



ST. DUNSTAN ATHLETICS

Volleyball Information Sheet

July 17, 2006

VOLLEYBALL

Program: The volleyball program is open to girls in grades 4 – 8. All eligible students of St. Dunstan Catholic School and the St. Dunstan Religious Education Program (CCD) are encouraged to play. Teams participate in the Peninsula Parishes/Schools League (PPSL). The league is comprised of Catholic Parishes from South San Francisco to Redwood City. Fourth graders play on “training” teams where the emphasis is on learning the sport in a fun and non-competitive environment, no scores are kept, and teams are balanced. Starting in fifth grade, when there are enough participants to form more than one team, teams are formed by the skill level of the girls. This provides the appropriate level of competition for each girl. Game scores and league standings are kept in fifth grade. In grades 6 – 8, teams may compete in post-season playoffs to determine PPSL champions.

Time Line: Sign-ups for volleyball take place in April prior to the next school year. Permission slips and registration fees are due at sign-ups. In grades 5 – 8, when there are enough participants to form more than one team, the Athletic Board will conduct player evaluations before school is out in June. Practices begin in August before school is in session and games are played September through November. Teams generally practice twice each week on Mondays and Wednesdays. The lower grades practice in the Parish Center from 6:00pm to 9:00pm while the upper grades use Mills High School from 6:00pm to 9:00pm. Each practice session is 1 to 1½ hours long, depending on gym availability. Teams will participate in pre-season tournaments when possible. PPSL games generally take place on Saturdays at gyms in the area, we use Mills for our home games. Fourth grade games usually start the day at 9:00am, and then games are played one hour apart for the rest of the day in ascending order by grade. The season will conclude with an Awards Night where we recognize the efforts and accomplishments of our student-athletes and coaches.

Coaches and Parental Participation: Coaches are chosen by the Athletic Board. Upon completion of this most valuable service, coaches are credited 40 service hours. Contact the Volleyball Commissioner or Athletic Director if you are interested in becoming a coach. Parents can earn service hours on Saturdays as line judges or by running the scoreboard. All coaches are required to attend a Positive Coaching Alliance (PCA) Coach Workshop. Parents attend a Positive Coaching Alliance Parent Workshop every three years. Our volunteer coaches deserve our respect and support. Parents can support the coaches by dropping off and picking up their kids on time and by assuring the student-athletes are dressed appropriately and have all their equipment for games and practices. On game day, parents can support the team by cheering and praising their play. Remember to leave the coaching to the coaches. As we are reminded in our PCA workshops **“Coaches coach, referees referee, and parents praise.”**

Uniforms: Game uniforms will be loaned to each student-athlete. Uniforms are for game use only. The Uniform Commissioner will schedule uniform distribution and return days. Coordinate in advance with the Uniform Commissioner if unable to make the scheduled date.

Please refer to the Athletic Program Handbook for more information.