

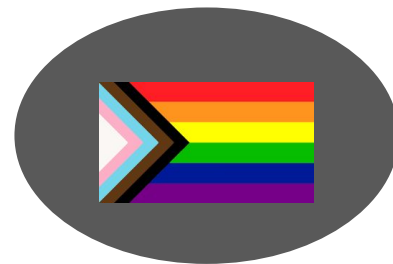
Rec & Ed Youth Volleyball

2022 Coaches Orientation
Karen Draves, league director



Youth Sports Statement of Inclusion

Rec & Ed is committed to providing safe and inclusive recreational sports opportunities to all youth, regardless of race/ethnicity, socioeconomic status, national origin, sex, sexual orientation, gender identity or gender expression. Youth may register using a variety of gender terms, including “non-binary,” and are welcome to select whichever sports and leagues they prefer.



If you have questions about this policy or would like to discuss, please contact Team Sports Staff.



League Health Updates Fall 2022



01

Masks
Optional

Masks Optional in AAPS
buildings

02

AAPS
Health Pre
Screeners

Required for each family to self
screen for symptoms before
practice and games. ([Click for
link](#))

03

Covid-19
Case
Notification

Players should notify you (the
coach) and Rec & Ed staff
immediately if there is a case of
COVID-19 on your team.

Coaches Orientation Agenda

- League Contacts
 - Program Philosophy & Goals
 - Reserving a Practice
 - Submitting Game Requests for schedule
 - Other required forms to submit
 - Coach resources & Coaching clinic
 - Rosters and Parent communication
 - League Rules to know
 - League format + Equipment/T-Shirt dates
- Q & A – Email Karen at draves@a2schools.org

Rec & Ed Program Philosophy &

GOAL

- ★ Be active & get exercise
- ★ Learn the lifelong sport of volleyball
- ★ Have fun
- ★ Emphasize teamwork
- ★ No standings kept
- ★ Positive role models
- ★ Make new friends
- ★ Promote well being
- ★ Meeting AAPS and community needs
- ★ Provide service to the community

Youth Volleyball Contact Information

Seth Dodson, Team Sports Manager	dodsons@a2schools.org
Karen Draves, Volleyball Supervisor	draves@a2schools.org
Steve Guerriero, Team Sports Admin	guerrieros@aaps.k12.mi.us
Nick Doyle, Equipment Specialist	doylen@a2schools.org
Rick Mull, Supervisor of Officials	mullr@a2schools.org
Conner Potter, Facilities & Rentals	facilityuse@a2schools.org

Rec & Ed Office is closed to the public. We work remotely but are frequently in the office. Email is best! (24 notice is best if picking something up)

**Weather hotline: 734-994-2300
ext. 53115**

Program Dates to know:

Note: Youth Volleyball starts 1 week sooner than Youth Fall Basketball.

- Youth Volleyball practice begin the week of October 10.
- Youth Volleyball games are played only on Saturdays.
- Matches begin Oct 22 (*potentially 2 weeks of overlap with soccer*).
- Youth Volleyball is scheduled to end by Dec 10.

Each team plays 6 matches, and there are 7 Saturdays to work with. Coaches have the option to request a “bye” week during the season. This is helpful for teams that have a lot of soccer players: a bye in october could be helpful.

Leagues offered this year: 4th grade Coed, 5th grade Coed, 6/7 grade Coed, and 8/9 grade Coed.

Practice Request Link

- ★ Practices begin the week of Oct 10, 2022.
- ★ Teams practice once a week for 90 minutes.
- ★ 90 minutes includes time to set up the net.
- ★ Time slots available: 6-7:30 or 7:30-9
- ★ To receive a practice, fill out the google form by 8 AM Wed, 9/28/22 (see links on this page).
- ★ AAPS elementary gyms only (no MS gyms)
- ★ Bring copy of permit, bungies, rope, snap clips, & some ingenuity to 1st practice :)
- ★ Plan your first practice “net free” in case of problems in finding / putting up the net.

Click [Here!!](#)

Practice Request is Due 8 AM on Wed, 9/28/22

- Practices are assigned by Rec & Ed facilities staff (the email does not come from me).
- “Registration@aaps” assigns your practice and will email you a permit by 9/30/22.
- **CHECK YOUR SPAM FOLDER!**



Game Schedule [Request Form](#) -due by 10/4/22

- Games begin October 22 and could run through Dec 17, 2022.
- Saturday games at AAPS middle schools: 9 am to 5 pm.
- 6 one hour games per team.
- Game Schedule Requests: a max of 2 per team
- No rescheduled games.

Youth VB game schedule request form: [Click Here](#)

**Game Schedule Requests
due by 8 AM, Tues, Oct 4.**

Required Paperwork For Volunteer Rec & Ed Coaches

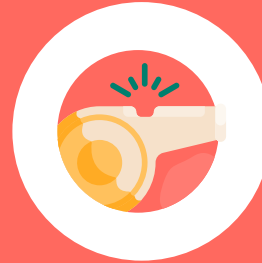
AAPS

Criminal History
Background Check
Form - every year



Rec & Ed Code of Ethics

Google Form



Concussion Training

State of Michigan
Requirement to
complete every 3 years



Questions?

Questions email
Karen or Steve



COACH REQUIRED PAPERWORK & RESOURCE PAGE

[Youth Volleyball Coach Resource Page--Click Here](#)

1. AAPS Criminal History Background Check Form -found on our [“coaches resources” page](#). Email to Steve at guerrieros@a2schools.org (must be completed yearly, 18+)
2. [State of Michigan Concussion Certification](#) - required every 3 years. Email to Steve at guerrieros@a2schools.org
3. Code of Ethics - Click [here](#) to review and Sign.

NOTE: If another adult runs a practice or game in place of the head coach, they must also complete and sign these forms.

Please submit these items by Monday, October 10, 2022.

YOUTH VB COACHING CLINIC!

Coach's Clinic: Oct 3, 2022, at Forsythe 6:30- 8 pm
Youth Volleyball -- [CLICK HERE to register](#)

- All coaches are invited to the Free **Youth Volleyball Coaching clinic at Forsythe on Monday, October 3, from 6:30 - 8 pm**. The clinician is John O'Neill, former D1 assistant, former Huron Varsity coach, and longtime AAU / USAV coach. John will give cues for teaching basic volleyball skills like serving, passing, and setting, and tips for organizing your practice. Everyone will pick up something new from this FREE clinic!
- [To sign up, click HERE.](#)
- Coaches are welcome and encouraged to bring a player or two along to participate in the clinic drills.

Team Rosters - emailed 9/26/22

Grade 4 Corec	8 players suggested	4v4 - smaller court & "volley lite" ball
Grade 5 Corec	8 players suggested	4v4 - smaller court & "volley lite" ball
Grade 6 & 7 Corec	10 players suggested	6v6 - regulation ball & court
Grade 8 & 9 Corec	10 players suggested	6v6 - regulation ball & court.

Check your roster for player's schedule constraints and friend requests.

★ NO substitution! All players rotate in evenly to create equitable playing time.

COACH to PARENT FIRST COMMUNICATION

- Contact your roster ASAP (by Sunday, 10/2/22)
- Give practice details.
- If any phone numbers / emails don't work, let us know.
- Relay philosophy & protocols to parents.
- Identify any "bad" dates (Saturdays you can't field a team) or other schedule issues. Include these in your game schedule request submitted to Karen by 10/4/22.
- If a player can't make your practice night and still wants to play, ask them to contact Karen directly for options.

GAME FORMAT & OFFICIALS

- Teams play 3 games to 25 (cap of 27) each week.
- A “Bonus game” to 15 is played if the match finishes in 45 minutes or less.
- Rec & Ed makes every effort to use high school players to officiate the youth matches: to encourage these players to use their VB knowledge and develop the next generation of refs. No line judges are used. Ref also flips the score.
- Coaches and parents should model respectful behavior towards the refs, they are learning, too. If they are “scared” away by aggressive coach or spectator behavior, we will lose a future ref. #honorthe game

Youth Volleyball League Rules--designed to promote rallies!

- Net Height is 7' in all leagues
- Grades 4 & 5 leagues plays 4v4 on a smaller court (approx 20'x20'). Encourage players to use a “diamond” formation on the court (3 back to receive and one player at the net facing the team).
- Grade 4 & 5 uses a “volley-lite” game ball. Encourage players to bring their own volley-lite ball to practice. [Here](#) is one inexpensive source.
- Grades 4, 5 and 6 / 7 leagues MAY step in to serve . Coaches use discretion to keep stronger servers behind the endline. Grade 8/9 serves from full court.
- **All leagues use the “3 serve” rule.** After 3 serves, the serving team rotates but retains the serve.
- Underhand serve is required in the 4th &5th grade leagues for a player's first two serves.

Youth Volleyball Line up Rules

1. There is no substitution in the Youth league in any grade. All players rotate in to create equitable playing time and maximize opportunity to develop all skills.
2. Grades 6/7 and 8/9 play 6v6 on a full size court. The middle front player is the setter. All kids should have the chance to be the setter if they would like.
3. All teams line up alternating “boy-girl” as much as possible.
4. As each game ends, try to start the next game where you left off, so that the players on the bench are first to enter the game.
5. **All coaches must keep a written line up, listing which players are present at each game** and the order in which they served. This sheet is then left with the site supervisor at the gym when the match ends. Lineup sheet is posted on the [Coaches Resource page](#).

Equipment & T-Shirt Pick up Dates

Practice balls will be available for pickup using the Rec & Ed side drive (1515 S. Seventh St.) on Wed, Oct 5 or Thurs, Oct 6 at the following times:

- 11am-1pm & 4pm-6pm

Team shirts are tentatively scheduled for coach pick up *sometime the week of Oct 17-20 at the Rec & Ed office from 11-1 & 4-6.

*Shirt pick up is TBD: as long as shipment arrives on time. I will send an email to confirm.

Checklist for coaches—Don't forget to:

- **#1: Check your roster and request a practice time!! (by 9/28/22)**
- **As soon your practice is confirmed, contact your players.**
- **Use info from players to submit your game schedule request (by 10/4/22).**
- Sign up for the Youth volleyball Coaching clinic (Oct 3 at Forsythe).
- Complete your background check and concussion certification and send to Steve at guerrieros@a2schools.org
- **Come to equipment pick up Oct 5 or 6** (11-1 & 4-6).
- Plan to start practices the week of Oct 10.
- **Come to shirt pick up: TBD the week of October 17** (11-1 & 4-6).

Thank You!

Questions?! Please email
draves@a2schools.org.
Thank you for coaching!



Community Education & Recreation

Where Community Comes Together