

# Spring Youth Volleyball Coaches Meeting

March 6th, 2024

Program Coordinator:

Jaclyn Smith (jtsmith@saltlakecounty.gov)

Welcome!

Before we get started, please:

- Sign in and locate your team number
  - Pick up your team folder
  - Grab a muffin
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## Today's Agenda

- General season info + timeline
  - Team Huddle Day (first meeting) procedures
  - Program purpose + rules prioritizations
  - Coach expectations
  - Coaching vouchers
  - Other coaching resources
-

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### → **General season info + timeline**

- Team Huddle Day  
(first meeting)  
procedures
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# Team Folder

- Game schedule
- Roster
- Rules
- Parent volunteer sign up sheet
- Concussion release form

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## Program Info Available Online

<https://www.quickscores.com/holladay-lions>

→ Check here for schedule, roster updates

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## Possible Expansion of Program


- Volleyball is GROWING
  - ◆ Wait lists fill up and there is a ton of interest
- I would like to get input on expansion
  - ◆ It would require we do a minimum of 2.5 hours of games on a weeknight
    - Is this reasonable?
    - What would be the best start time?
  - ◆ Expansion would be tested this fall

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# Season Timeline

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- **Feb. 24:** team rosters and game schedules posted to quickscores
  - **March 9:** Team Huddle Day
    - Meet with team
    - Schedule team practice time
    - Unofficial scrimmage time
  - **March 15:** Team practices begin
  - **March 16:** First game
  - **March 30 - April 6:** Spring Break (no games)
  - **May 4:** Last game

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# Team Huddle Day

- **Coaches** bring uniforms and check in at check in table
  - *If unable to attend, please communicate with teammates to have someone else check in with staff*
- Schedule with court assignments posted on gym door
- Head to designated court to meet with team and distribute uniforms
- If needed, coordinate with team:
  - Volunteer parent roles for season
  - Practice schedule availability
  - Game schedule
- Extra time to practice or scrimmage with other team
- Schedule team practice time with staff at check in table

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# Team Huddle Day

Court Schedule	Week 1, 3/9/2024			
	South White		North White	
8:00 AM	V303		V303	
9:00 AM	V503		V504	
10:00 AM	V703		V706	
11:00 AM	V701			
	South Red		North Red	
8:00 AM	V301		V302	
9:00 AM	V502		V501	
10:00 AM	V704		V702	
11:00 AM	V705			



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# Program Purpose

- **3rd - 9th Grade Recreational League**
  - Emphasizes fun, fair play, sportsmanship, skill development, and teamwork in a gameplay-focused setting
  - An opportunity for youth in the county to learn the sport in a low pressure environment

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# Rule Prioritization

**Safety is #1.** Officials first priority is safe game play.

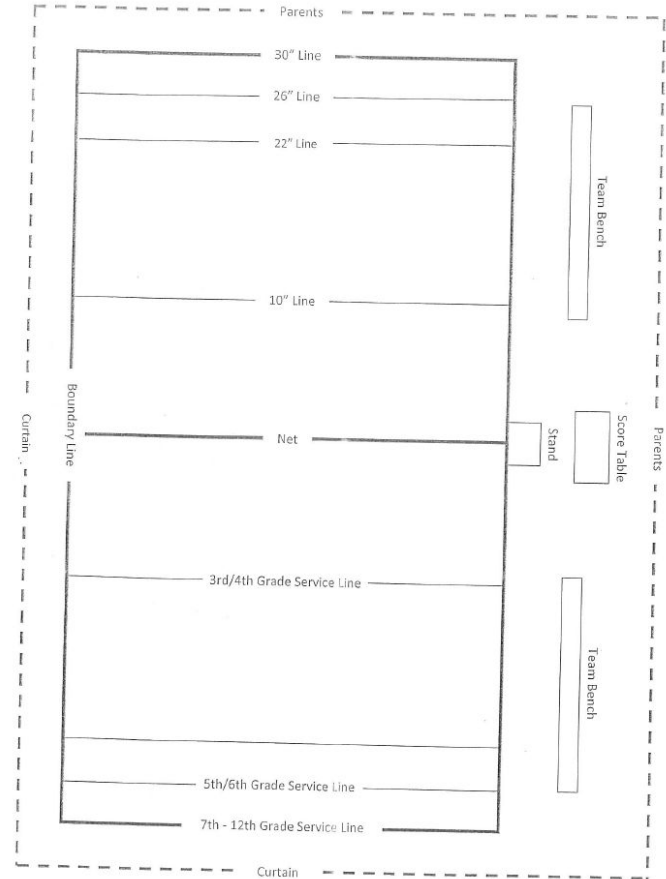
**Uninterrupted play is important.**

Our referees work hard to make correct calls but refereeing is challenging for every sport. Our refs prioritize safety and fun.

For the first three weeks players must serve in 15 seconds. After three weeks players must serve in 10 seconds. 3rd-4th graders are given a second chance if the first serve does not clear the net.

5 point rule: any team player who serves their team to 5 consecutive points will be required to rotate, but will keep serve. This ensures everyone gets a chance to serve.

3rd-6th grade play on a 6'6" net. 7th-9th grade play on a 7'4" net.



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# Coach Expectations

- **Team communication**
- **Parent volunteer coordination**
- **Sportsmanship and Positive Behavior**
- **Emergency/Safety Protocol**

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# Team Communication

- **Reach out to your teammates as soon as you can**
- **Rosters are in folders and you can create a coach sign in on Quickscores**

Hello

My name is JJ and I will be your coach this season!

I am so excited to foster sportsmanship, respect, leadership, kindness, and positivity as I get to know each player this season.

I love coaching because I feel like it really makes an impact. I still remember the positive influence my childhood coaches had on me and I want to pay that forward.

I will have all the jerseys on team huddle day, December 2<sup>nd</sup>. All our game schedules will be posted online via Quickscores <https://www.quickscores.com/holladay-lions>.

Here is our team treat sign up: [https://docs.google.com/document/d/1u-2z4JgJuix\\_RRwOM805EbT0tFtMff5fbGttD7sdGBs/edit?usp=sharing](https://docs.google.com/document/d/1u-2z4JgJuix_RRwOM805EbT0tFtMff5fbGttD7sdGBs/edit?usp=sharing)

Please remember that no food or drink is allowed inside the gyms. Please distribute all snacks and drinks outside. If there is poor weather, we can do handouts inside but please exit the facility before opening the treat.

Please do not hesitate to reach out if you have any questions!

**-Coach JJ**

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# Team Communication + Volunteer Parent Coordination

- **Reach out to your teammates as soon as you can**
  - Use an app such as TeamSnap or GroupMe to keep everyone connected
- **Coordinate additional volunteer parent responsibilities**
  - Assistant coaching
  - Snack duty
  - Etc.
- **Make sure everyone is kept informed on practice/game schedules**

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# Sportsmanship + Positive Behavior

- **Positivity takes precedence**
- **Throughout the season we may need help from parents/spectators in scorekeeping roles**
- **Grievances should be expressed in an appropriate and respectful manner**
  - Yelling, swearing, intimidating, belittling, or any other form of verbal abuse will not be tolerated
- **Coaches are responsible for fellow team parents and spectators**
  - All are subject to the Patron Standard of Conduct
  - Please help us to address any negative behaviors or actions you witness
  - If inappropriate behavior persists, individuals can be asked to leave the facility, be suspended, or removed from the program
- **We are all mentors and community leaders; our actions speak volumes and spread influence**

**RESPECT | LEADERSHIP | KINDNESS | SPORTSMANSHIP | POSITIVITY**

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# Emergency + Safety Protocol

- **Concussions**
  - Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away
- **Emergency situations (earthquake, fire, lockdown, etc.)**
  - As volunteer leaders, we may be responsible for looking after kids at the time of an emergency situation
    - Follow all instructions from facility personnel
    - Stay with kids until they can be released to a designated parent/guardian

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# Coaching Vouchers

- **Volunteer coaches are eligible to receive a 50%-off credit to be used towards a future Holladay Lions sports program**
- **To receive credit, you must also meet the following criteria:**
  - ❑ Complete and turn in Volunteer Coach Packet
  - ❑ Pass background check
  - ❑ Pass SLCO Online Coach Certification course by April 27 (a link will be email the week of 3/11)
  - ❑ Remain in good standing over the course of the season (no technical fouls, good record of attendance and/or communication, demonstrate positive behavior)



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# Coaching Resources

- **Coaching Philosophy, Teaching Skills:**  
<https://www.breakthroughbasketball.com/coaching/youthbasketball.html>
- **Your Role as a Parent in Youth Sports:**  
<https://vertimax.com/blog/your-role-as-a-parent-in-sports>
- **Building Body Confidence in Sports**  
<https://www.dove.com/us/en/stories/campaigns/confident-sports.html>

# Thank you for coming!

## Questions?

*This presentation and all noted resources will be made available online at [quickscores.com/holladay-lions](https://quickscores.com/holladay-lions), on the Spring 2024 Volleyball page.*