

Volleyball 2023

SUN	MON	TUE	WED	THU	FRI	SAT
September						
	18 Practice 6-7pm	19	20 Practice 6-7pm	21	22	23
24	25 Practice 6-7pm	26	27 Practice 6-7pm	28	29	30
October						
1	2 Practice 6-7pm PICTURE DAY	3	4 Practice 6-7pm	5	6	7
8	9 Practice 6-7pm	10	11 Practice 6-7pm	12	13	14
15	16 Practice 6-7pm	17	18 Practice 6-7pm	19	20	21
22	23 Game 6-7pm	24	25 Game 6-7pm			

Boundary County Parks & Recreation

Volleyball 2023 Program Details

Schedule:

- Mondays & Wednesdays 6-7pm at Valley View Elementary Gym (6750 Augusta St. Bonners Ferry, ID)

Policies:

- If there is no school, there is no volleyball.
- The gym doors will be unlocked approx. 10-15 minutes before start time but they will only open from the **INSIDE** of the gym once practice or games are started.
- You are always welcome to stay for practices, however, the bleachers will only be pulled out for games.
- Clean tennis shoes **MUST** be worn on the gym floor.

Gear:

- Volleyballs are provided by Parks & Rec. If your daughter has a volleyball that she wants to use, you are welcome to bring it, but we suggest writing your name on the ball in permanent marker and it is you/your child's job to keep track of this ball.
- Your daughter will need knee pads and water for each practice.

Details:

- The girls will be practicing **TOGETHER** for all practices. There are scheduled games at the end of season and there will be scrimmages throughout the season whenever the coaches feel like having them.
- The coach(es) will divide the girls into teams for the scrimmages/games and the teams will likely change for each game; this is to ensure that everyone gets a good amount of playing time/experience in different positions and that the teams are created equally.
- If you are interested in bringing snacks and/or drinks, please visit our sign-up site:

<https://signup.com/go/gBdWPwH>

I will update the sign-up memo if there are any listed food allergies once registration is closed.

- Primary communication will take place via email & group text (please make sure you have the correct email and phone number entered into the registration site or on your registration form)
- There will not be refs or line judges. Parents or older siblings can volunteer as line judge for games and it would be very appreciated.

Sportsmanship:

- **Good sportsmanship is not optional, it is a requirement in this program.** Parents and players alike are inclusive, supportive and good sports on and off the court. If you have an issue, please bring it to the attention of the Sports Director rather than causing an issue during a practice or game.
- Our programs are made possible by our many volunteers, please be respectful and appreciative of these people.

Picture day:

- Tentatively scheduled for October 2nd, unless t-shirts are not here by then. If this is the case, we will reschedule. Photos Plus will be doing pictures at the beginning of practice, please send your daughter in her team t-shirt. Forms will be sent home prior to this day. Cash/check made out to: **Photos Plus**. Parks & Rec or the coaches will not handle any orders or money. Photos will be handed out at practice once they are ready.

Sportsmanship Pledge: *Parks & Rec asks everyone to make this a great time for all. Please be a good sport in the stands and on the court. Respect your opponents. No talking back to players, coaches or officials. By doing so, you honor our kids, the game and our community by showing good sportsmanship.*

Brief Overview of Volleyball Rules

Scoring:

- Scoring a point:
 1. Opponent makes an error
 2. Putting the ball down on the opponent's court
- If two errors occur simultaneously, a replay will be called

Sets/Matches:

- A set is played to 25 points, with the winning team leading by at least 2 points
- A match is best 2 out of 3 sets, with the third deciding set being played to 15 points
- The third set is optional if one team has already won the first two sets

Rotation/Offsides:

- All players must be inside the playing lines at the time of a serve
- Rotations will take place clockwise
- Players may not touch the opponent's side of the court or the net while the ball is in play

Brief Overview of Rules:

- The ball is considered "in" if it touches inside or directly on the court lines. The ball is considered "out" if it touches outside of the court lines
- The ball may not be carried, thrown or double-hit by one player
- Maximum of three touches on the ball per side each rally
- The ball is playable if it bounces off a player's body, including feet
- Ball must pass over the net within the antennas to be considered still in play. The ball can be played out of the offensive team's side of the net if they have not exceeded three touches on the ball for that play
- Underhand or overhand serves are allowed. Players will be encouraged to complete whatever type of serve is within their skill level and allows for a rally between teams to occur, as this is the primary goal of each game.
- Defense cannot spike or block a serve.

Goals:

- Gaining interest in the sport of volleyball.
- Introduce basic volleyball skills to those who have never played and improving skills for those who have.
- Bump, set, spike!
- TEAMWORK, good sportsmanship, encouragement of other players, COMMUNICATION during play.
- Understanding of volleyball rules and positions
- Having fun!

LET'S HAVE A GREAT VOLLEYBALL SEASON!