

## Calvert Hose - Volleyball Bio Bullet Points 2021

- Started playing organized indoor volleyball in Hawaii in 1985 through Varsity in High School.
- Continued on a club team from 1990-1993 at Whittier College in California, adding 4man grass.
- Started coaching at a multi-discipline sports camp for children in 1992
- Continued competitive play on indoor hard court, as well as 2-man grass, sand, and 9-man for more years than I care to commit to. At the same time, I coached and refereed matches for various skill and age levels.
- Volunteer coaching volleyball for the YMCA and the City Recreational League for more than 10 seasons.
- 2021 will be my 4th season coaching with Alabama Performance / Birmingham Elite Club
- Jesus Christ is my Savior. Member of Green Valley Baptist Church, married with two boys 21 and 19, and three girls 14 and 8yr old twins.
- AP Coach Certified, JVA Certification, AAU Certification, Double Goal Coach Certification, CDC Heads Up Certification, YMCA Certified, previous USAV Referee and Scorekeeper
- When it comes to sports, I am intensely fun. I believe in high stamina, focus, and energy. I am passionate toward constant improvement; we are not just out there to compete against another team, we compete and challenge ourselves to achieve the best, we can rest when we reach perfection; winning is a bi-product.
- Why do I coach? Because of my experience, I can. I find satisfaction in giving back for all the people who have coached me, and paying forward toward the future generations of players, coaches, and fans. I also enjoy serving players with guidance from my experiences learned in areas where I could have really used a coach on and off the court.
- What do I feel is my job as a coach? I am just one (of hopefully many) tools that a player, interested in growth, will use to bridge gaps and/or accelerate their development to their potential. This is a great time for the players to grow and learn, not only in their volleyball skills ... but also in friendships, to give as well as receive support from others as they work as a team to achieve a common goal.
- What don't I do as a coach? I don't decide a player's level of interest, attitude, or commitment. I expect players to make the decision and communicate their commitment level so I can meet them where they are and encourage them to be all they can be.