

# Spring 2025 Youth Volleyball.

Coaches Meeting

**PLAYTC**  
**SPORTS**



# The Colony Parks and Recreation Athletic Department Information

- Athletics Staff
  - Kacy George, Athletics Supervisor
    - 972-624-3950
    - [kgeorge@thecolonytx.gov](mailto:kgeorge@thecolonytx.gov)
  - Emery Owczar, Athletics Specialist
    - 972-624-3957
    - [eowczar@thecolonytx.gov](mailto:eowczar@thecolonytx.gov)
  - Michael Smith, Recreation Specialist
    - 972-625-1106
    - [msmith@thecolonytx.gov](mailto:msmith@thecolonytx.gov)
  - Athletics Staff Email : [Playtcsports@thecolonytx.gov](mailto:Playtcsports@thecolonytx.gov)
    - This goes to all three of us.
- Websites
  - PlayTCsports.com
    - Schedule & Season Information
- Other Contact Information
  - Main Line - 972-625-1106
    - Answered: M-F 6:30am-9:00pm & Saturday 8:30am-6:00pm

# Spring 2025 Roster Information

- **Division Breakdown**

- 8U Division - 2 (Will interleague with Carrollton)
- 10U Division - 5
- 12U Division - 5
- 14U Division - 2 (Will interleague with Carrollton)

- **Rosters**

- Please reach out to your rosters immediately.
- If you have trouble getting in contact with someone, please let us know immediately so we can see if we have different contact information on file for them.

# Coaches Guidelines

- As the coach you are your teams role model
  - Unsportsmanlike behaviour by 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.
- When coaching, please stand a couple feet away from the lines. As it becomes a safety issue with the play going on the court.
- Coaches must stand on the far side of the court by the benches.
- Only two official background check coaches are allowed on the sideline for a game.
- Coaches must fill out the scoresheet prior to the game. You can find this at the score table.

# Coaches Information

- **Background Checks**
  - Must have passed a background check.
- **NAYS Training**
  - Must complete the NAYS Training by February 25th. If not completed, you will not receive the head coach registration reimbursement.
  - NAYS only needed for head coaches.
  - It is a city ordinance that all youth sports volunteer coaches must complete NAYS coaches training
- **Coaches Code of Conduct**
  - All coaches must sign this. (Head & Assistants)
- **Assistant Coaches**
  - All teams must have at least one assistant coach. If there is not an approved assistant coach that can take over if the head coach is not there or cannot coach it will be deemed a forfeit.
  - Approved assistant coach = Passed Background Check
- **There may be a total of 3 coaches per team. Only **TWO** may be on team sideline during games.**

# Coaches Code of Conduct Policy

- Please review the coaches code of conduct in your packet.
- These code of conducts must be followed 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.

## The Colony Parks and Recreation Athletics Coaches Code of Conduct



The Colony Parks and Recreation Athletics Department is committed to providing a positive sports participation opportunity to every child that registers for one of our programs. We have established a Coaches Code of Conduct Policy outlining how coaches should conduct themselves during the season.

### Coach Code of Conduct

#### Coaches Are Expected To:

- Respect the officials and their authority during games.
- Inform PARD Staff of any issues that arise at practices or games so they can be dealt with immediately and accordingly
- Remember that you are a youth coach, and that the game is for children and not adults.
- Lead by example and always demonstrate good sportsmanship before, during, and after games.
- Attend all practices and games unless a prior arrangement has been made with another approved coach (inform Athletics Supervisor of all team coaches names right away).
- Complete the full NAYS training provided by the department. (Failure to do so will result in scheduled games being forfeited until training is completed)
- Provide fair or equal amount of playing time when coaching.
- Assure that gyms/fields are left clean and tidy after each practice and game. If not, the league could lose the privilege of using the facilities.
- Stay within the time limits of your practice. Other teams have to practice and going over your practice time is taking away the opportunity for other teams.
- Be responsible in monitoring and addressing parent's and other spectator's actions on the sidelines when necessary. Coaches are responsible for the behavior of ALL representatives of their team!
- Never yell at or be disrespectful of the officiating staff. The coach's behavior sets the example for everyone at the games. Excessively loud coaches will NOT be tolerated.
- Communicate with the parents on your team and inform them of all team rules, practices and games.
- Understand that any coach who does not follow these expectations or participate in the recreational spirit of this league may be removed as a coach or not invited back to coach in the future. The youth sport experience should be FUN for everyone involved!
- Failure to sign this conduct policy will result in scheduled games being forfeited until signed.

# Spectator Guidelines

- 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.
  - Unsportsmanlike conduct from parents will not be tolerated. Depending on the severity of the conduct we will ask the individual to leave the complex. Play will not resume until they leave.
  - Spectators are not allowed to speak for the coaches on issues about the game. Any spectator that tries to repeatedly address issues going on and distracting the official or league staff while the game is in session will result in the ejection of the spectator.
  - If there is an issue that needs to be addressed coaches are expected to address it themselves. Coaches may call a timeout for a clarification and come speak with the official or league staff.
- Ejection/Consequences
  - If a spectator is ejected from a game they will not be able to attend the next game. Once allowed back if they get ejected for a second time they will not be able to attend any games for the remainder of the season.
- The aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation due to the severity of actions.

# Coaches Information

## Registration Reimbursement

**Head coaches can qualify for registration reimbursement if they meet the following requirements.**

- Passed Background Check
- Review and Signed Coaches Code of Conduct
- Review and Signed Volunteer Arrest Waiver
- NAYS Training Completed
- Completed the first 3 weeks of games for the season.



# 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](mailto:playtcsports@thecolonytx.gov)
  - Take it to the Recreation Center for staff to make a copy
- **When is the deadline?**
  - February 19th
- **Roster Notations**
  - We have noted 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.

# Team Formation

## Average Team Formation

- Friend request
- Coach request
- School
- Age
- Seasons Played

## Coach Requests

1. Ron Swanson
2. April Ludgate
3. Ann Perkins
4. Leslie Knope
5. Chris Traegar
6. Donna Meagle
7. Michael Scott
8. Pam Halpert
9. Meredith Palmer
10. Dwight Schrute
11. Toby Flenderson
12. Jerry Gergich

## Playing up requirements:

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

- Directly requested by the coach
- The parent is the 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**

**Max roster is 10 participants but is not a guarantee**

# Team Formation Cont.

Team 1: <b>7</b> Players	Team 2: <b>7</b> Players	Team 5: <b>8</b> Players
Team 3: <b>10</b> Players	Team 4: <b>7</b> Players	<b>39 Total Participants</b>

## Unfair Player Distribution

**“Why am I not getting the full 10 on my team?”**

If we don't receive an equal amount of players per team we won't accommodate the full 10 player requests. We try to even out the teams as best as possible and accommodate as many request possible. As well as to not promote “stacking teams” as the parents refer to it.

Team 1: <b>8</b> Players	Team 2: <b>8</b> Players	Team 5: <b>8</b> Players
Team 3: <b>8</b> Players	Team 4: <b>7</b> Players	<b>39 Total Participants</b>

## Fair Player Distribution

**Please look at the example to the left!**

# Practices

- **How many practices?**
  - Teams will have 1 practice per week (1.5 hour slots)
- **When can practices start?**
  - Teams can start practicing the week of February 10th.
- **Where will practices be held?**
  - Practices will be held at The Colony Recreation Center (5151 N Colony BLVD)
  - All league practices will be held inside the Gymnasium
- **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 ahead of time if you will not be having practice that day
- **Are you practicing at a different location?**
  - If you are practicing at a different location from The Colony Recreation Center, we must know the location and times your teams are practicing. If you decided to no longer practice at The Colony Recreation Center at some point during the season you must inform us so we can open those slots to teams that will utilize the space.

# Practices

- **Practices**

- All practices are done on the side courts of the gym.
- We will put down a tape line for serving for practices for the season.
- If you move bleachers for serving, please put them back at the end of your practice.
- If your team is not going to attend a practice, please let us know as soon as possible! Anytime we have practices, Recreation Staff have to clear the gym of all open gym members and set up the net for the practice. We have had a lot of instances in the past where they do this and a team never shows up. The gym space is very limited as we only have the one gym for the city so we want to make sure we are helping out by avoiding these situations.

- **When is the first weekend of games?**

- March 1st, 2025

- **Where do we play?**

- The Colony Recreation Center (5151 N Colony Blvd, The Colony, Tx 75056)
- Rosemeade Recreation Center - (1330 E Rosemeade Pkwy, Carrollton, Tx 75007)
- Crosby Recreation Center - (1610 E Crosby Road, Carrollton, TX, 75006)

- **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 **February 21st**.
- If you have any weekends/times you will not be available, please send those by **Wednesday, February 12th**. We will try our best to accommodate requests, but cannot guarantee.

- **Will there be double headers?**

- There will be double headers or bye weeks (TBD)

# Highlighted Rules

- **8U Division**
  - **Net Height: 6'1**
  - **Ball: Volleylite**
  - **Serving Line: 10ft**
  - **Interleague**
- **10U Division**
  - **Net Height: 7'0**
  - **Ball: Volleylite**
  - **Serving Line: 23ft**
- **12U Division**
  - **Net Height: 7'4**
  - **Ball: Official Size**
  - **Serving Line: Backcourt line**
- **14U Division**
  - **Net Height: 7'4**
  - **Ball: Official Size**
  - **Serving Line: Backcourt line**
  - **Interleague**

# Highlighted Rules

- **Subbing Rules**

- **8U & 10U**

- Only can do Middle Back substitution

- **12U & 14U**

- Can do Middle Back or One to One substitution

- **One to One Substitution**

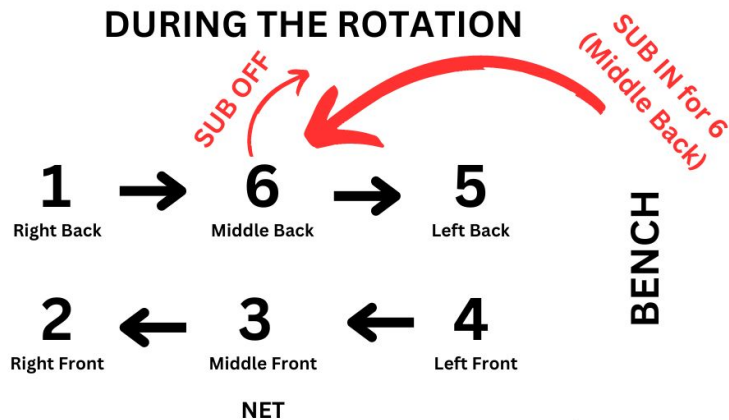
- For one to one substitution prior to the game you must select which players will sub out for each other. We will give you a substitution card that must be turned into the game supervisor prior to the game.
- Rule: If you choose this type of substitution the coach must determine which players can sub out for each other. A player will only be allowed to sub for the specific player that is on the substitution card.
- We will also hand out wristbands so we can determine who is tied together for that game.



# Substitutions - Explained

## Middle Back Substitution

Required for 8U Division & 10U Division. 12U may use this method as well.



- ★ 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.
- ★ When rotating, the player rotating into the Middle Back Position (6) 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.

## One for One Substitution

12U & 14U 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.

# Highlighted Rules

- **14U Rules ONLY**
  - Serving: No serving limit
- **Libero**
  - Each game, a team may designate one specialized defensive player as a libero. This player must be wearing a penny or sweatband
  - The Libero is allowed to replace any player in a back row position.
  - The Libero is restricted to perform as a back-row player and is allowed to complete an attack hit (spike) from behind the 10 foot line and below the net. This basically means that the libero must stand attack the ball from a reaching position (no jumping)
- We will send some more information on liberos to the 14U teams.

# Highlighted Rules

- **Teams will be switching courts after every set.**
- **Each team is responsible for providing a volunteer line judge for the game**
  - Line Judges must be 13 years or older
  - Line Judges must stand near the corner of the court.
- **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.

# Highlighted Rules

- **First Serve Re- Do**
  - **8U & 10U-** If the first serve does not go over the net, the server gets a “first serve re-do”. If the player serving gets a second serve from winning a point, they now must serve the ball into play on the first attempt for the remainder of their turn.
  - **12U -** If the first serve is an overhand serve and does not go over the net, the server gets a “first serve re-do”. If the first serve is an underhand serve, a “first serve re-do” will not be awarded. If the player serving gets a second serve from winning a point, they now must serve the ball into play on the first attempt for the remainder of their turn.
  - **14U -** Does **NOT** get a “first serve re-do”
- “Over the Net” constitutes as anywhere over the mid court line, in or out.

# Equipment

- **Balls**

- The league does provide a certain amount of balls to practice with.
- The coach will need to come check out the basket of balls for their practices.
- These balls must be shared between practices and pregame.
- Please make sure you are taking care of these balls during the season. We are not able to purchase new balls every season for budgetary reasons so we need to make sure they last!
- If possible, I would suggest your teams bring their own ball as well.

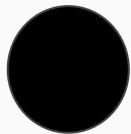
- **Kneepads are not required, but are highly suggested for players to wear!**

# Jerseys

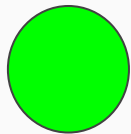
- **Jerseys**

- The league provides jerseys for all that are registered.
- We order jerseys specifically for each roster, each season. This means we do not have a stock of jerseys!
- With the company we use for jerseys, it is very hard to get a replacement jersey so if a child loses their jersey or a parent has ordered the wrong size we might not be able to replace it for the season. If we are able to the individual requesting the replacement jersey would have to purchase a new one.
- It usually takes 2 or more weeks to receive the jerseys after we order. We will not be able to submit the order until after registration is over and rosters have locked.
- We will send out an email when the jerseys are ready to be picked up!

# Jersey Colors



Black



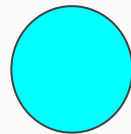
NEON  
Green



Forest



Gold



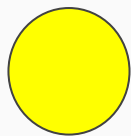
Light  
Blue



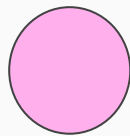
Navy



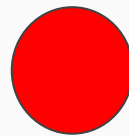
NEON  
Orange



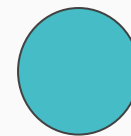
NEON  
Yellow



Pink



Red



Teal

# Awards & Sportsmanship

- **Awards**

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

- **Sportsmanship Initiative**

- This season it will be the responsibility of the coach to nominate two players for exemplifying good sportsmanship. You will nominate one for the first half of the season and then for the second half of the season.
- Nomination Deadlines:
  - 1st Nomination : 3/24/2025
  - 2nd Nomination: 4/21/2025



**Good luck on your season!**

**Please email us if you have any questions or concerns.**