

**Spring 2026
Youth Volleyball**

Coaches Meeting



The Colony

Parks & Recreation

Staff Information

- Athletics Staff
 - Kacy George, Athletics Supervisor
 - 972-624-3950
 - kgeorge@thecolonytx.gov
 - Emery Owczar, Athletics Specialist
 - 972-624-3957
 - eowczar@thecolonytx.gov
 - Krissie Pettit, Recreation Specialist
 - 972-625-1106
 - kpettit@thecolonytx.gov
 - Athletics Email: playtcsports@thecolonytx.gov
 - This goes to all athletic staff.
- Websites
 - PlayTCsports.com
 - Schedule & Season Information
- Other Contact Information
 - Main Line - 972-625-1106

Packet

- Please review the information given to you in your packet!
- Located in your packet
 - Checklist for the season
 - Rules
 - Substitution rules
 - Coaches Code of Conduct
 - Spectator Code of Conduct
 - Team Site How - To & Information
 - Age Qualification Policies

League Communication

- The league's main form of communication is via email.
 - We will be sending important information throughout the season so PLEASE make sure you are monitoring your email on a regular basis.
- Any coach specific emails will be sent to any approved coach for the season.
(This includes assistant coaches)
- Contacting the athletic staff:
 - The athletic staff does not have your typical Mon-Fri 8-5 work hours on a weekly basis. We also do not have staff working on Sundays.
 - Due to our non traditional work hours the fastest way to get a response is to reach out to all three of us or email the playtcsports@thecolonytx.gov email.
 - On game days, we will not be in our office and will have limited access to our emails. So please contact us prior to game days if you have questions.

Coaching Paperwork

● Background Checks

- All coaches (head & assistant) must complete a background check.
- Checks can take up to 2 or more business days.
 - This means the sooner you submit the better!
- Rosters will not be released & teams will not to start practice until there is a cleared coach for the team.

● Coaches Information Sheet

- New coaches or coaches that have had contact information change must fill this out.
- Fill the coaches information sheet here -

<https://www.thecolonytx.gov/FormCenter/Parks-and-Recreation-11/Athletics-Volunteer-Coach-Information-Sh-196>

● Coaches Code of Conduct

- All coaches must review and sign this for the season. (Head & Assistants)
- Review & Sign the Coaches Code of Conduct here -

<https://www.thecolonytx.gov/FormCenter/Parks-and-Recreation-11/Athletics-Youth-Sports-Code-of-Conduct-198>

● Volunteer Arrest Waiver

- All coaches must review and sign this for the season. (Head & Assistants)
- This waiver states that you will notify us within 5 business days after an arrest.
- Review & Sign the Volunteer Arrest Waiver here -

<https://www.thecolonytx.gov/FormCenter/Parks-and-Recreation-11/Athletics-Volunteer-Arrest-Waiver-190>

NAYS Online Training

- This online training is MANDATORY for all head coaches to complete.
 - It is a city ordinance that all youth sports volunteer coaches must complete NAYS coaches training
 - Assistant coaches do **NOT** need to complete the training.
- What is the NAYS Training?
 - The National Alliance of Youth Sports is an organization that provides online training for youth sports for organizations across the country. These trainings educate volunteer coaches on their roles & responsibilities.
 - The trainings will take one to two hours depending on your pace. You can pause the training and return to the place you left off.
- Trainings Required
 - Coaching Youth Sports
 - Basic Youth Sports Safety & First Aid Training
 - Coaching Youth Volleyball

NAYS Online Training (Cont'd)

- The league will register and pay for your trainings and memberships.
- You will receive an email directly from NAYS once the league registers you.
 - In this email it will give you a username and temporary password to login on www.nays.org.
- The deadline to complete the training is 3/6/2026.
 - If this is not completed by the deadline, the head coach will not qualify for the head coach registration reimbursement.
- If you have completed these trainings in the past you will NOT need to retake them. The only time you would need to take another training is if your are coaching a new sport or division in some cases. We will renew and pay for your memberships when applicable.

Assistant Coaches

- All teams **MUST** have at least one assistant coach.
- Anyone that is assisting you throughout the season, must go through the background check and fill out all of the required paperwork.
- **If the head coach cannot attend a game and there is not an approved assistant coach available to take over, the game will be deemed a FORFEIT. *Approved Assistant Coach = Passed Background Check**
 - **Example - If a coach is ejected from the game and they do not have an approved assistant coach the game will be deemed a forfeit at that time.**
- The league highly suggests to get your assistant coaches cleared prior to the start of the first games. This way we can avoid any possible forfeits. Do **NOT** wait until the week you may need them as there is no guarantee we will be able to get them cleared in time!
- **There may be a total of 3 coaches per team.**
- **Only two coaches may be on the team bench during games. *This includes the head coach.**

Coaching Responsibilities

- As the head coach it is your responsibility to communicate with your team and the league.
 - Notify the league of any issues or if you are going to miss a game.
 - It is your responsibility to make sure if you are going to miss a game you have an approved assistant coach to fill your spot.
- As the coach you are your teams role model
 - Unsportsmanlike behaviour between coaches will NOT be tolerated
 - If there is an issue you are having with a coach or official, please walk over to the score table and speak with the game supervisor directly
 - Please remember that these are hired refs from a company, we do not have a say in who officiates and that they are taking time out of their weekend just like you all
 - If there is an urgent issue that needs to go higher up, please send the athletics staff an email or let the game supervisor know.

Spring 2026 Division Breakdown

8U Division - 3 teams/27 registered

- VolleyLites (White & Yellow / White & Blue)
- Net Height: 6'1
- Serving Line: 10ft

12U Division - 6 teams/ 54 registered

- Standard Official Size (White)
- Net Height: 7'4
- Serving Line: Main Line

10U Division - 5 teams/ 48 registered

- VolleyLites (White & Yellow / White & Blue)
- Net Height: 7'
- Serving Line: 23ft

14U Division - 1 team/ 10 registered

- Standard Official Size (White)
- Net Height: 7'4
- Serving Line: Main Line

Spring 2026 Roster Information

- Rosters will be sent out via email
- Please reach out to your rosters immediately.
- For your first form of contact, please stick to text message, email or phone call.
- What if I am having trouble getting in touch with a player?
 - First - Use a different way to contact them. Example - If you originally reached out by email, try to reach out via phone call or text.
 - Second - If you are still having trouble getting in contact, let us know so we can see if we have different contact information on file for them.

2026 Roster Rules

- Only players on your roster are allowed to participate in practice and games.
 - If ineligible players are found to have participated in a game that game will be forfeited
- Players cannot play on multiple rosters and players cannot be loaned.

Team Formation

Team Formation Factors:

- # of Registrations
 - # of Teams
 - Coach Requests
 - Friend Requests
 - School
 - Age
 - Seasons Played
 - Height
 - Weight
- Every season is a new roster. You are not guaranteed to receive the same roster every season.
 - All friend/coach requests are truly requests so they are never guaranteed.
 - Max of 10 on a roster, but you are not guaranteed 10. The number allotted per roster is dependent on the factors listed. Our goal is to accommodate every request, but our main goal is to fairly distribute the number of players on each team.
 - Example - In a season of 200 participants that means 200+ requests we are trying to accommodate

Survey Results: (Last Season)

Coach/Friend Request - 83%

Draft - 17%

Playing Up Requests

Playing up requirements:

For any child playing up, they have to follow the below requirements:

- Directly requested by the coach
- The parent is the head coach
- They turn the required age during the season (ex: they are 10 and turn 11 the 2nd week of the season, they can play in 12U)

All players requesting to play up must go through the athletic staff directly PRIOR to registration. They will not be able to register online due to the system parameters.

[Find more information by viewing the Age Qualification Policies](#)

As a league we highly suggest you play in the division you qualify for.

- The only exception to this suggestion is a player that has been the qualifying age for a while they just have a close birthday to September. Example - My child turned 9 on 9/12/2025 , but wants to play in the 10U division in the Spring. This player does qualify for 8U still, but this is acceptable as the player will be the correct age during the season.

Teamsideline - Team Sites

- What are Team Sites?
 - This will be a site you can go to specifically for your team!
- How do I view the Team Site?
 - You can view it by going to the www.playtcsports.com website and logging in to your account or you can download the teamsideline app and see the information from there!
- Who can access the Team Site?
 - Coaches and parents will be able to access the Team Site. Coaches will have access to more information than the parents.
- When will we have access?
 - You will receive access once rosters are created. We will send out emails once the sites are live and ready to be used.

Teamsideline - Team Sites (CONTD)

- Please let your teams know to login into your team sites so they can receive the most accurate information!
- Please make sure you are utilizing Team Sites. Team Sites will have rosters and contact information, practice information, game schedule, and a way to communicate with your team.
- Note: Your practices will be inputted into your team site so please make sure to let us know if you have any changes so your site has accurate information.

Teamsideline

Home
Calendar
Communications
Teams
Family & Friends
Organizations
Messages
Help
Sign Out

Teamsideline

Katy Gragg
kgragg@teamsideline.com

Send Communications

Cougars Summer 2025

Team Sites | Search | Information | News | Share | Payments | Communications | Links | Policies

Use the Team Sites page to view a consolidated view of your Team Sites. All of the items on this page are visible in your Team Settings, Rosters, and Events on the Team Sites page. In a full screen, you can edit all the other Team Sites in your network. Staff or Parents, Team Sites, or Team announcements.

Click a team's name to view a consolidated view of your Team Sites. All of the items on this page are visible in your Team Settings, Rosters, and Events on the Team Sites page. In a full screen, you can edit all the other Team Sites in your network. Staff or Parents, Team Sites, or Team announcements.

Message

Date	Time	Event Name	Location	Results	To be played
6/14/2025 (Saturday)	12:00 PM	vs. Miles	Indoor		<input checked="" type="checkbox"/>
6/21/2025 (Saturday)	9:00 AM	vs. Team Houston	Home		<input checked="" type="checkbox"/>
6/28/2025 (Saturday)	10:00 AM	vs. Friends United	Home		<input checked="" type="checkbox"/>
7/05/2025 (Saturday)	9:00 AM	vs. King College	Indoor		<input checked="" type="checkbox"/>
7/12/2025 (Saturday)	9:00 AM	vs. Team Meyer	Home		<input checked="" type="checkbox"/>
7/19/2025 (Saturday)	9:00 AM	vs. Tigers	Indoor		<input checked="" type="checkbox"/>

Coach Name
Coach

Assistant Coach
Assistant Coach

Search Name
Search



Age Verification

- **All individuals registered for the season must provide proof of age for age verification.**
- **If we do not receive proof of age, the individual will not be able to play.**
- **What type of document do we accept:**
 - Birth Certificate
 - Passport
- **How does someone submit their document?**
 - Email it to playtcsports@thecolonytx.gov
 - Take it to the Recreation Center for staff to make a copy
- **When is the deadline?**
 - **3/6/2026**
 - Please tell your teams parents not to wait until 3/6/2026 to submit. We usually have over 200 ages we are verifying in a summer season or spring/fall so the sooner it is submitted the better!
- **Roster Notations**
 - We will note on your rosters of who we still need age verification from. If it does not have a note in the birthdate verification, that means we have not received anything.
- **Submitted Previously?**

If a person has submitted previously they do NOT need to resubmit.

Coaches Code of Conduct Policy

- Please review the coaches code of conduct in your packet.
- It is your responsibility to follow these policies throughout the season. If they are not followed, suspensions may follow.
- Please remember we are here for the kids and for them to learn volleyball and have fun.

Suspension Guidelines

Coaches, Players & Spectators: (ejection)

- If a coach, player or spectator is ejected from the game they will receive a one game suspension. That suspension will be enforced at the next game.

If a coach, player or spectator is ejected for a second time in one season, they will lose privileges up to a year, depending on sever

Spectator Guidelines

- **Spectator Code of Conduct - Every participant is required for their guardian to review and sign the Spectator Code of Conduct. The child will not be able to play if this is not signed.**
- As the coach you are ultimately responsible for any actions of your parents.
 - All spectators must stay on the spectator sideline during the game. Only background check approved coaches may be on the team bench.
 - Spectators must sit on the bleachers.
 - There should be no one on the carpet squares/cart in the corner of the gym.
 - Unsportsmanlike conduct from parents will not be tolerated. Depending on the severity of the conduct we will ask the individual to leave the facility. Play will not resume until they leave.
- The aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation due to the severity of actions.

Practice Information

- **How many practices?**
 - Teams will have 1 practice per week (1 & 1/2 hour slots)
- **When can practices start?**
 - Practice can start the week of 2/17/2026.
- **Where will practices be held?**
 - The Colony Recreation Center (5151 N Colony BLVD)
 - Ethridge Elementary (6001 Ethridge Drive)
- **Practice Etiquette**
 - Please make sure you are sticking to your scheduled time and your scheduled side of the facility. It is your responsibility as a coach to not go over your time and interfere with practices after yours.
 - **Please call us or email us ahead of time if you will not be having practice that day so we can inform the Center staff not to put up the net.**

Ethridge Practice Information

- **We will be having some practices at Ethridge this season**
 - Ethridge Elementary (6001 Ethridge Drive)
- **Teams will be responsible for setting up and raising their own nets. Staff will not be onsite to do it for them.**
- **Practice Etiquette**
 - Please make sure you are sticking to your scheduled time and your scheduled side of the facility. It is your responsibility as a coach to not go over your time and interfere with practices after yours.

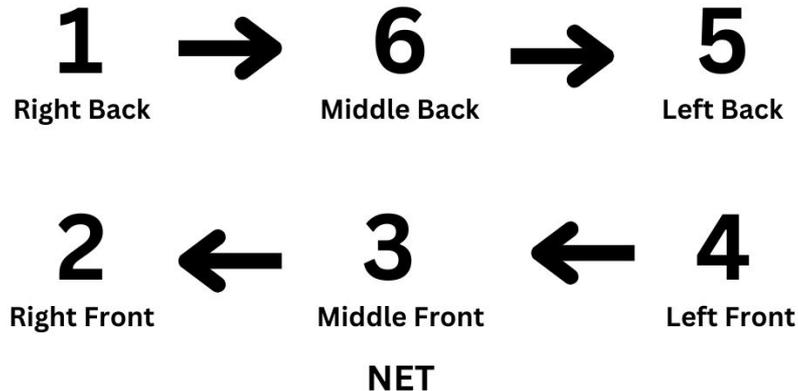
Game Information

- **When is the first weekend of games?**
 - 3/7/2026
- **Where are games played?**
 - The Colony Recreation Center located at 5151 N Colony Blvd, The Colony, Texas 75056
 - Rosemeade Recreation Center
 - Crosby Recreation Center
- **How many games for the season?**
 - Teams will be scheduled 8 games
- **Who makes the playoffs?**
 - The top 4 teams in each division will make the playoffs.
- **Game Schedule**
 - The game schedule will be released by 2/27/2026. If we can release prior to this we will.
 - If you have any weekends/times you will not be available, please send those by 2/13/2026. We will try our best to accommodate requests, but cannot guarantee. It is your responsibility to get with your team to plan ahead for dates that people will be missing.
 - We will not take any request or make changes after the game schedule is posted.
- **Will there be double headers or bye weeks?**
 - There will be double headers or bye weeks depending on the amount of teams in each division.

Substitutions - Middle Back Substitution

Middle Back Substitution

Required for 8U Division & 10U Division.



- The 8U & 10U divisions MUST use this substitution method.
- Rotation occurs when you receive the ball for the first serve of a term of service. * A term of service is the time in which one server is serving. When a new person serves that would become a new term of service. (A player can have a max of 5 serves per term of service)
- When rotating, the player currently in the Right Back Position (1) will go off the court and a substitute will come into the game in the Middle Back Position (6).
- You may not skip any substitutions when using this type of substitution. You MUST sub on every rotation.

Substitutions - one for/to one

One for One Substitution

12U Only can use this type of substitution

Sample Substitutions for a game:

Sue #1 /Mary #7	Red wrist bands
Brittany #3 /Alex #8	Green Wrist Bands
Laura #10 /Jill #2	Yellow Wrist Bands
Kristen #4	Stays in the whole game
Emma #5	Stays in the whole game

- ★ One for one substitution is when you can sub during any dead ball situation.
- ★ The players being subbed will be “tied” together for the game. Before the game the coach will pair two players together that will sub each for each other during the duration of the game. Those two players would not be to sub for anyone else.
- ★ You still rotate after when you receive the ball to serve.
- ★ Coaches can pair all players or have some players play the whole game.

- Only 12U and 14U can use this substitution method.
- Please remember if you choose to use this method that you are still responsible to evenly distribute playing time as much as possible! We are a recreational league and the goal is for all participants to get an opportunity to play. This means you need to still continue to sub throughout the set!
- All players should get the opportunity to serve during games.
- Each player will wear a wristband that correlates with who they will sub out.
- These players need to be noted in the scoresheet prior to the game starting.

Line Judges

- Each team is responsible for providing a volunteer line judge for the game. If a line judge is not provided by a team the game will be deemed a forfeit.
- Line Judges must be 13 years or older
- Line Judges cannot be a coach from any team. This also means coaches cannot line judge for other teams.
- Line judges will need to stand on the corner of the court.
- Line judges will remain on the same side of the court throughout the entire match
- All calls are ultimately the head officials



Highlighted Rules

- **Teams will be switching courts after every set.**
- **Time Outs - Two 30 second timeouts per set**
- **Ceiling Deadballs**
 - The “ceiling” consists of the ceiling, raised backstops, net, and lights. If the ball hits any of the aforementioned objects and goes back into your side, it is still considered a “live” ball.
 - If it hits and goes onto the other side, it is considered a “dead” ball and the point will be given to the other team.
- **Serving**
 - The ball should be contacted within eight (8) seconds of the referees signal.
 - A player is allowed to toss and let the ball drop once during his/her service period which is also known as a rotation. A second occurrence during the rotation will result in a loss of serve and a side out being called.

Serving - First Serve Re-Do

- **First Serve Re-Do** : This is where a player will get a second chance to serve the ball if the ball does **NOT** go over the net on their first serve during the term of service. (Only applies for certain divisions)
 - **“Over the Net”** - Consists of the ball going over the top or side of the net to the other side of the court.
 - If the ball does go **“Over the net”** the server will not get a re-do server.
 - If the ball does not go **“Over the net”** then in some divisions they will get a **First Serve Re-Do**.
- **8U & 10U** - Will receive a first serve re-do if the first serve does not go over the net
- **12U** - Will receive a first serve re-do if the first serve is an overhand serve and does not go over the net.
- **14U** - No first serve re-do's will be granted.

Jerseys

- We do **NOT** have a stock of jerseys. This means we order jerseys specifically for each roster for the season. We use the jersey sizes directly from players registration.
- Please mark down your top three color choices from the list below on the sheet provided in your packet.
- We will send out an email as soon as we receive our order and the jerseys are ready to be picked up.



Black



Forest



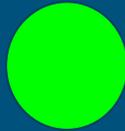
Gold



Light Blue



Navy



NEON
Green



NEON
Orange



Royal



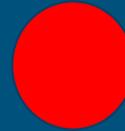
Teal



Pink



Purple



Red

Sportsmanship Initiative

- What is this initiative?
 - The sportsmanship initiative was created for us to be able to celebrate those players that have truly shown great sportsmanship through the season. With this initiative we are hoping to inspire players, coaches, and spectators to always show good sportsmanship.
- How does this initiative work?
 - The head coach of each team will nominate two players during the season. One for the first half of the season and one for the second half of the season.
 - **1st Nomination Deadline: 3/24/2026**
 - **2nd Nomination Deadline: 4/21/2026**
- It is not mandatory for you to submit a nominee, but we highly suggest you participate! We have received questions from parents in the past when someone is not nominated from a team. In these cases we will tell them that the head coach did not participate.
- What does the player get?
 - A certificate, name added to the website and we also email the nominees league wide

Coaches Portal

You can view the coaches portal on the www.playtcsports.com

What's in the coaches portal?

- Links to all of the coaching paperwork required.
- Links to the rules, coaches meeting presentation and season surveys.
- Links to drills and practice plans.
- Links to Drills and practice plans
 - <https://usavolleyball.org/resources-for-coaches/lesson-plans/>
 - <https://usavolleyball.org/resources-for-coaches/lesson-plans/>
 - <https://bestvolleyballdrills.com/beginner-volleyball-practice-plan/>

Head Coach Reimbursement

Head coaches are eligible to receive a 50% registration reimbursement at the end of the season.

How do I qualify?

- **Attend the Coaches Meeting (If you cannot attend the coaches meeting, attend one of the parent meetings)**
- **Paperwork Completed**
 - **Background Check**
 - **Coaches Code of Conduct**
 - **Volunteer Arrest Waiver**

NAYS Training Completed by Deadline 3/6/2026

Completed the full season without any disciplinary issues/concerns (If you are ejected during the season you will not receive the reimbursement)

Miscellaneous Information

- **Awards**

- The first place and second place team will get medals in each division.

- **Uniform Attire**

- Players must be wearing their team jersey throughout the game (If forgotten, please wear a shirt that is of the same color)
- Knee pads aren't required but are recommended
- NO jewelry on the court (bracelets, necklaces, rings)

- **Balls:**

- We highly encourage your players bring their own volleyball to games/practices.

- **Floor Tape:**

We will be putting down floor tape for the serving lines on the practice court

Good luck on your season!

Please email us if you have any questions or concerns.