) • Reprinted: 6/28/2018

