

2018 Volleyball Coaches Guide

GCCYS

Greater Cincinnati Catholic Youth Sports

Mission of Catholic Youth Athletics

From the Archdiocese of Cincinnati Charter on Youth Athletics

Catholic Youth Athletics furthers the mission of the Catholic Church by providing sports experiences for youth that are firmly rooted in the Catholic faith tradition, based on the goals of Catholic youth ministry, and aligned with the evangelizing mission of the Catholic Church.

On behalf of the GCCYS, we would like to thank you for volunteering for this very special coaching opportunity.

Coaching youth athletics, especially in a Catholic environment, offers the opportunity to enhance the athletic skills of our youth, demonstrate for them life skills that will help in their formation, provide witness for them to another adult sharing their faith and values, and create a team environment in which the players build unique relationships and have fun.

As Archbishop of Cincinnati, Most Reverend Dennis Schnurr, noted in 2014, “Organized sports can form our children physically, mentally, and spiritually.”

This guide, provided to you on behalf of the GCCYS, looks to serve as a manual to assist in your coaching. It contains information about volleyball rules, opportunities, ways to approach coaching, and more.

Please remember that you are encouraged at every practice, match, and gathering to pray together. From the Our Father to the Hail Mary to a special prayer said by a coach or player, consistently praying as a team will help your team in their faith formation and character development.

*Loving God,
We gather in your name,
Respecting each other, Supported by parents,
Led by coaches, Guided by officials.
When we practice, Give us strength.
When we play, Give us courage.
When we win, Give us humility.
When we lose, Give us peace.
In all that we do, Let our lives praise you.
Amen.*

This prayer, written by the Diocese of Wilmington, Delaware and promulgated by the late Bishop Saltarelli.

Coaches can always access volleyball content at <http://gccys.com/girls-volleyball>.

SET-UP

As a coach, your parish volleyball coordinator has registered your team and helped with League placement. Now, it is important for you to ensure that all paperwork has been completed for yourself and your players.

1. **VIRTUS**

All coaches and those assisting a coach are to be VIRTUS certified. Make sure your Boosters are aware of your certification. As a head coach, you are responsible to ensuring those assisting you are VIRTUS certified as well. Starting in 2014, all people who work or volunteer within the Archdiocese of Cincinnati must attend a live VIRTUS session AND read their monthly bulletins. More information on registration for VIRTUS and steps to register for a live session can be found at <http://www.catholiccincinnati.org/wp-content/uploads/2012/06/Online-registration-instructions.pdf>.

2. **Concussion Training**

All coaches should have a completed certification for Concussion training as outlined by the National Federation of State High School Associations (NFHS). The course is free and available online at <https://www.nfhslearn.com/courses/61151/concussion-in-sports>. Coaches should carry this certification with them to practices and games.

3. **Cardiac Arrest Training**

Annually, each coach should complete the training for the Ohio Department of Health's Lindsay's Law for sudden cardiac arrest in youth athletes. Coaches must watch the required video and view the informational handout. Both can be found at <https://www.odh.ohio.gov/landing/Lindsays-Law.aspx> in section labeled "For coaches." GCCYS Coaches fall under the "Coach in a community program" category.

4. **GCCYS Player Waiver**

Before the start of practices and games, each player on your team should have submitted a Release and Waiver of Liability. The form can be found online at <http://gccys.com/liability-waiver>. Parish volleyball coordinators can see if someone has not submitted a waiver at <http://gccys.com/liability-waiver-listing-coordinator> after logging into the Coordinator portal.

5. **Team Roster**

Your team roster should be made available online. Parish volleyball coordinator can add or remove players as needed. As a coach, you should verify that all members of your team display on your team site. You can search for your team page by visiting <http://gccys.com/team>.

2018 GCCYS Schedule

July 30, 2018	Practices may begin
August 10, 2018	Regular season League schedule is published
August 24, 2018	Season begins
August 31, 2018	No matches will be held over the Labor Day weekend
October 11, 2018	Tournament schedule released
October 14, 2018	Regular season ends
October 17-21, 2018	Postseason tournament

Teams will always be able to view their team schedule, standings, and roster at <http://gccys.com/team>.

Pre and In-Season Tournaments

On the GCCYS Volleyball home page, make sure to look at all pre-season and in-season tournaments. In addition to the regular season, tournaments can assist your team in gaining more experience and match time. A variety of options exist and the fees are affordable. Find out more in the Tournaments section at <https://www.gccys.com/girls-volleyball>.

GCCYS Documents

While not needed on a regular basis, other documents are available for coaches and parish coordinators.

- [League Structure](#)
- [Charter on Youth Athletics](#)

GCCYS Rules

While the GCCYS follows many National Federation of Volleyball rules, there are some modifications and specifics for the League. Coaches should become aware of all of the rules and even print a copy to have on hand.

[Link to the 2018 GCCYS Girls Volleyball Rules.](#)

For those who have been coaching in the GCCYS for some time, here are a few new, specific rules for the season ahead:

- Grade six will now use VolleyLites. Grades 3 – 4 have always used VolleyLites and the ball specially marked for U12, or sixth graders. This will continue to offer better opportunities for the girls to be successful and encouraging three touches on each possession.
- Third and Fourth grades will move to a 25-point 3rd set. As you likely already know, all three sets are always played during the GCCYS regular season. In the past, all third sets were played to 15 points, not the usual 25 points as in sets one and two. That said, at third and fourth grade, matches tend to take much less time due to less rallies at that age. So, to offer as many possible opportunities for play, the GCCYS has adopted a 25-point third set for third and fourth grades.
- Finally, one OHSAA certified official will be present for each match. This is a slight difference than in the past when one or two officials were present depending on the grade. All officials are state certified and believe that they can handle the duties. This was approved via a GCCYS Booster presidents vote.
 - More about officials. We work to have the best official in all of the area. All have their OHSAA certification and many officiated high school and club volleyball as well. They are good.
 - For this season, there is a **NEW REFEREE ASSIGNOR HOTLINE**. If it is within 5 minutes of game time and a referee is not yet on site, you can send a text message to **513-655-5351** and it will be sent directly to our referee assignor. Please include the following information: Your Name, Your Role and Organization, Game Location (include specific gym if at location with multiple gyms) and Game Time. Please do not share this with parents, this is for coordinators and coaches only.

Placement of Teams

Grades 3- 5 Placement

As a reminder, all teams at grades 3 - 5 should be balanced. If you have one team for a particular grade, that's easy – everyone is on the same team.

If you have multiple teams for a particular grade, Coordinators should do everything possible to ensure those teams are balanced. Essentially, if multiple teams at your school in the same grade played each other, both teams should be just as likely to win or lose.

Do not allow the most athletically talented girls in one grade to join together just because two or three parents want to team up and coach together.

GCCYS Girls Volleyball Guide for Level Placement for Grades 6 - 8

Placing teams in a particular Level can be one of the most important pieces of the season. After reviewing the players for the team and understanding historic records, it is important for Volleyball Coordinators to place teams as best as possible.

We have found that teams placed in a similar competitive grouping makes the season more fun for all teams.

Teams should win and lose during the regular season.

If teams win significantly during the regular season, they will likely be bumped up a level for the postseason.

Likewise, if teams lose significantly during the regular season, they may be bumped down a level. So, it's best to make your most appropriate placements as best as you can before the season begins.

Here are some general points to assist in placement:

- **Level 1:** Very competitive volleyball. Teams entered in this grouping have the opportunity to compete at a high city-wide level. And, even if they are not out to be the best team, they are ready for participating at a high volleyball level where their coach is working on offensive and defensive positioning is a must. Working on a pass, set, and hit on every possession is likely.

- Level 2: Competitive volleyball. Teams are well organized and are working as best they can on passing, setting, and hitting. Perhaps not quite ready for Level 1 but seem better than average. Girls have played volleyball for multiple seasons and have a coach dedicated to teaching offensive and defensive positioning. Most girls can regularly serve the ball in the court, whether overhand or underhand.
- Level 3: Teams are still looking for a competitive situation but perhaps less talented than an average team at this grade level. Completing a pass, set, and hit could still be difficult but teams will try as best they can. Girls have probably played volleyball for at least one season if not more depending on grade level. Most girls can place their serves in but more on the team are serving underhand than overhand.
- Level 4: Recreational volleyball. This is our recreational league. All girls must play at least one full set and each girl should have about the same amount of court time during each game and throughout the season. Coaches would be less worried about exact positions for players and move everyone around the court playing all positions.

A word about winning

Yes, many coaches, players, and parents enjoy winning matches. But, if you are coaching in hopes of dominating a volleyball grade or level, please consider a couple of notes.

- At the GCCYS, our coaches typically understand that there is so much more to gain than simply winning. For starters, the research shows that the more adults that are part of a child's life that display positive values and faith sharing, the more likely they will be to show the same characteristics later in life. Simply said, your role in character development is important.
- We would love for all teams to finish with a .500 record, both winning and losing. It offers perspective to the players. That said, we know that it will not always work out that way. In the spirit of collaboration across the GCCYS, should you have won sets one and two, perhaps see what can be done in set three for even more balance. Play those who may not have had as much court time. Make sure your team is activating on three hits before sending it over. There are many techniques to create balance. Help us work toward that.

Have a parent meeting

One of the biggest tips we have for all coaches is to ALWAYS have a parent meeting at the beginning of the season. Outline for the parents your philosophies for the game, how you plan to coordinate practices, assistance you may need for games, and more. Allow parents to ask you questions and share with them how and why they may want to connect you during the season. Also, encourage them to be positive about your role with their child, supporting you in your work as a coach. If at an appropriate age, encourage parents to encourage their child to talk to you should they have questions about their play, the teams, or others things they want to know. It will help the player with communication and understanding.

A few ways Parents can help:

There are many roles that parents can support you as a coach. Consider the following roles for parents:

- Line Judge and Scoreboard coordinator: Lining up other parents to fulfill these duties through the season
- Gym set-up or teardown: If required for your Gym, ask a parent to lead the effort.
- Scorebook: Teach others to keep the book so you do not have too. You should keep a book for each match.
- Service: Ask a parent to set-up a team service project.
- Team dinner: Whether a family is willing to host or you go out as a team, ask a parent to coordinate a team meal at some point in the season.
- End-of-season party: Always a fun wrap-up and something a parent can help with.

More than just volleyball

What's special about the GCCYS League is that many schools and parishes make it more than just volleyball. They seek engagement with their team in many ways. Here are a few opportunities to consider:

Team service project

Increasing schools are suggesting that all teams participate in a team service project. Some can be simple or others can last throughout the season. If nothing else, spending an hour giving your Gym space or Church a thorough cleaning is usually very welcomed by the parish. Ask a parent to coordinate.

Team Mass

Approach your Boosters or Pastor about bringing the girls to a Saturday or Sunday service together. Perhaps at your parish it's okay to just coordinate on your own as well.

Adopt-A-Team

Something that has worked VERY well for parishes is an Adopt-A-Team program. For instance, pair your 8th grade team with a 5th grade team; a 7th grade team with a 4th grade team; and a 6th grade team with a 3rd grade team. Coordinate one practice together, asking the older team to lead drills for the younger players. For the older teams, they will instantly wonder if they were in fact that small at one point. For the younger players, it will show them what volleyball can look like at an older age. Encourage each team to attend one game for their paired team. How cool is it to have 8th graders attending a 5th grade game or 3rd graders attending a 6th grade match.

Attend a high school or college volleyball match

In Cincinnati, we are incredibly blessed to have some outstanding high school and college volleyball happening right in our own backyard. Find the Athletic web sites for high schools or sites for schools like Xavier and UC. Many offer free opportunities to attend as a team or at least discounted pricing. Stay tuned to the GCCYS Volleyball web page as well as we will post the opportunities we find.

Time to have fun

September 7 – 9: Best Dressed Coach

Big time coaches go all out on looking professional. Throw on the dress, suit, tie, skirt, jewelry, nice shoes. Dress to impress. Send us your best photo from you coaching on the sidelines at your GCCYS match by Monday, September 10. Those deemed best dressed will win Graeter's gift cards to take their team out for a special treat.

September 10 – 21: Best coordinated team practice look

Think your team has just the right stuff to win? Pick one of your practices and go with a theme. Could be crazy sock day. Or, let's all match day. Or, even school colors day. Take a photo and tell us your theme. Submissions due by Saturday, September 22. We'll pick a number of team winners and send gift cards to have a pizza party on us.

September 24 – October 3: Coach of the Year

All players at all grades have the opportunity to submit a no more than one-page essay to share why they think their coach should be considered for Coach of the Year. Whether it's great volleyball coaching, sharing of the faith, creating a fun team environment or more, essays are due by October 3 and winners will be selected and awarded.

October 5 – 7: Time for Pink

In support of Breast Cancer Awareness Month, it's time for coaches to look pink. Whether it's a simple pink ribbon or the whole outfit, see what coaching attire you can put together to support the pink movement. Then, take a shot of your pink coaching look from your GCCYS match and send it to the GCCYS by Monday, October 8. Best coordinated pink coaches will receive a gift card.

In October: Farewell to your 8th graders

Make it an event. Take your team to the final home game to support your 8th graders. Pack your stands and show the 8th graders your support. Girls, especially those in the younger grades, will see what they can be with hard work and dedication to volleyball. Make it fun. Can't make their final home game – simply pick another one during the season and enjoy. For sure, the 8th graders will appreciate it. Send us a photo of your packed house.

All submission can be sent to girlsvolleyball@gccys.org.

By submitting a photo, the submitter allows the GCCYS to share their photo with others for promotional purposes including acknowledging winners and making an online photo gallery. The submitter has gained approval of others in the picture.