



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRESCOTT YMCA 20TH ANNUAL 2023 COED YOUTH VOLLEYBALL LEAGUE PARTICIPANT PACKET

YMCA MISSION

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

LEAGUE MISSION

This league exists for the youth of our community, providing them with the opportunity to experience and develop volleyball skills. The primary objective of the YMCA is to develop people, not professional athletes. Coaches are dedicated to developing youth and will emphasize the values of caring, honesty, respect and responsibility.

PLAYER PLEDGE

I pledge win or lose, before God, to play my best, to play fair, to be a good sport, to listen to my coach, to help when asked, to be honest, to be caring, to take responsibility, and to be respectful to all.

COMPETITIVE VOLLEYBALL LEAGUE

Division "A"

Players entering Division "A" must tryout. For experienced and driven athletes to play at the competitive level. This season we will have AIA referees officiating the games. League will abide by AIA rules unless changed or modified by the Prescott YMCA's sports department.

Ages: Coed 13-17

Practices: 2 hours, one or two night(s) per week (Either on Mon., Tues., Wed., or Thurs.)

Games: 6 Game Regular Season (minimum 2 playoff), Saturdays. (Games begin April 1st).

Tryouts: Thursday, March 9th, 5:00-6:30pm (*Draft will immediately follow tryouts*)

No Make-Up Tryouts

Team Jerseys: Provided

RECREATIONAL VOLLEYBALL LEAGUE

Division "B"

Recreational play for fun that introduces and reinforces volleyball skills. Players focus on sportsmanship more than competition.

Ages: Coed 9-10, 11-12, 13-17

Practices: 1 hour per week (Either on Mon., Tues., Wed., or Thurs.)

Games: At least a 6 Game Regular Season, Games on Saturdays. Games begin April 1st.

Tryouts: None

Team Jersey: Provided

SPONSORSHIP

\$200.00 Sponsorship benefits are:

- Company/Family name on team shirts
- One child plays free
- Tax deductible
- Team photo, schedule, and plaque

Program Fees and Team Sponsorships help us to cover the costs of : registration processing, facility usage payments / rentals, equipment purchases, printing and marketing, program staff, t-shirt purchases, facility maintenance and game officials where applicable.

COACHES / REFEREES

- Attendance at a pre-season training is Mandatory for participation in the league.
- Coaches / referees are required to sign a contract and code of conduct.
- Child abuse prevention training will be part of the mandatory pre-season training.

REFEREES

A referee's duties are to facilitate the game by giving each team equal opportunities within the limits of the rules of the game. Please cooperate with the referees in creating and maintaining an environment in which participants have fun and learn good sportsmanship.

Referees may stop play on occasion for instructional purposes, and to give allowances for violations based on the ability of the group. In all cases, the "spirit of the rule" shall take precedence over the "letter of the law". The referees are in charge of the game and their decisions are final.

BILL OF RIGHTS FOR YOUNG ATHLETES

- Right to participate in sports.
- Right to participate at a level commensurate with level of maturity and ability.
- Right to have qualified adult leadership.
- Right to play as a child and not as an adult.
- Right of children to share in the leadership and decision-making of their sports participation.
- Right to participate in a safe and healthy environment.
- Right to proper preparation for participation in sports.
- Right to an equal opportunity to strive for success.
- Right to be treated with dignity.
- Right to have fun in sports.

DRESS CODE

- VBL t-shirt
- Comfortable athletic shorts / pants (no jeans)
- Athletic shoes – **NO street shoes**
- Knee pads - recommended
- Underwear should not be seen
- Hats, bandannas, barrettes and jewelry should not be worn in any game
- Keep hair secured
- Fingernails trimmed and filed
- Do not bring toys, jewelry, valuables, electronic games, weapons, tobacco, drugs, and alcohol.

CODE OF ETHICS – for all participants, coaches, referees, parents, fans.

- Keep your perspective. Remember, it's a game for the kids. Help them have fun.
- Place the emotional and physical wellbeing of the players ahead of the personal desire to win.
- Provide a sports environment that is free of drugs, tobacco and alcohol.
- Support coaches and officials in order to encourage a positive and enjoyable experience for all.
- Treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.
- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other sports event. Abusive or profane language may result in ejection or suspension from future games / practices.
- Recognize the value and importance of volunteers. They give of their time and resources to provide recreational activities for your child.
- Remember that the game is for the youth – not the adults.

PICTURES

Pictures will be taken on Saturday April, 8th. There will be no make-up day pictures. Teams will be assigned a time to report to the YMCA for photos based on their game time. If there are any problems with your photo package after you've received it, contact the photographer toll free directly at 776-1311. Individual photos are optional and require an additional fee. Parents, please try and fill out the picture packet prior to picture day. **However, all children are asked to attend on photo day to be included in team portraits.**

SCOREKEEPING / TIME KEEPING

Each team is required to provide a scorekeeper / timekeeper for each game.

YMCA GAMES / PRACTICES

Please stop at the check-in desk and inform staff that you are attending practice or a game.

LOST & FOUND

All items found at practice / game sites will be returned to the YMCA Sports Office. These items will be held until August 31st, 2021. Items left after August 31st will be donated to local charities.

TOURNAMENT GAMES & LAST GAMES

Only players and coaches will be allowed on the court. Tournament games for 'A' Division will be held during the week of July 26th. Games will be scheduled any day between Monday and Saturday of that week.

PARENT'S GUIDE

Dealing With Your Young Player

For parents of young players there is one guiding principle: **If you want your young player to develop a love for volleyball, he or she must first develop a passion for the game.** To do that, he or she must enjoy the game and see volleyball, particularly at a young age, as an activity that comes with a smile.

What do you do during these early formative years?

For the most part, just sit back and share the experience with your child. Sometimes grown-ups have forgotten that volleyball is just a game.

What advice should you give to your budding volleyballer?

That's simple. Just tell them to play hard, and to have fun. If they keep a smile on their face, they will most likely give a strong effort. And by playing hard they will get better in the process.

Play volleyball with your child

Volleyball affords parents genuine on-court interaction with their son or daughter.

But try not to use the opportunity to engage in competition with your son or daughter. If your daughter is 12, compete against her as though you were 12, not a full grown adult. Get in the habit of acknowledging a great set or pass or pass by your child. Make him or her feel good about their actions. Everybody responds to positive reinforcement – especially kids. And remember children imitate the actions of their parents. If you show them how to respond to a good play, they'll follow your lead.

Dealing With The Coach

Have a talk with the coach at the beginning of the season

Get a sense of the coach's philosophy on such subjects as sportsmanship, playing time and practice, as well as the guidelines and rules followed by the league.

One of the major lessons that playing on a volleyball team provides to young players is tolerance and adaptation to different styles of leadership. Allowing your children to deal with the player/coach relationship on their own will go a long way towards assuring that they benefit from those lessons. If a problem arises, you should be there for your child, but let things play out on the team level first.

Approaching the coach with a problem

Sometimes, a misunderstanding does occur. Maybe you feel your child is not getting enough playing time. Maybe your child's team seems to be treating its opponents in an unsportsmanlike manner. **Whatever the concern, consult the coach in a spirit of cooperation — NOT confrontation.**

Some parents get upset and confront coaches in the middle of a game. Not only is this kind of action counter-productive, it embarrasses everyone, including your child. As with any other person, the coach is much less likely to listen if you "get-up" in his or her face.

If you do feel the need to discuss an issue with the coach, try waiting 24 hours and then call the coach at home (make sure you get the coach's appropriate contact number prior to the season). Try the following approach —

"Coach, perhaps you can help me with a problem my child is having. You see, my child is not getting enough playing time. As a result, my child is a little confused. Can you help us work through her concerns?"

If you address the coach in a non-confrontational manner, he or she will most likely be happy to discuss the problem and work out a solution that suits everyone.

Teaching The Basics Of Sportsmanship

One of the most common myths in sports is that teaching and enforcing sportsmanship is the sole responsibility of the coach. Not true. In fact, when it comes to behavior, the coach's job is to observe players during games, and to enforce the basic guidelines of sportsmanship. **The real job of teaching good sportsmanship starts with Mom and Dad. It's up to you as the parents to lay the foundation, not the coach.**

Be prepared to sit down at appropriate times and have a "teachable moment" with your child. Winning and losing are fundamental elements of any sport, and volleyball is no exception. Explain that in volleyball there is a right way and a wrong way to behave prior to, during, and after the game, regardless of the outcome. These principles apply on and off the court, and during practices, as well. Usually, the older the child, the more difficulty the player has in dealing with losing. Make it clear to your child that if he or she wants to be a member of the team, they must abide by the rules of good sportsmanship.

Make it clear that every game has a winner and a loser (and sometimes, events transpire that may seem unfair) but that defeat --no matter how emotional --is not an excuse for acting out. Explain that blaming an official for a bad call (or the coach or a teammate for a bad decision or play) is unacceptable. Even in victory, good sportsmanship is important -- bragging or making fun of an opponent after a win cannot be tolerated.

The real test of character is always more apparent in times of difficulty. Help your child through your own responsible leadership. They will benefit, over the long-term, from the lessons they learn, both in volleyball and in life.

Parental Do's and Don'ts

As a parent of a young volleyball player, it's your job to foster a positive environment for your child — and that takes discipline on your part. Here's a quick checklist to help you do just that:

1) Avoid the P.G.A. (Post-Game Analysis) Within minutes following the end of a game; players are usually in the family car heading home. It's during the ride home that some well-meaning parents provide a post-game analysis of what the youngster did well, or not so well, during the game.

"Why didn't you spike harder?" "You need to work on your serve." "It looked like the other team's defense had you flustered a bit." "You didn't keep your eye on the ball."

From the parent's perspective, these observations seem like very valid points to discuss. "Besides," says the concerned parent, "It's important to go over what my child did in the game while the game is still fresh in his or her mind."

The problem is that these P.G.A.'s can quickly ruin the fun for your volleyball player. After all, who wants to be analyzed or criticized moments after leaving the court (and if friends are in the car, it can be even more

demoralizing)? That's the coach's job. Mom and Dad give your youngster a break — save your "constructive criticism" for later on in the evening or the next day and bring them up in a two-way conversation about the game. After the game is the time to be positive and brief.

2) Don't position yourself as the "perfect example." "Here, let me show you how I used to play the game." Have you ever said something like that to your child? Did you notice them roll their eyes, as in "Uh-oh, here we go again." Relax. If you're like most parents, you want to help teach your child the basics through the benefit of your own experiences. But how do you do that without sounding like a know-it-all old-timer? In the mind of most children, there's a fine line between teaching them the basic skills and trying to show off. Always remember that you're supposed to be there for your son or daughter — not the other way around. Next time, wait until your youngster comes to you and asks for guidance. That's the most effective approach for you and the child.

Dealing With Other Parents

Parents at games

Ideally, the coach will make it clear at the start of the season that loud, boorish, or obnoxious behavior is not acceptable. The majority of moms and dads understand this concept and keep their emotions in check.

If you encounter a loud parent in the stands, diplomatically let the coach know the parent in question is becoming bothersome to others. If the coach doesn't respond, then consult a league administrator, or even the game official. Officials generally have the ability to vacate or reprimand an out-of-control parent.

Should you approach an out-of-control parent?

You have to be careful about confronting other parents, particularly with children around. Confrontations between parents rarely have positive results. Too often, in fact, they escalate an already volatile situation. The fact that a parent is yelling and screaming at a youth volleyball game suggests he or she has lost perspective and isn't likely to negotiate. If you make an attempt to quell the situation and nothing is resolved, back away until the parent calms down.

Try to avoid "Parenting" your child's teammates

Get to know your child's teammates. It will be fun for your son or daughter to see their parent talking to their on-court friends. But try to avoid using that new relationship to "coach" or "parent" your new friends. Leave that to the real coach and the teammate's parents. If you witness behavior by a teammate that you are uncomfortable with, explain what it is you do not like to your own child as a lesson. If poor behavior continues, mention it to the coach, away from others.

CHARACTER COUNTS – VALUES TO LIVE BY for YMCA Youth Sports

CARING – Putting others before yourself

Be thoughtful, considerate and helpful to others on your team

Thank your coaches and officials

Tell your family you appreciate their support

HONESTY – To tell the truth

Follow the rules

Always set a good example by what you say and do

Be fair to players on the other team

RESPECT – To treat others as you would have them treat you

Appreciate your coach

Be considerate and polite to the officials

Be a good listener & always be thoughtful of others

RESPONSIBILITY – To do what you should

Be on time to practices & games

Always give your best effort

Keep your practice and game site clean and free of litter

FACILITY USAGE GUIDELINES

Coaches are responsible for the highest level of performance and professionalism when using practice or game facilities. We are guests in these facilities and so, we require that you strictly adhere to these guidelines.

Only use the facility during officially scheduled practice times.

Players and guests are only allowed in authorized areas.

Players should not be on stages, in hallways, weight areas, or unsupervised on school grounds.

If an activity is in session, please wait your turn for the floor.

Facilities and grounds must be cleaned before your team leaves.

Food and drinks must remain outside of the facility.

Keep the facilities free of drugs, tobacco and alcohol.

If repeated complaints are received about your team's usage of the facility, your team may lose their practice privileges.

If you damage part of the facility, please contact the YMCA immediately so that we can report the incident to the school.

Coaches should wear their coaching shirt to all practices and games for identification.

Coaches should not leave their practice site until all players have been picked up by their parent / guardian

BASIC YOUTH VOLLEYBALL LEAGUE RULES

REVISED 12/29/21

Scoring System

One match. Best two out of three games using rally scoring. First two games to 25 points (capped at 30). Third game to 15 points (capped at 20). 45 minute time limit. If games are over before time limit, "fun" games may be played until time limit is up.

Court Dimension

9-10 year olds	smaller court, 3'-5' from endline, regulation side lines (end line will be black line)
11-12 year olds	standard court, 29'6" X 29'6" (some exceptions may be made)
13-17 year olds	standard court, 29'6" X 29'6"

Net Height

9-10 year olds	7'0"
11-12 year olds	7'0"
13-17 year olds	7'4"

Serving

9-10 year olds	25' from center line, minor foot fault permitted. Max 3 serves per player-rotation after serve is broken or max is reached One missed serve allowed (mulligan if on first serve).
11-12 year olds	29'6" from center line, minor foot fault permitted.(some exceptions allowed) Max 3 serves per player-rotation after serve is broken or max is reached
13-17 year olds	29'6" from center line (standard serving area), foot fault not permitted

Let Serve

All age groups	AIA rules for "A" league. All "B" league teams = permitted
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Center Line, Side Line, Back Line, Net Contact

9-10 year olds	Whole foot can cross center line. A ball that touches a side or endline is in bounds resulting in a point or sideout. Incidental (Hair and/or shirt) net contact is permitted.
11-12 year olds	Whole foot can cross center line. A ball that touches a side or endline is in bounds resulting in a point or sideout. Incidental (Hair and/or shirt) net contact is permitted.
13-17 year olds	Half of the foot can cross center line. A ball that touches a side or endline is in bounds resulting in a point or sideout. Incidental (Hair and/or shirt) net contact is permitted.
13-17 (A) year olds	AIA rules enforced.

Ceiling/Wall Play

For all age groups, same side court play permitted-(this includes contact with basketball goals)
A ball that strikes any wall is considered dead and the play is ended.

Ball Size

9-10 year olds	8-9 ounces, 60-65 cm (20.5-27")
11-12 year olds	8-9 ounces, 60-65 cm (20.5-27")
13-17 year olds	8-9 ounces, 60-65 cm (20.5-27")

Playing time

In "B" division, players will have equal playing time on the court. In "A" division, all players will at least play the equivalent of one game (25 points).

Substitutions

For Division 'A', coaches may substitute players at their discretion.

Rotation

For Division 'B', after service, players will rotate. One player rotates out, as one new player rotates in.

Referees

9-10 year olds	Coaches and Volunteer referees
11-12 year olds	Coaches and Volunteer referees
13-17 year olds	Coaches and Volunteer referees

13-17 year olds "A" LEAGUE----AIA referees will officiate games.

PLAYING VOLLEYBALL

I. Forearm Passing

A. Def: This basic skill is used when receiving the serve. The pass is the 1st contact made for the offensive side.

1. Keys

- a. Start in "Ready Position" by facing ball, bending legs, shrug shoulders, arms out.
- b. Straight arms away from body.
- c. Extend leg up from 90 degrees, keep feet on the ground.
- d. Contact ball on lower forearms.
- f. Finish with hands and hips pointing to target (the setter).

II. Setting/Overhead passing

A. Def: This basic skill is used when receiving the pass from the same teammate. Usually, the set is the 2nd contact made. The attack will follow the set.

1. Keys

- a. Legs bent.
- b. Right foot forward, shoulder width apart.
- c. "Moose antlers" for the hands or "coffee can hands"
- d. Extend legs, palms face out as ball leaves player's hands.

III. Attacking/Hitting

A. Def: This is a higher level skill which is used to drive the ball down onto the opponent's side to achieve a point or side out. Thus, it is the last contact made for the offensive team.

1. Keys

- a. Footwork- approach with a 2 foot jump (right handers start with right foot)
3 or 4 step approach is used.
- b. Both arms swing for take off.
- c. Bow & arrow ready position.
- d. Wrist snap for contact and topspin.

INVENTION OF VOLLEYBALL

In 1895 (only two years after the invention of basketball), William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts (only minutes from the birthplace of basketball), decided to blend elements of tennis, baseball, basketball and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of "mintonette". Morgan used the bladder of a basketball to provide a lighter ball with a more lively bounce. He borrowed the net from tennis, and raised it to 6 feet 6 inches above the floor, just above the height of an average man's head.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport. On July 7, 1896 at Springfield College the first game of "volleyball" was played

FIRST AID REMINDERS

Recreational volleyball is a relatively safe sport to play. Most of the injuries will be minor and involve mostly the extremities of the body. The purpose of this information is to help with on the court management. It is not to replace formal training nor does it prescribe treatment.

Head Injuries

Head injuries occur when head hits head, body, ground, equipment or the ball.

- A. If unconscious
 - 1. Check the airway, clear if necessary
 - 2. If not breathing, begin CPR
 - 3. Send for help
 - 4. If breathing, do not do anything until help arrives, except stabilize the neck so it does not turn.
 - 5. When consciousness returns, proceed with the following.
- B. If conscious
 - 1. Check alertness
 - 2. Ask questions, first general, and then specific, to determine mental condition.
 - 3. If the questions are answered correctly, they may leave the field, provided they have had no numbness or tingling and can move all extremities. Have them slowly get to their feet. If dizzy, or faint, or unable to stand on their own, have them lie down again. Check for slurred speech, confusion, numbness, ringing or fullness in the ears or memory loss. If any of these occur, they need to be checked immediately.

Face

- A. Stop nosebleeds with direct pressure or pressure right beneath the nose.
- B. Check for angulation of the nose, which may indicate a break.
- C. Check for loose teeth, Dental attention may be needed.

Abdomen

These occur with a blow from the ball, foot or body contact

- A. Allow the player with the "wind knocked out" to regain breathing on their own. Stooping or lying down may be more comfortable.
- B. If pain from a blow lasts more than 5 minutes, or if it worsens; if the player cannot straighten up or walks without pain; or if there is shoulder pain, further evaluation is needed.

Sprains and Strains

Often sprains and strains in the young athlete are under treated and under evaluated. While rest, ice, compression and elevation are important in the initial treatment, range of motion, contrast baths, ice massage and strengthening exercises may be part of the rehabilitation. Since ligaments are usually stronger than growth plates, some slow to heal sprains are really growth plate fractures. Youth are just as comfortable evaluating injuries, it is best to treat the injury with R I C E (see below, but have the parents assume responsibility for further evaluation and treatment)

- A. Prevent further injury: DO NOT allow weight bearing in getting off the court/field.
- B. If there is any locking, grinding, instability of the knee, it should be examined as soon as possible.
- C. The ankle is most often injured on the outside portion.
- D. Treatment for sprains, strains and contusions.
 - 1. Rest – no weight bearing
 - 2. Ice – use one or more layers of material between ice and the skin to prevent frostbite
 - 3. Compression – wrap with an elastic bandage to minimize the swelling.
 - 4. Elevate the injured part

Fractures

Fractures usually occur with a fall. When a fracture is suspected in the lower extremity, it should be splinted before the player is moved. The upper extremity fracture may be cared for on the side-line. Ice should be applied as above. Clues to a break include the dynamics of the fall, tenderness along a bone or an obvious deformity.

Heat Related Illnesses

These are caused by inadequate body water or dehydration. They include muscle cramps, heat exhaustion and heat stroke. With only one hour of practice a week, it would be unlikely for these to develop unless there is unusual water loss through increased sweating or illness. Prevention is easy by practicing in the cooler parts of the day and having frequent enforced water breaks. This helps form the habit of drinking during exercise.

- A. Heat Exhaustion
 - 1. An emergency
 - 2. Pale, clammy skin
 - 3. Rapid and weak pulse
 - 4. Weak – unable to play
 - 5. May be dizzy or faint
 - 6. Treatment is to have them lie down in a cool place and drink cold fluids.
 - 7. Notify parents to take home

- B. Heat Stroke
 - 1. This is an EMERGENCY as the body has lost the ability to lose heat
 - 2. Hot, dry, red skin
 - 3. May be dizzy, weak and confused
 - 4. Pulse is rapid and strong
 - 5. May be unconscious
 - 6. Transport immediately
 - 7. Remove player's clothes, cool body with water, ice, wet towels
 - 8. Cool fluids if able to drink



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COED

YOUTH VOLLEYBALL LEAGUE
IMPORTANT 2022 SEASON DATES

TRYOUTS FOR DIVISION "A" (NO MAKE-UP TRYOUTS)

Thursday, March 9th 5:00-6:30pm YMCA Gymnasium

(All Participants **MUST BE PRESENT** unless notified by the YMCA Sports Staff)

****Draft will immediately follow Tryouts****

COACH MEETING

Thursday February 23rd 6:00-7:00pm YMCA Studio E

NO OPENING CEREMONIES

PICTURE DAY (No make-up pictures) ---Times: TBA

Saturday, April 8th YMCA Studio C

PRACTICE STARTS

Week of March 20th

FIRST GAMES

Saturday, April 1st YMCA Gymnasium

LAST GAMES FOR DIVISION "B"

Saturday May 6th YMCA Gymnasium

TOURNAMENT/LAST GAMES FOR DIVISION "A"

Tournament is scheduled for the week of May 8th – May 11th YMCA Gym.

(Tournament schedule is subject to change)

For additional details, schedules, info, photos please see our website: www.prescottymca.org

James Family Prescott YMCA 750 Whipple St. Prescott, AZ 86301 (928) 445-7221