

Kind Email Messages Sent to Jeff Cole during 2009 Club Volleyball Season

This has been, by far, the best coaching and growth experience we have ever had with any of our kids in 18 years of youth sports. Thanks again for all your effort. - Steve Wisniewski (Oakland Raiders, 8 time Pro Bowl player)

I don't know what it is about seeing you that always invokes tears from me! I think perhaps it is the always kind heart, sage advice and care that you have always shown my dear Alli from the very beginning. You have always been her biggest supporter and a mother doesn't forget those things!!

NorCal and every participant you have ever had a hand in coaching are wealthy beyond words. You must know that your time and efforts place you up there in the best that coaching has to offer!! You are a treasure to be sure. We hold you in such high esteem, - Lili Kopas

I wanted to let you know how much you have meant in our lives the last few years that Alli has played at NorCal. You have always been the most caring and thoughtful coach to her and she looks on the time spent with you as some of the best of her life. It is so very rare to find mentors in a young girls life who exemplify all the best that coaching has to offer and you are at the top of the list in that regard. Thank you so very much for all you have done to aid in her personal and physical growth. – Lili Kopas

Meg sent out a message soliciting feedback about the coaching staff. This is what I shared with her. Have a great day! - Ruth Corbin:

Hi Meg,

I would nominate Jeff Cole. He is one coach that gives so much of himself to the team. Jeff doesn't just make his team work hard, he works hard. He just showed me detailed diagrams reflecting his plays for this weekend against the competition. He tapes every match and even some practices and spends hours reviewing them. He will also scout the competition and work with our girls on how to beat them. In addition, he has given our girls numerous private and semi-private lessons without charge. This guy is a self proclaimed gym rat, however, he is more than that. He is someone who is passionate about the sport and is committed to giving 200% of himself to his players. One other thing about Jeff is that he truly cares about his players. He is kind and compassionate and fair.

Ruth

I just wanted to thank you for giving me a chance on the volleyball court three years ago. I was thinking about it at the banquet and I know that my high school career would not have been the same without your help. You gave me a chance and I will always remember that. These past three volleyball seasons have meant so much to me and I can't imagine my life without them and playing at the level I did. You single-handedly shaped my volleyball career and all I can do is be thankful that you were willing to give me a chance. Who knows where I would have been at if I had played for another team. I know I would have been a different volleyball player...or maybe would have lost interest...who knows haha Thank you for all your help and support, it means a lot to me! Always, Brianna Vandersloot

As part of an assignment for Emily's Core class she had to write a tribute to an individual that she was thankful for. I have attached her tribute and will put a signed copy in the mail. I would have sent you a box of Kleenex but that is hard to do on the internet. Have a wonderful Thanksgiving. – Christine Reder

Kind Email Messages Sent to Jeff Cole during 2009 Club Volleyball Season

Dear Jefe,

“Life is a pure flame, and we live by an invisible sun within us.”

Sir Thomas Brown

In my mind, this statement is true to a certain extent. I believe that not only do you, yourself, kinder your own fire and passion in your life, but do the individuals that surround you and encourage you through hope and faith each day. When I think of all the people who strengthen me and strive for my confidence to shine, an array of my family and friends' faces drown me in bliss and delight. One person, however, usually surpasses the others.

You began as a volleyball coach teaching the fundamentals, teamwork, and mental skills involved with the game. However, it was with your passion and dedication for volleyball itself, that ultimately taught me many skills that will serve as life lessons. Little did I know, that you would set the bar so high for my future athletic and personal endeavors. You were my coach but became a teacher and mentor on and off the court.

An ancient proverb once said:

I hear...and I forget

I see...and I remember

I do...and I understand

The moment I set foot on the court, my mind was enduring a whirlwind of information. “Move your feet to the ball! If you can get it, get it! Jump! Watch the player, not the ball! Keep a flat platform! Stay low on defense! Call the ball!” You know the look on my face was that of bewilderment and frustration as you continually expressed coaching verbiage that might as well have been a foreign language. You were, however, not about to let me just be a spectator at this sport. You were determined to help me reach the sky, work outside of my comfort zone, and to never settle for less than my best. I am thankful for the endless lessons, along with the infinite extra hours that you put forth week after week. Hearing the tips that you perpetually repeated was one of the most mentally affective objectives while you trained and educated me throughout the season. Your actions spoke louder than words. More often did you think of others, before you thought of yourself. You considered the team your second family and I appreciate all the effort you put in. What makes you stand out is that you BELIEVED in me and built my self-esteem and confidence. Your efforts make me believe I can achieve whatever I set out to do.

Throughout this past year, you provided countless visuals to help imprint the ideas of volleyball into my mind, including video clips, magazines, books, and high school and college matches. By watching computer clips, studying pictures of superior volleyball players in magazines, and reviewing continuous pages of words in books, I had mental images that helped me on the court. These recommendations helped me to see better, and ultimately led me to remembering successful volleyball techniques.

Once I started to apply a variety of your suggestions, many things started clicking. I started to see growth, improvement, and enjoy myself. Towards the end of the season, my mind was beginning to grasp some major concepts, which were not all about volleyball. I learned that repetitions will pay off in the long run and attitude is everything. I learned it is not all about the destination, but more about the journey along the way. I learned about self-efficacy and the importance of accepting criticism and praise from others. Thank you Jefe for never giving up on me throughout the season and helping me to grow as a volleyball player and person.

The generosity, sacrifice, and patience that you put forward during my first year of volleyball is irreplaceable. People may think it was all about the game, but the bigger picture is, you are a great role model that has impacted my life. You guided me through the darkness and into the light to help me find my passion. I am thankful.

Sincerely, Emily Reder

Kind Email Messages Sent to Jeff Cole during 2009 Club Volleyball Season

....I wish every coach had your passion, commitment and dedication to these girls....you make them want to play harder for you and the rest of their team. Emma is trying so hard to be a star at this sport, and she came home last night on "cloud-9" after you were so nice to her....it means a lot to these kids when they have a kind word from a terrific coach like you....I think you should know that....I am sure being a coach entails a lot of frustration and controversy from parents....you probably don't receive enough e-mails like these....you should. – Matt Scanlan

I thought about our brief conversation with regards to differing objectives. While my focus this weekend was on winning, yours was not. Having thought about it, and your response, I realized that the difference between my focus and yours was "big picture". Yours was about reaching beyond this weekend and developing the girls in preparation for the future. Having thought about it I just want you to know how much I appreciate you. Thanks for not thinking small and narrow (winning) but large and wide with results that are much more far reaching. You are an amazing coach with a great heart and both David and I appreciate you! - Ruth Corbin

My daughter was so fortunate to be chosen as one of the ten players and be coached by you on her 2nd year of playing volleyball. I think you've made it a little more realistic for her to pursue her goal of going to college on volleyball scholarship. As we get older, we look back and think of the teachers who affected and our lives greatly. I think you may be one of those teachers in her life. – Kay Koh

I wanted to first say "Thanks" and "Congrats" on a job well done!!! Your lessons this weekend were outstanding! It was obvious that you put a lot of preparation in your lesson plans and I was especially impressed with the effort given on Sunday. I like how you incorporated the communication, the punishment for lack of communicating on the court or following directions, the instruction given for new ways to attack the ball, pushing girls out of their comfort zone, and your overall demeanor with the girls. You mean business, you are their friend, but they have a job to do and you expect them to give 150%. – Christine Reder

Congrats on all the anonymous parent feedback. Isn't it nice when your hard work pays off and is appreciated and recognized? – Terry Franceschi

1. My daughter should only be so lucky to have a coach like Jefe again in her life.	Thu, 3/19/09 3:57 PM
2. I cannot think of a better coach for my daughter to begin her club volleyball career. He is an amazing teacher, and truly cares about the girls.	Mon, 3/16/09 12:39 PM
3. Jefe, is amazing. He gives 200% and invests equally in each girl. He has made a huge difference in our daughter's ability to play VB and has created a desire in her to be the best she can be. This is due to Jefe's coaching.	Mon, 3/16/09 10:59 AM
4. being honest and direct without being hurtful with neg. feedback	Thu, 3/19/09 3:57 PM
5. Encouraging them to do their best	Tue, 3/17/09 9:01 PM
6. teaching the value of hard work, enjoying the success.	Mon, 3/16/09 12:39 PM
7. Pushing them to be the best they can be. And, he gives them lots of positive feedback. He believes in them before they believe in themselves.	Mon, 3/16/09 10:59 AM

Kind Email Messages Sent to Jeff Cole during 2009 Club Volleyball Season

Thank you for taking the time to listen to what both Andrea and I had to say especially right after the long tournament. You took the time to think about the conversation and followed up with both of us. The time you took for those who didn't play a lot at the tournament at practice today was great and Andrea really felt like you wanted to help her and the others improve. I know that being a coach is not easy and is harder when you have parents questioning you. I do understand that not all girls will get the same playing time and don't want you to think that I feel as if Andrea should be on the court more than any other. I do believe that she has to earn her spot and that she will work hard for that spot. Again thank you for what you do. – Jennifer Krumin

Thank you again for all that you do for these girls. You go way beyond the call of duty as a coach and I just hope that you can see what a great pay off it has for these girls not just on a skill level but in helping them to learn life's lessons and become better people. You are appreciated in this household more than you might know. – Nancy Sanders

You gave lessons to my 12 year old, Vanessa, a few weeks ago. Your changes to her serve made a massive difference. Previously, she was very inconsistent with her serve. In the past tournament this Sunday, she served 18 straight points with 11 aces. – Gordon Tang

I was thinking how our girls look happier, compared to the girls on some other teams. I admire the way you communicate with the players and with the parents, and appreciate your efforts in giving equal opportunities to all 10 players. – Kay Koh

I would like to let you know that when I picked Kalene up from practice on Wed. she was bubbling with information and knowledge. I can't even tell you what she was talking about as I didn't understand it. All the technicalities of volleyball. The just of it was that she is happy and loves learning the sport. You have done a great job at building her up while at the same time pointing out her weaknesses. Kalene will walk away a better player and most importantly to me a better person for having had you as a coach. I so appreciated you saying that you wouldn't give up on her. I am glad that it is you that is here to help her. – Nancy Sanders

We can't begin to tell you how much we appreciate everything you have been doing for ALL the girls, let alone our daughter. It is very clear how passionate you are about teaching them this great sport and my husband and I have commented several times how lucky we feel to have Katherine on your team. We know that not only will she be learning a huge amount about volleyball from you, but also a good deal of life skills as well. While we appreciate the former, it is the later that will end up making the difference at the end of the day. Thanks again for everything! - Paula Orrell

I've heard nothing but praise with regards to your commitment, dedication, style and fairness. David and I both felt you would be the best coach for Jennifer and you have exceeded our expectations. You are an amazing coach! - Ruth Corbin

Thank you SOOOOO much for everything!!! You have been a port in the storm - Rachel McCulloch
p.s. we would recommend you ANYTIME!!

Kind Email Messages Sent to Jeff Cole during 2009 Club Volleyball Season

I will forever be grateful for everything you have done for us.

I think that you chose an amazing group of girls and formed a team that will be remembered by all girls and families forever. 13's Black was a lifetime experience. You are an amazing coach, friend and man; you will always have a special piece of my heart. I will always be thankful for everything you've done.

I know that you supported my girls not only this past weekend but always. I appreciated every time you would go and watch Jaina play. My children and I noticed and appreciate all of your attention. We also noticed that you are the same for all of the girls you have ever coached; you make everyone feel special and cared for. – Jen Jizdeortega

Thank you so much for this wonderful program! You and your fellow NorCal coaches are truly amazing. Your passion for the sport is demonstrated not just by the intensity of your training but your openness to provide these girls with ALL the options for club play, not just your own. You are a gift to the sport, Jeff, and we look forward to more opportunities to benefit from your expertise. – Tamara Kitka

Thank you for following up with us. You have a big heart and large love for the game!!! - Kori Powers