



WESTSIDE VOLLEYBALL

Recreational

- **What is a recreational volleyball?** Recreational volleyball is ideal for those players just beginning the sport or that want to continue to learn and develop their volleyball skills.
- **How will teams be determined?** A recreational coach can be requested. It will be on a first come, first serve basis up to 8 players. Teams will then be chosen at random.
 - **What will playing time look like?** Playing time will try to be equal, players will be substituted using the middle back row rotation except for 7th and 8th Grade who will do positional rotation.
- **What are the expectations for Coaching at the Recreational level?** Coaches will be expected to follow the guidelines set by the Volleyball Committee and Westside Connection Board. Players will still have high expectations set for them as a player and as a team. Coaches will be able to break down skills and work with these players at a pace that suits the players

All recreational teams will play in the SYA league. Games are generally played on Monday, Tuesdays and/or Thursdays. Season usually starts the first Monday after school starts and ends the middle of October.

Competitive

- **What is Competitive volleyball?** The competitive league is for players 5th-8th grade with proven ability to play volleyball at a competitive level. The program will exhibit a higher level of competition and expectations. This is for players who enjoy the sport but are also out for the “win,” seek to play at a higher level in high school, or some other goal associated with the sport.
- **How will teams be determined?** Teams will be determined by a 2 day evaluation process. Evaluations are NOT try-outs, those players that might not evaluate as ready for a competitive team will still be placed on a recreational team. Evaluations will level each player according to their ability level. The Volleyball Committee will be running evaluations. Players will be evaluated on passing to the target, communication, Serving/Zone Serving, blocking(technique, Hitting(form and communication), setters(soft hands, setting to 2, 5, &9 and communication). Up to 8 players will be placed on the competitive team. If you do not make the competitive team you will be placed on a recreational team. (We reserve the right to extend to 2 teams if we feel the players are ready).
- **What will playing time look like?** Playing time will be decided by the team coach, and will be based on game performance, practice performance, and attitude. Coaches may run a 6-2 or a 5-1 rotation depending on player personnel. **Playing time may not be equal.**
- **What is the level of commitment for the players and parents?** The competitive teams will not only be playing in a highly competitive league, they will also be competing in weekend tournaments. The parents will need to pay for these tournaments outside of their players’ fees along with travel costs. If the player is on the competitive team they have committed to playing both league and tournaments.
- **What are the expectations for Coaching at the Competitive level?** Coaches will be expected to follow the guidelines set by the Volleyball Committee and Westside Connection Board. Players will have high expectations set for themselves as a player and team. Coaches will be expected to run a more rigorous practice for the grade level they will be coaching. Coaches will be responsible for registering their team for tournaments.

6th-8th Grade Competitive teams will play in the North League, 5th Grade will play in the Sergeant Bluff League. All games will be played on Sundays. The North league usually starts the Sunday before school starts and ends the first Sunday in November.