

Rec & Ed Youth Volleyball

2021 Coaches Orientation
Karen Draves, league director

Coaches Orientation Agenda

- Welcome & League Contacts
 - Program Philosophy
 - How to Reserve a Practice & other paperwork to submit
 - Coach resources & Coaching clinic!
 - Rosters and Parent communication
 - League Rules to know
 - League format + Equipment/T-Shirt dates
 - Exposure Protocol & Responsibilities for All
 - Coach Parent/Player Orientation/Roster
- Q & A – Email Karen at draves@a2schools.org

Youth Team Sports Contact Information

Seth Dodson, Manager	<u>dodsons@a2schools.org</u>
Karen Draves, Youth Volleyball Supervisor	<u>draves@a2schools.org</u>
Nick Doyle, Equipment Specialist	<u>doylen@a2schools.org</u>
Steve Guerriero, Team Sports Admin	<u>guerrieros@aaps.k12.mi.us</u>
Rick Mull, Supervisor of Officials	<u>mullr@a2schools.org</u>
Elyse Bairley, Team Sports Covid Health Specialist	<u>bairley@a2schools.org</u>
Weather Cancellations	<u>Website</u> 734-994-2300 x53115

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

Practice Request Link

- ★ Practices begin the week of Oct 11.
- ★ All teams receive a 90 minute practice once a week (includes net set up time).
- ★ Allow time to set up the net - no small feat!
- ★ Time slots available: 6-7:30 or 7:30-9
- ★ In order to receive a practice, must fill out the google form by 8 AM on Wed, 9/29 (see link in red box 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 issues finding / putting up the net.

Click [Here!](#)

Practice Request is Due 8 AM on Wed, 9/29

- Practices are assigned by Rec & Ed facilities staff, so the email does not come from me.
- “Registration@aaps” assigns your practice and will email you a permit by 10/1.
- **CHECK YOUR SPAM FOLDER!**



Game Schedule Request Form -due by 10/4

- Games begin October 23 and run through Dec 11.
- 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 noon on Mon, Oct 4.**

COACH REQUIRED PAPERWORK & RESOURCE PAGE

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

1. **(New): Vaccine cards for coaches: Scan or take a photo and email to Steve at guerrieros@a2schools.org**
2. AAPS Criminal History Background Check Form -found on our [“coaches resources” page](#). Email to Steve at guerrieros@a2schools.org (must be completed yearly, 18+)
3. [State of Michigan Concussion Certification](#) - required every 3 years. Email to Steve at guerrieros@a2schools.org
4. 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 11, 2021.

YOUTH VB COACHING CLINIC!

Coach's Clinic: Oct 4 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 4, 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 by 9/27

Grade 4 & 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 10/3)
- Give practice details.
- If any phone numbers / emails don't work, let us know.
- Relay philosophy & protocols to parents.
- Identify any “bad” dates (can't field a team) or schedule issues. Include in your game schedule request (by 10/4).
- If a player can't make your practice night and still want 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 endeavors to use high school players to officiate the youth matches to encourage these players to use their skills 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, who are learning, too. If they are “scared” away by aggressive behavior of a coach or spectator, we will lose a future ref. #honorthethegame

Youth Volleyball League Rules--designed to promote rallies!

- Net Height is 7' in all leagues
- Grade 4 & 5 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 4/5 league 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 maximum 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 & Shirt Distribution Dates For Coaches - Drive Thru

Equipment Pick Up (practice balls)

★ Wednesday & Thursday, Oct 6
& 7, from 9 -11 AM & 4-6 PM

***If you cannot get there to pick up your team equipment or shirts, PLEASE send an assistant or a parent. We cannot leave things outside for later pickup.

Shirt Pick Up Drive through:

Thursday, Oct 15: 9-11 AM and
4-6 PM

Rec & Ed Office:
1515 S 7th Street. (Drive-thru
along the service drive of
Pioneer or meet Nick out front).

Rec & Ed Fall Indoor
Youth Sports - Covid
Safety Measures

Rec & Ed follows current mask-wearing requirements and recommendations from MDHHS and the CDC: [Coronavirus - MDHHS Epidemic Orders \(michigan.gov\)](https://www.michigan.gov/mdhhs/0,4570,7517_7518_7519_7520_7521,00.html). Our Fall Indoor Youth Sport mask-wearing policy is as follows (subject to change based on MDHHS guidance or orders):

- **Masks ARE required for everyone in an AAPS building. This includes youth participants, coaches, parents, spectators, and officials.**

Required: Use the [AAPS Player Pre Screening](#) before every practice and game.

Players should notify you (coach) and Rec & Ed staff immediately if there is a case of COVID-19 for them or another household member who has been at a practice or game.

Goal of Pre Screening: people who feel sick stay home.

- Screening for symptoms at home is recommended for both coaches and students, regardless of vaccine status.
- People can self-screen at home without a form. Taking temperatures is not necessary. [Use this tool](#).
- If someone does not feel well, Covid testing as well as screenings for other illnesses (strep throat, mono) would be appropriate.

Your athlete tests positive?

Immediate steps for coaches

1. Call or Email Rec & Ed Staff ASAP
2. Rec & Ed staff will fill out and submit the AAPS Case Report Form <http://bit.ly/AAPSCaseReport>

Remember...All information about COVID-19 cases must be held in the strictest confidence.

Do not give ANY information about the case to anyone besides authorized AAPS staff (Karen Draves, Elyse Bairley, Seth Dodson)

Protocol for Student Cases of COVID-19

What happens if there's a case of COVID-19 on my team?

- ❑ **Notify** - Family immediately notifies Rec & Ed of case. Rec & Ed alerts the district COVID Response Team.
- ❑ **Investigate** - Family provides information to assigned CR Team member.
- ❑ **Communicate** - Rec & Ed communicates to team/schools - Information about the case's identity is kept confidential.
- ❑ **Take next steps** - May include quarantining some students/coach and additional communication to school Principal. Every case is unique.
- ❑ **Return** to in-person school/team after isolation and/or quarantine is complete. The RTP (return to play) form has been completed with your child's health provider.

Case Notification Protocol

Purpose:

- To prevent transmission among youth sports team members and volunteers when there is a known/confirmed or probable case of COVID-19.
- Fulfill legal obligation to report case on AAPS website within 24 hours.
- To update the district dashboard of confirmed COVID-19 cases.
- All schools are required to have this dashboard on their website.

How will we do this?

Quickly identify athletes and volunteer coaches who have been exposed to a case of COVID-19 during a practice or game. Work with Washtenaw County Health Department and the AAPS COVID Response Team to isolate cases and quarantine close contacts.



**Close contacts of a team case from attending practices and games.
Close contacts may be contagious but presymptomatic or asymptomatic.**

Family Responsibilities for Rec & Ed Sports

- **Screen your athlete** for symptoms before sending them to practice or games
- **Keep family members home** when they are exhibiting any symptoms of sickness.
- **Immediately notify** Rec & Ed staff if your athlete or someone in the household tests positive for COVID-19. **Speak with a district contact tracer** if needed for an investigation.
- Ensure your athlete has a **water bottle** every day.
- **Be available** to pick your athlete up from practice should they begin to show symptoms.
- **Be patient** and know that our league plans may change to better meet the needs of our students/athletes./community.
- Understand that **athletes or staff may need to quarantine** if there is a team case.

Checklist for coaches—Don't forget to:

- **#1: Check your roster and request a practice time!! (by 9/29)**
- **As soon as you get confirmation of your practice, contact your players.**
- **Use info from players to submit your game schedule request (by 10/4).**
- Sign up for the Youth volleyball Coaching clinic on Oct 4 at Forsythe.
- Send a copy of your vaccine card to Steve at guerrieros@a2schools.org
- Complete your background check form and concussion certification and send to Steve.
- **Come to the equipment pick up on Oct 6 or 7.**
- Start practice the week of Oct 11.
- **Come to shirt pick up on October 15.**

FREE Team bonding event at EMU Volleyball!

JOIN US AT EASTERN VOLLEYBALL

ADMISSION IS FREE FOR ALL FANS!

2021 HOME SCHEDULE:

- Thursday, Sept. 23 at 6pm vs. W. Michigan
- Friday, Sept. 24 at 3pm vs. W. Michigan
- Friday, Oct. 15 at 6pm vs. Miami
- Saturday, Oct. 16 at TBA vs. Miami
- Wednesday, Oct. 20 at 6pm vs. C. Michigan
- Friday, Oct. 29 at 6pm vs. Buffalo
- Saturday, Oct. 30 at 3pm vs. Akron
- Friday, Nov. 12 at 2pm vs. Ball State
- Saturday, Nov. 13 at 2pm vs. Ball State

(All Games Played at the Convocation Center in Ypsilanti)

Attending Youth Teams Receive:

- Free Admission for their whole group
- Vouchers for the concession stand
- Signed posters from the team
- Post-game team photo on the court

LET US KNOW YOU'RE COMING!
CONTACT KAISHA EXCELL AT
KEXCELL@EMICH.EDU OR 734.487.8526



Email Kaisha Excell at
kexcell@emich.edu



THANK YOU

Please email questions to:

Karen at draves@a2schools.org

Elyse at bairley@a2schools.org

Seth at dodsons@a2schools.org

Lastly, a friendly reminder to continue to be patient and flexible. Protocols and plans may be adjusted in response to the ever-changing Covid environment in our community.