
CDAA Volleyball Information 2015

Parent & Coach Information

General Information

☐ CDAА Director Contact info

Name	Email	Phone	Cell
Katie Ashburn	volleyball@cdaasports.org		763-913-9369
Michelle Tentis	Michelle.tentis@anoka.k12.mn.us		763-350-4654

- If you email the directors and expect a response but don't get one within a day, please call; during the 2010 season there was a problem with the email broadcast system and we didn't receive some emails

☐ Gym Locations

School	Address	Gyms	Comments
Jackson	6000 109th Ave N, Champlin	Jax Upper & Lower	See Maps included
Champlin Brooklyn Park Academy	6100 109 th Ave N, Champlin	CBP 1 (W) & 2 (E)	See Maps included
Oxbow	6505 109th Ave N, Champlin	Rebel 1 (W) & 2 (E)	Gyms are marked
Dayton El	12000 So Diamond Lake Road, Dayton	Dayton	New Standards

Community Ed personnel should be available at every event

General Information - Schedules

- ❑ Schedules may need to be changed once published
 - All Gyms have been scheduled but sometimes they are taken away from us due to school events – out of our control
- ❑ Each schedule sent will have a version number & “as of” date
- ❑ If a change occurs, the new schedule will be sent to all coaches with the following alerts
 - Affected Teams
 - Summary of the changes / why
 - Ex's of change reasons:
 - lost a gym (out of our control)
 - Two teams agreed to move practice due to conflicts
- ❑ Will post most current schedule on CDAA Volleyball website
 - <http://www.cdaasports.org> (click on Sports – then Volleyball)
- ❑ End of season jamboree
 - Jamboree for 8th and under (will include games against Anoka)
 - Tourney for 9th-12th

Teams

- ❑ Coach requests were considered first in team formation
 - You have volunteered your time, you get some “power”
- ❑ Player requests were honored as much as possible
 - More about having fun and learning so okay with slightly uneven teams
 - No evals and honored friend requests so teams may be slightly uneven
 - Modify games if very uneven (e.g. Better team serves only 2, other one serves 4, allow a do-over on serves if that is the problem, let players move up on serves)
- ❑ Leagues are grade level based (had some move up if needed)
- ❑ Tried for even # of teams per grade level
 - If uneven number of teams, have some cross grade level games vs bye
- ❑ Goal was for 8 – 9 players per team (9 is the max)
 - More play time for each participant
 - If you are short one night, you can play with under 6 players (see rules)
- ❑ Please refer to your **Team Number** (versus color) when needing something from the Directors
 - Schedule is by the number
 - Numbers identify age level
 - May have a “Safety Orange” in multiple grade levels

Season Goals by Grade Level

Note – Building confidence and improving are the Goals, NOT Win/Loss record

Grades 3/4

- Don't let the ball drop
- Team communication
 - "mine", "I got it"
- Controlled passes (bumps)
- Overhand serves
- Introduce:
 - Setting the ball

Grades 5/6

- Items from Grades 3/4
- Multiple hits per side
 - Start passing to a setter
- Overhand serves
- Introduce:
 - Hitting
 - Tipping
 - Blocking

Grades 7/8 & 9+

- Items from 3/4 & 5/6
- Pass, Set, Hit (or tip)
- Block

Grades 9-12

Use all skills – get strategic with serving and hitting targets

Season Goals

- ❑ Improving and building confidence are the goals
- ❑ Would love to not have scores during games for 6th and under, however, too many complaints without it
- ❑ Have team and parents focus on improvement versus the score
 - Teams trying the next level of skill will probably lose – doesn't matter because they are going to be better players in the future
- ❑ Suggestion - Create a Goal sheet for your team – celebrate reaching team and individual goals versus win/loss records
- ❑ Goal Sheet Ideas to Measure (do for team and individual)
 - # overhand serves attempted / made / % made
 - # overhand serves attempted, made, etc from behind back line or after taking a step back from their normal modified spot
 - # of times ball drops with no one going for it (celebrate reduction)
 - # times team tries 2 or more hits on their side
 - # times team successfully gets a volley over after 2 or more hits
 - # times pass, set, hit attempted / successfully over
- ❑ Be better in the last game than you were in the first game

Governing Rules

- ❑ Have Fun, Have Fun, Have Fun
- ❑ Goal to have team improve skills not the score (can we say this anymore?)
 - We don't keep track of W/L records – doesn't indicate improvement
- ❑ Progress is the goal (versus a win)
 - Learning and building confidence is the most important goal
 - Coaches and parents (probably more so) need to put themselves in check on their competitive natures
 - Any problems with parents should be reported (go over Ethics policies)
 - Contact ethics: ethics@cdaasports.org with any concerns AND call/email Katie/Michelle
- ❑ Trying a new skill but losing a point in a game is better than just going for the win
 - The skills the participants should be learning to progress as they get older are the ones that may make you lose points in games because they aren't perfected yet
 - Overhand serves from a “step back”
 - Multiple hits per side – easier to just pass the ball right back over

Housekeeping

- ❑ Need background checks for all coaches / assistant coaches
please email certificates to Michelle:
michelle.tentis@anoka.k12.mn.us

- ❑ Directors will send weekly schedule reminders

- ❑ Keep track of equipment – let us know if you need anything
 - 8 balls -DO NOT mark your bag's balls with your bag #! We have purchased lots of new balls
 - - 3rd-6th grade teams have lite balls, 7th-12th regular balls
 - Scoreboard (these are expensive and marked with your bag number)
 - **Please be sure to keep track of your scoreboard!**
 - Pump / needle
 - First Aid Kit

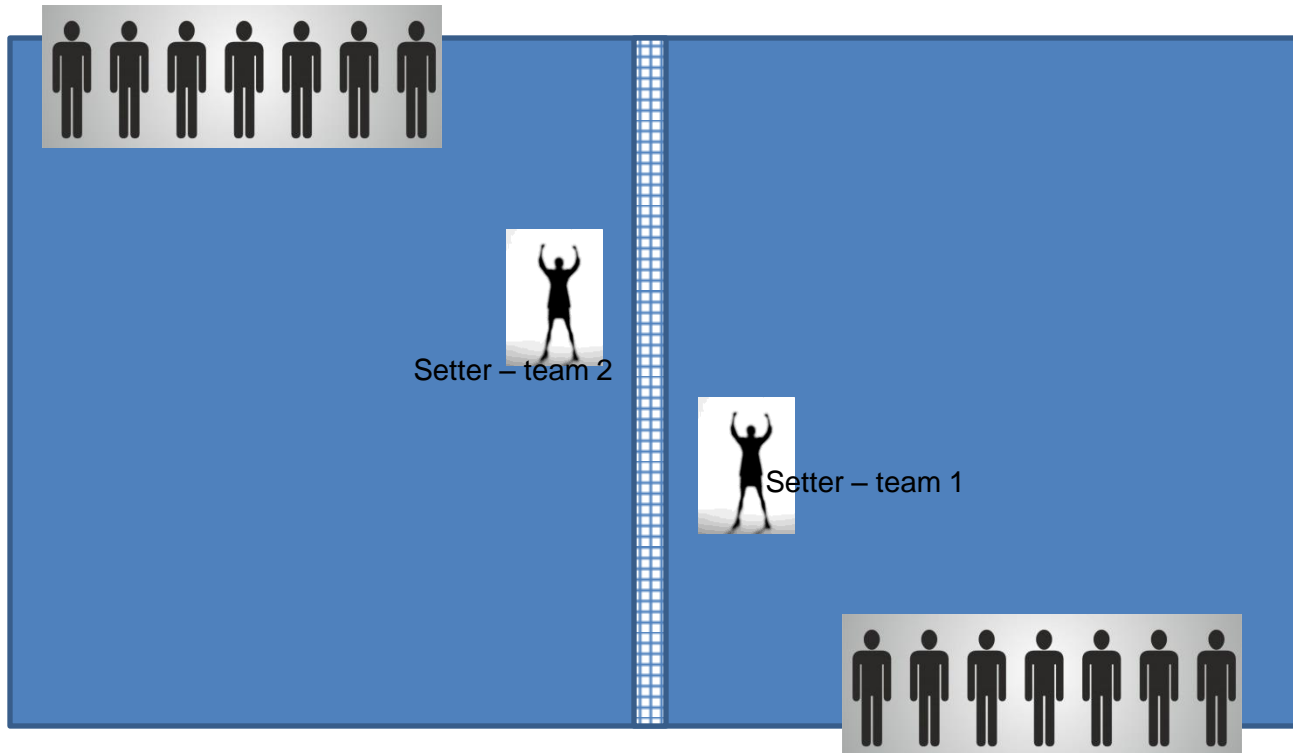
More Stuff

- ❑ Coaches Communicate with parents
 - Rules
 - **Season expectations – please do this**
 - Please cheer for BOTH teams
 - Don't cheer when the opposing team misses a serve
 - Nice to win that point but it was nothing to do with something good your own team did
 - CDAA Volleyball Site with schedules, rules, expectations, general information & updates is open for parents to view
- ❑ If a questions come up, please let the Directors know
 - Decisions will be communicated to all coaches of affected age groups as well as posting significant clarifications on the web site
- ❑ Net set-up take-down will be discussed at Coach's meeting (all coaches help each other the first few nights)
 - Please let us know if you need help with this
- ❑ Tip on Rotations
 - Create a rotation at the beginning of the year. If no changes are needed, just continue that. Mark the last server.

Game Nights

- ❑ Early game teams need to set-up nets / chairs
- ❑ Last game teams need to put away nets / chairs
 - See schedule to know if you are the last game; some nights gyms will only have one game
- ❑ Warm up for 10 minutes then 5 minutes both teams serve (older teams can choose to have hitting lines, too – see pix on next page)
 - During warm-up / serving, have meeting with ref for coin toss
 - Allows 45 minutes to play 3 games to 25 (play all 3)
- ❑ After games, use extra gym time (if available) for BOTH teams to practice
 - Coaches talk to players from other teams, too (allows players to hear from a variety of coaches)
- ❑ Encourage parents / fans to cheer for both teams
- ❑ You can ask questions of the refs but you may NOT challenge the call
- ❑ Supply parent line judges (one on each side) to help the refs (schedule?)
- ❑ Supply parent score keepers (or coaches)
 - Please don't have young kids do score keeping OR ensure a parent is keeping track of the score – it gets hard to keep up with a fast game
- ❑ Take a moment if you find a learning opportunity for your team
- ❑ Community Ed has personnel at each site if you have questions

Hitting Line – Warm-up



- Players toss ball to setter
- Hit or tip the ball
- Players chase their own ball
- Go to line on other side

Rules of Play

1. 6 players on the court
 - If you are short players, you can play with 5 (4 might be hard)
2. Coin toss by official determines first serve and court side
 - Winner of toss decides serve or side
 - Service alternates each game
3. Teams switch courts each game
 - Teams should rotate 1 spot between games (know where you ended)
4. Rally scoring
 - A point is scored whether your team served or not
 - Team winning point serves the next time
5. Regular season:
 - 3 games to 25 (win by 2, 27 point cap)
 - Play all 3 games
6. If questions come up, coaches find an agreeable solution
 - Let Directors know so later an official decision can be made and communicated to all coaches
7. Use gym time after games for cross-team practice (hitting lines or serving practice has been beneficial)

Rules of Play (continued)

7. No 2-handed “attack”

- Players cannot hit the ball over their heads with 2 hands to push/slap/hit it to the other side
- When a player sets the ball, they will try to push it up in the air and not in a direct line to the other side of the court

8. No blocking the serve

9. Back row hit (attach) is okay (from behind the 10 ft line)

10. Refs will use their best judgment on Passing / Setting “faults”

- Coaches & Refs should use as teaching moments
- Coaches will not argue with the Refs on their calls

11. A player can serve up to 4 in a row

- If the serving team wins the 4th point:
 - the serving team gets the point and the ball is given to the receiving team with no points added to the receiving team
- If the serving team does not win the 4th point:
 - the opposing team gets the point and the ball as they normally would

12. Must abide by Serving Rules listed on next page

Serving / Rotations / Other

1. No “do overs” on serves
2. Players can serve from any area behind the serve line within the side boundary lines (see back line modifications)
3. A serve CAN hit the net
4. Foot faults will be called for 7th and up (use judgment in Oxbow)
 - Modify for some girls that can't get their serves over – use judgment
5. One re-toss allowed per serve attempt (refs will use judgment)
 - A ball caught from a serving “balk” will NOT be called side-out but should be used as a learning opportunity (let it drop instead)
6. Preference is for all serves to be Overhand, however:
 - 3rd/4th: Can do 3 Underhand, but 4th must be Overhand
 - Once do Overhand in the series of 4, must continue in that series
 - 5th-8th Can do 1 (first 1 only) Underhand, other 3 must be Overhand
 - Older girls should try to do behind back line
 - 9th-12th: Any serve (no modified serving line)
7. Jump serves are allowed but must be behind the back line
 - At this level, they are usually not as hard & less reliable as the player's overhand

Net Height and Line Locations

- ❑ Net height should be at the following letter:
 - 3rd/4th: J (look at mark on pole)
 - 5th/6th: 7 foot (J plus hand – between J & W)
 - 7th/8th: 7' 4 1/8 inches (W)
 - 9th-12th: 7' 4 1/8 inches (W)
- ❑ Each court side should be 30 ft by 30 ft
 - If unsure of which lines to use, measure side to side with foot steps and then do same from net to back
 - Oxbow is deceiving – Back line is last line before the back wall!
- ❑ Serving line is modified for younger groups
 - 3rd/4th – approximately 1/2 way up from back line – never in front of 10 foot line
 - 5th/6th – approximately 1/3 way up from back line (about 10 ft up)
 - 7th/8th – about 5 feet from the back line – ONLY if needed
 - 9th – 12th – No Modification
 - If back line is too close to wall, you may take 1 step over
- ❑ Game Balls
 - 3rd – 6th: Use Lite Ball (says Lite on the ball)
 - 7th – 12th: Use Regular Ball

Net Set-up / Take Down

- ❑ Everyone please help the new coaches the first few times
- ❑ Will be strange the first time – after that, easy
- ❑ Directions to set-up:
 - Put poles in the holes in the floor
 - Raise poles to proper height (see other page)
 - Attach net to side without the crank
 - Attach net to side with the crank
 - Turn crank as far as you can to tighten the nets
 - Add pads to the poles
- ❑ Directions to take down:
 - Remove pads from the poles
 - Turn crank to loosen net
 - Remove net from both poles
 - Lower the standards height to about mid way
 - Carefully roll net up (sometimes use pads) / put poles away
 - Replace floor covers

Let us know if there are problems with nets – we need to notify Community Ed for any fixes

Gyms Rebels 1 & 2 – West Side of Old Jackson Now Champlin/BP Academy - Door #65 (Verify)

Rebel 1
W

Rebel 2
E

CBPA is same as
Rebels 1 & 2

Net Storage



Champlin/
Brooklyn
Park
Academy

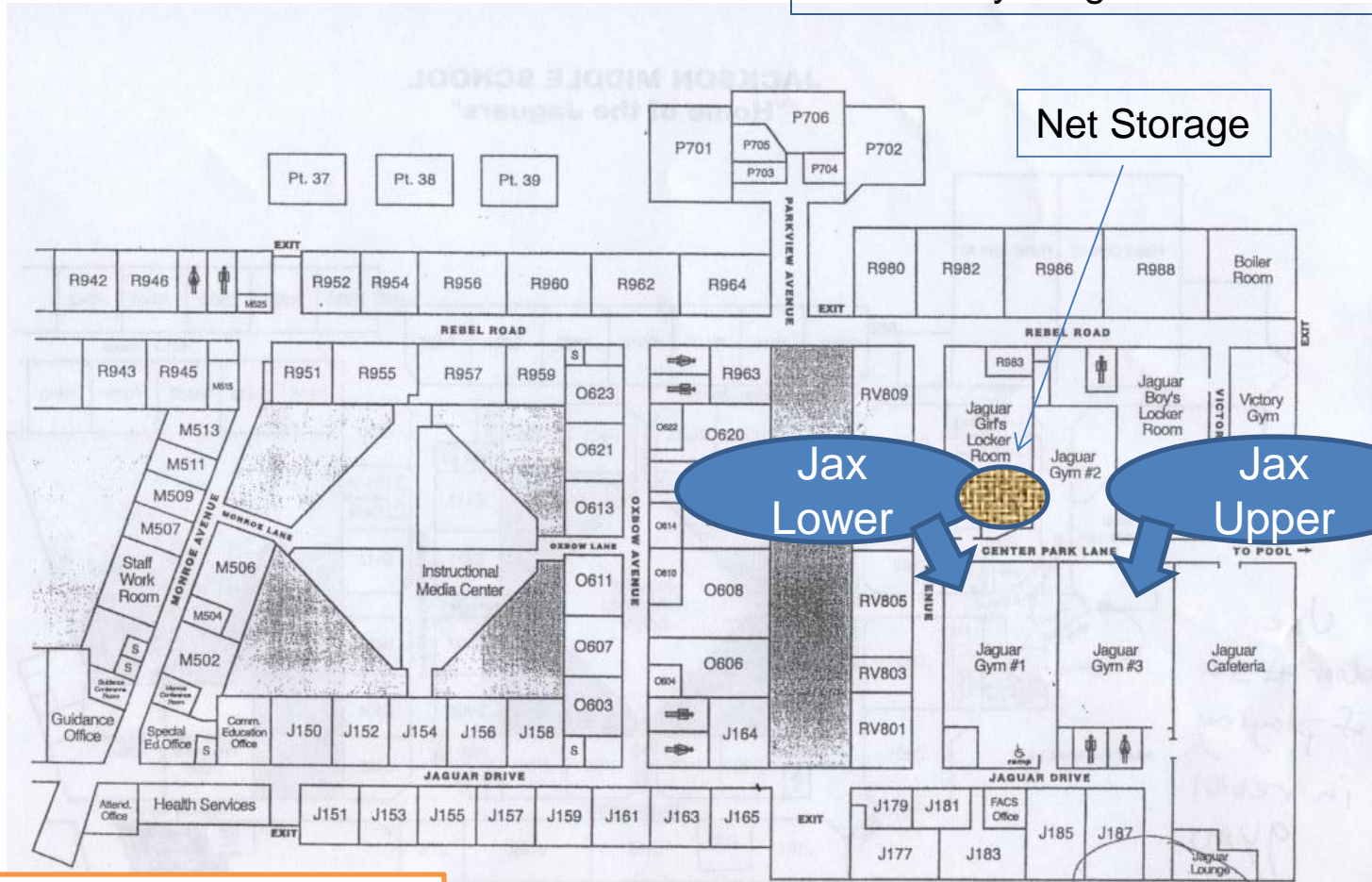
♿ ALL BATHROOMS ARE HANDICAP ACCESSIBLE

Jackson MS Main Office

Gyms Jax Upper & Lower – East Side of Jackson

Door #4

Oxbow –
Community Ed gets nets from Cafeteria



Jackson MS Main Office

ALL BATHROOMS ARE HANDICAP ACCESSIBLE

Use Door #4
if playing in Jaguar
Gyms

Map continues
on the other side