

2024-25 Game Plan For Starting A High School

Boys' Volleyball Team in North Carolina

NOTE: steps 1-3 can sometimes be done simultaneously.

1. **Gauge interest:** There are many ways to do this, but it's very important to have evidence of interest when you approach your Booster Club or Athletic Director to start a new club sport. You can do this by having an interest meeting either in person at school or via zoom, sign-up sheets at lunch or open house, make signs for the hallways and have the guys you know that want to play talk up the season. Social media is also an amazing way to get the word out! Be sure to gather email addresses/cell numbers so you can communicate with the players that are interested. For our first interest meeting it's good to have the office talk about it on the announcements every day leading up to it and had a great turnout.

2. **Get permission:** Speak to your Athletic Director and/or school administration about creating a team. Find out what you need to do to satisfy your school's requirements for beginning a new club sport. You'll need to follow your school's rules as well as follow NCHSAA/NCISAA guidelines wherever possible. You must have your guys submit physicals and sign the proper paperwork/waivers prior to open gyms or play. You must also abide by the athletic eligibility standards. If a guy is homeschooled or goes to a different school then they can not play for your team. If you are a private school and your rules allow a homeschooler to play on JV you'll have to show proof that your school approved that student to play. If a player is suspended, failing a class or is absent on a day of competition he can not participate.

3. **Find a sponsor or coordinate with your booster club** – Note: Not all schools require club teams to be affiliated with the booster club. Your initial costs will stay down if you approach it as a parent/teacher sponsored club. You'll likely need a sponsor. This can be a parent and/or teacher (depending on your school). This person is often a figure head and can have as much or as little involvement as they wish.

4. **Find a coach** - this can be tricky due to lack of payment by the school, but there is often a nice team gift from parent donations that may entice someone to coach. If your school allows it, team fees can also include a coach's salary. A coaching stipend varies between \$1000-\$3000. If your school doesn't allow a stipend, most teams coordinate a coach's gift at the end of the season. You can reach out to your girl's HS volleyball coach, club teams in the area, colleges and college players in your area and parents to try and find someone that is available. If the team sponsor/ coach has limited knowledge of how to run a practice, you can access practice plans online. If your sponsor/coach isn't comfortable teaching skills, you could ask one of the HS or MS girls' coaches to help out a few times during the season and do a clinic for the guys during practice. If available, area club men's coaches have been willing to come to the school and do a clinic during practice times. The players for your school's Girls' team are also an amazing resource to help at practice/games.

5. **Set team cost** - This varies in what the player dues will cover. They will be higher if they're covering uniforms, booster club admin fees, coaching stipend and refs for home games. A normal season cost to cover those is approx \$325 per player and covers all of the aforementioned fees. Some schools do not have admin fees or coaching stipend and the dues were as low as \$100. If cost is a barrier of entry, you could also consider a fundraiser to help offset some of the costs for the families and/or charge admissions and have concessions. The good news is that you don't have to buy a net setup or balls or any other equipment! Every school already has those! And there is a wonderful grant opportunity this year with Carolina Region of USAV. Upon approval, they are offering \$1,000 for new programs. The application for this grant opens Jan 1, 2025.

6. **Plan the season** – We will organize a scheduling meeting and help connect schools in the same area. We will have each region designate a league organizer. **The only thing your Athletic Director will need to do is communicate with you available gym time for practice and games.** Then our organizers will work with other coaches in the area to set a schedule that makes sense for everyone. If a school doesn't have teams near them we will make efforts to have Saturday Round Robin play where lots of schools come to one school and compete against each other. Once you have your games scheduled, we will help with a Referee scheduler so you can line up officiating. Average cost of an up rep for a JV/Varsity matchup is \$150. You are not required to have both a JV/Varsity team, but for scheduling purposes we ask if you play a school that has both JV/Varsity that you play both. Your non-starters could play vs JV and your starting Varsity would play as they normally would. If you need to have a Varsity player set to keep the play going that's fine, but we ask that you abide by the "don't be a jerk rule" and not play your big Varsity hitters vs a JV squad. But if you need your Varsity setter to play for JV to keep the flow going, totally fine.

7. **Have tryouts** – Create another sign-up sheet for tryouts, advertise everywhere you can: school announcements, signs for the hallways, school's booster club and social media sites and word of mouth. Have an interest meeting and hold 2 open gyms before tryouts to create interest. Tryouts are normally one day and last 2 hours, but do whatever your team requires. It's advisable to keep as many guys as you can, because you never know which guys will really take to the sport.

8. **Order uniforms & create a team store** – Most schools have a company that they work with for uniforms/gear. The process was very simple and easy. If your school doesn't have that, there are online stores where you can buy/design gear. There are no uniform requirements. As long as the t-shirt has a number on it (front & back), then it's ok! Some teams repurpose jerseys from other sports as well to keep costs down.

9. **Parent meeting** - Once your team is established, have a parent meeting to discuss the season and gather contact information. This info will be needed to coordinate transportation to games and other items that need to be communicated to parents. TRANSPORTATION is typically not coordinated through the school so this is necessary if you need to carpool. There is a transportation waiver that we can send you that all players/parents need to sign to protect the coach/players and school. Make sure you ask for a parent volunteer to be team Mom(s) or Dad(s). This will make the

sponsor/coaches life much easier. The team Mom/Dad(s) will organize events such as student section themes, Senior night and end of season party.

10. **The season** – Once you've worked with other coaches to plan, the season is the fun part! You'll need to communicate with your AD to make sure they have all of your practices/games/tournaments on their schedule. We hope this game plan was helpful, but understand that each school is unique. So if you have any questions come up that weren't addressed here, please don't hesitate to reach out!

Contact the NCHSBV Director Coach Sarah Conklin at

NCboysHSVolleyball@gmail.com or 704-905-9079.