

# CCS Junior High Volleyball

## 2022 Parent Meeting

When school starts:

### Regular Practice Days

Practice ends promptly at 3:00, please pick up no later than 3:15.

Girls must wear black CCS practice shorts to practice, unrolled and not too tight/small. They will get one warning. After that, they will get dress code violations.

### HOME Game Days

Pick up at 2:30 and take home, get a snack, etc. If they go with a friend during this time, please email and let me know you give permission for that.

- 7<sup>th</sup> grade must be back on the court 30 minutes before game time. (That means dressed out in uniform & shoes, ready to start warm ups.)
- 8<sup>th</sup> grade must be back 15 minutes before 7<sup>th</sup> grade game time, ready to work. (Dressed out in uniform & shoes so they can go straight from working to warming up.)

We encourage them to leave and get a snack and relax, but it is not required. They can stay at the gym, but they will have to stay in the lobby (or front court where they can be supervised. They will not be allowed to hang out in the locker room or bathroom, watch football practice, or run around the activity center. This is not a punishment, but the gym gets busy with high school kids after school, and we need to keep an eye on them.

### AWAY Game Days

Girls stay at the gym until we leave for the game, no time to go home on away game days.

- I will drive a school van for the 7<sup>th</sup> grade (plus 4 of the 8<sup>th</sup> graders if they want to come early w/ us)
- Mrs. Davis will drive a van for the 8<sup>th</sup> grade that will leave a little later (She has to leave later since she teaches at the HS)
- TJ Crawford is coordinating snacks for away games. She has sent out a sign up genius for something to bring. You can find that in the GroupMe.
- **VERY IMPORTANT:** After the match is over, please sign out before taking your daughter home. You can do this one of 3 ways:
  - Walk over to the bench area and sign the roster next to your daughter's name
  - Get my attention and wave/motion you are taking your daughter home
  - If your daughter is riding with another player, please email me as early as possible to let me know. Have that parent do one of the sign out options for you.
- Since most of the time all the girls ride home with their parents, please let me know in advance if your daughter will need a ride home. I always stay for the varsity match since one of my other girls plays so if they stay to ride the van back, please know it will be after the varsity match is over.

## Player Work Teams

For home matches, players are **required** to work the match they are not playing. So, 8<sup>th</sup> grade works the 7<sup>th</sup> grade match, and 7<sup>th</sup> grade works the 8<sup>th</sup> grade match. The work team consists of scoresheet, flipper, libero tracker, and 2-4 line judges. I'd also like a scoresheet helper (calls out subs i.e. "7 for 9") and possibly a libero helper (helping tracker watch for switches, illegal servers, illegal subs).

Work teams require a minimum of 5 girls, ideally 7-8. This means that some girls will be off each time. Work team is not optional. It is a mandatory part of volleyball at every level. Some of you have mentioned possible schedule conflicts with other activities. Please let me know if there is a day your child will not be at a game or will not be able to come early or stay late to work her match. Knowing in advance lets me arrange the schedule to have enough workers for every home match.

## Parent Work

Volleyball parents are required to run the gate and concession for home games. Please plan on signing up for at least 2 slots. Concession and gate times are estimates, they just follow the match schedules. Since the girls are required to be at the gym to work for the JH game they are not playing in, that is usually a good time to for parents to work concession or gate as well. Another very needed option is to work during the HS varsity games. This lets your girls stay and watch and you can get to know other families while you work a shift. The booster club will be sending out a sign up genius soon.

## Parent Behavior During Matches

### DO

- Encourage, cheer, have fun
- Have positive body language, smile, get to know other parents, engage in the game
- Remember that we are ambassadors for Christ and represent him in all we say and do, including how we behave during sporting events

### DON'T

- Yell at refs, line judges, score table, opposing team
- Approach the officials, score table, or line judges at any point before, during or after a match
- Try to get your daughter's attention while on the bench or court
- Be too hard on your own daughter (or any of the girls). They are so young and their love for the game is just growing.
- Resist the urge to give your daughter the post game "you should have done this...." Tell her you love her and how much fun you had watching, no matter how she played or how much she played!

## General Communication

- I'll send out a weekly email of the schedule for the week, including addresses for away games.
- GroupMe is for the coaching staff to communicate quickly with parents. Please do not use it for questions or comments, even if they may pertain to the entire team. Email any questions/comments and I will post to the GroupMe if I think it is necessary for everyone to know. I'd like to keep the GroupMe "dings" as minimal as possible.

## Conflict Communication

- If your daughter tells you she is upset about something either from coaches, teammates, or something else, please follow this procedure:
  - Allow a 24 hour cooling period to think and pray about the situation
  - Encourage your daughter to come talk to me or one of the other coaches
    - Almost all problems can be resolved at this stage!
  - If needed, email me to set up a meeting with me and Coach Maynes
- If you (the parent) are upset about something, please follow this procedure:
  - Allow a 24 hour cooling period to think and pray about the situation
  - Ask your daughter about the situation to clarify facts and see what she thinks and then reassess the situation.
  - If needed, email me to set up a meeting with me and Coach Maynes. We will require your daughter to be with you in the meeting.
- **No-No's in conflict communication:**
  - Approaching a coach in person without setting up a meeting
    - Especially don't do this before/after practices, games, or during tournaments
  - Making comments on GroupMe
  - Speaking to Mrs. O or Coach Mac without talking with the coaching staff first

## Special Game Days:

- Aug. 22 is an odd night, time wise. Varsity plays at 4:00, then 7<sup>th</sup> plays at 5:00 on the back court while JV plays on the front court, lastly 8<sup>th</sup> grade will play on the front court at 6:00 after the JV game. Please be there at 4:00 to watch varsity and for camper night.
- Sept. 6 is a later start time so there will not be an option to stay. Please make arrangements to pick up at 2:30 and be back by 4:00/4:15 (7<sup>th</sup>/8<sup>th</sup>) Also, we play CHA that night so please stay for HS varsity if you can.

- Sept. 8 is Senior Night and that will take place right after the 8<sup>th</sup> grade game. Please stay for that part of the evening and as much of the varsity match as you can.
- Sept. 13 the HS plays MSM at home right after the 8<sup>th</sup> grade game. Please make plans to stay and cheer them on. This is a good conference rival, and they need some fans to cheer them on!

### Schedule Change

ICMS match is moved to Sept. 15. See updated schedule attached.

### Locker Signs

Please let me know if you want to help do locker signs for the girls.

### New OSSAA Form

If you have not done so already, please fill out the Biological Sex Affidavit that OSSAA now requires. The link is in the registration email you got from the school.