DIOCESE OF CLEVELAND CYO
HIGH SCHOOL VOLLEYBALL
GIRLS & COED
COACHES MEETING

1. Welcome & Introductions

2. Program Planner

3. Points of Emphasis

4. Guest Player Rule

5. Sanctioned Events

6. Conferencing Procedure

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9. Gratitude and Prayer

CYO inspires young people to know God, to love God, and to serve God through athletics.
<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event Description</th>
</tr>
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<tbody>
<tr>
<td>February</td>
<td>28</td>
<td>Mandatory Coaches Meeting @ St. Augustine Manor, 6:30pm 7911 Detroit Ave. Cleveland, 44102</td>
</tr>
<tr>
<td>March</td>
<td>5</td>
<td>Mandatory Coaches Meeting @ St. Sebastian, 6:30pm 476 Mull Ave. Akron, 44320</td>
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<tr>
<td></td>
<td>6</td>
<td>Early registration period ends</td>
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<td></td>
<td>8</td>
<td>Regular Registration ends</td>
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<td></td>
<td>10</td>
<td>Late Registration ends</td>
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<tr>
<td></td>
<td>11</td>
<td>Team Fee Payments and Confirmation Forms Due</td>
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<tr>
<td></td>
<td>12</td>
<td>Mandatory Coaches Meeting @ Center for Pastoral Leadership, 6:30pm 28700 Euclid Ave. Wickliffe, 44092</td>
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<tr>
<td></td>
<td>16</td>
<td>Schedules available on website</td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>Coaches Development Program @ Holy Family Stow, 6:00pm 3179 Kent Rd. Stow, 44224</td>
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<tr>
<td></td>
<td>22</td>
<td>Deadline to register athletes and coaches on rosters</td>
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<tr>
<td></td>
<td>23</td>
<td>Regular season competition begins</td>
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<tr>
<td>April</td>
<td>5</td>
<td>Last day to add to rosters to meet minimum number</td>
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<td></td>
<td>27-28</td>
<td>Parents’ day at the matches</td>
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<tr>
<td>May</td>
<td>5</td>
<td>Team Mass Sunday</td>
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<td></td>
<td>11-26</td>
<td>Diocese of Cleveland CYO Spring Championships</td>
</tr>
<tr>
<td>May</td>
<td>30</td>
<td>Spring season ends</td>
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DIOCESE OF CLEVELAND CYO
HIGH SCHOOL VOLLEYBALL
POINTS OF EMPHASIS

WARM-UP PROTOCOL
- First Four (4) minutes – Visiting team practices on the full court; the home team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);
- Next Four (4) minutes – Home team practices on the full court; the visiting team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);
- Next Two minutes – Each team serves for remaining two minutes and after serves the volleyball match begins.

PLAYER ELIGIBILITY
A member of an interscholastic high school (OHSAA) volleyball squad (any student who has played in a scrimmage, preview or regular season/tournament games as a substitute or a starter) sponsored by Board of Education or Private School may participate in the program prior to and after the high school season under the following conditions:
A. The number of interscholastic volleyball players from the same school on a team is limited to three (3) on the roster of that squad. (Graduating seniors who are participating after their final interscholastic contest of the season in the sport of volleyball are exempt from this limitation).
B. Participation includes tryouts, training, practice and competition.
C. Violations of these rules WILL impact the athlete’s status to participate on an interscholastic high school (OHSAA) volleyball squad.
D. Submits an Interscholastic Participation Form with the CYO Eligibility Roster on or before the roster deadline date.

EQUIPMENT & UNIFORMS
Tennis shoes must be worn; shoes must not be worn from the outside into the gym. Also, any kind of jewelry, face paint, or hair clips may not be worn during the match. If a libero is used, the player shall wear a uniform top in clear contrast and distinct from other members of the team (GIRLS DIVISION ONLY).

PRE-CONTEST COACHES RESPONSIBILITIES
All coaches must be CYO certified and credentials are to be worn at all times. Credentials given to another coach at any time will result in a one year suspension for the providing coach. One competent adult should be provided by each team to serve as a line judge.

PARTICIPATION
A player on a CYO team may not participate on any other volleyball team during the CYO season. By the end of the second set, all players must have entered and participated in every match.

GUEST PLAYER RULE
If a volleyball team has less than 7 players at a match, a Guest Player may be moved from another team under the restrictions outlined in Bylaw 5-3-2 C. This Guest Player must meet the minimum participation requirements and is restricted in the following ways: (1) if the Guest Player is the sixth player on the roster, they must be positioned in the last serving position and (2) if the Guest Player is the seventh player on the roster, they cannot start the first set. All Guest Players must be recorded on the Volleyball Score Sheet and the Volleyball Lineup Game Roster. Guest Players must wear the
uniform of the team that they are playing for and not their rostered team uniform. If uniforms are the same throughout the parish, a Guest Player may not wear the same number as any other player on the team they are assisting.

Team Conferencing

**High School Conferencing:**
- A member’s only team OR A-Team is to be registered in their assigned division.
- The member’s second team or B-Team may be registered in a lower division(s).
- If there is a low number of teams in a division, teams may be placed in conferences based upon location ahead of strength.
- The Oldest member of the team is the division the team will be placed in. Example: 11th grader on roster, the team will be entered in 12th grade division. Teams will be placed in grade levels if there are enough teams.
VOLLEYBALL LINEUP GAME ROSTER

Complete & Turn in this form to the score table at least 10 minutes prior to the first set and 2 minutes after each set.

Team: St. Sebastian  Division 5th Grade  Head Coach Smith
Guest Player: (Name) Jane Johnson  (Division) 6th Grade  (Team Name) St. Sebastian
(Note: 3rd & 4th grade teams with more than 12 players should list additional players on back of sheet)

Set #1

<table>
<thead>
<tr>
<th>Check One:</th>
<th>(Grades 3-8) Serve Order</th>
<th>Player No.</th>
<th>(Grade 3, 4 only) Serve Order</th>
<th>Player No.</th>
<th>Timeouts – 0 2</th>
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<tr>
<td>X SERVE</td>
<td>I</td>
<td>12</td>
<td>VII</td>
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<td>VIII</td>
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<td>VI</td>
<td>7</td>
<td>XII</td>
<td></td>
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</table>

Substitutions
3rd & 4th Grade – Will be a continuous rotation
All Other Division – Unlimited Substitutions
Home 1 – 2 – 3  1 – 2 – 3
4 – 5 – 6  4 – 5 – 6
7 – 8 – 9  7 – 8 – 9
10 – 11 – 12  10 – 11 – 12
16 – 17 – 18  16 – 17 – 18

Set #2

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<th>Player No.</th>
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<th>Player No.</th>
<th>Timeouts – 1 2</th>
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<td>XII</td>
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Substitutions
3rd & 4th Grade – Will be a continuous rotation
All Other Division – 18 Substitutions
Home 1 – 2 – 3  1 – 2 – 3
4 – 5 – 6  4 – 5 – 6
7 – 8 – 9  7 – 8 – 9
10 – 11 – 12  10 – 11 – 12
16 – 17 – 18  16 – 17 – 18

Set #3

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<th>Check One:</th>
<th>(Grades 3-8) Serve Order</th>
<th>Player No.</th>
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<th>Player No.</th>
<th>Timeouts – 1 2</th>
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<td>I</td>
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<td>VII</td>
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Substitutions
3rd & 4th Grade – Will be a continuous rotation
All Other Division – 18 Substitutions
Home 1 – 2 – 3  1 – 2 – 3
4 – 5 – 6  4 – 5 – 6
7 – 8 – 9  7 – 8 – 9
10 – 11 – 12  10 – 11 – 12
16 – 17 – 18  16 – 17 – 18
CYO INTERSCHOLASTIC PARTICIPATION FORM

THIS FORM IS TO BE COMPLETED BY ALL ATHLETES THAT HAVE PARTICIPATED ON AN INTERSCHOLASTIC HIGH SCHOOL VOLLEYBALL TEAM DURING THE PREVIOUS OHSAA HIGH SCHOOL SEASON AND SUBMITTED TO THE CYO OFFICE BY THE ELIGIBILITY ROSTER DEADLINE.

MEMBER/PARISH ATHLETE TO PLAY FOR: __________________________ CITY: __________

SPORT ATHLETE TO PLAY: CYO HIGH SCHOOL GIRLS VOLLEYBALL

CYO COACH NAME (Print): ___________________________________________________________________

STUDENT NAME: __________________________________________________________________ GENDER: GIRL

ADDRESS: ________________________________________________________________________________

CITY: ____________________________ ZIP CODE: __________________________

HOME PHONE: __________________________ PARENT/GUARDIAN NAME: _________________

OHSAA SCHOOL ATHLETE PARTICIPATED FOR: __________________________ GRADE: __________

We the undersigned, do hereby acknowledge the above information to be true. And that any false information contained on this form will nullify this application at any time and could impact the athlete’s interscholastic high school volleyball eligibility.

ATHLETE’S SIGNATURE: __________________________ DATE: __________

PARENTS/GUARDIAN SIGNATURE: __________________________ DATE: __________

CYO COACH SIGNATURE: __________________________ DATE: __________

CYO OFFICE USE

Date Received in the CYO Office: ________________ CYO Staff Initial: __________

CYO inspires young people to know God, to love God, and to serve God through athletics.
FAQ’S ABOUT SANCTIONED EVENTS

Sanctioned Events are scrimmages, tournaments, competitions, or carnivals hosted by CYO partners to provide additional opportunities for competition and to raise funds for their programs. Refer to information on the CYO website: “Sanctioned Events” tab.

1. When can I register for a sanctioned event?
   **Whenever the event is listed on the CYO website.**

2. May I write a personal check for a Sanctioned Event entry?
   **No - entry fees must be paid with an official check from the partner’s account.**

3. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?
   **No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. Your Athletic Director should provide each coach with a copy of their roster at the beginning of the season.**

4. My parish has three 6th grade teams. Can we combine players from each team to enter a Sanctioned Event?
   **No - athletes may only play and be rostered on one CYO team.**

5. Can my team enter a community-sponsored event if we use our nickname rather than the parish name?
   **No - teams are eligible to participate in CYO sanctioned events only. Bylaw 4-3-1F**

6. How do I find out the maximum number of sanctioned tournaments my team can play?
   **Please refer to CYO sport specific rules for clarification. Generally it is [4] for grades 6-8 [3] for grades 3-5.**

7. Do preseason Sanctioned Scrimmages count towards my team’s total number of allowed Sanctioned Events? **No – Sanctioned scrimmages do NOT count towards the limit. Please refer to Bylaw 4-4-3D&E for clarification.**

8. Most of our sanctioned event games were postponed due to bad weather. Can a sanctioned event be extended after the CYO season closes?
   **No, events need to be concluded by the published CYO end of the season date for that sport.**

9. If an athlete or coach is ejected from a sanctioned event, do they sit out the next scheduled CYO game or the next sanctioned event game?
   **The athlete(s) or coach must sit out the next scheduled game whether it is a sanctioned event game or a CYO game.**

10. The event director informed me my team’s game starts at 8:15 pm. I thought we couldn’t play after 8 pm. What should I do?
    **Contact the Event Director and your Athletic Director immediately. Inform the CYO Athletic Administration immediately. Please refer to Bylaw 4-4-1 and sports specific rules for clarification/exception.**

11. How many Guest Players may I use during Sanctioned Event Tournaments?
    **ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2C7**

12. Is it okay to register my team for a tournament under my assistant coach’s name, since I will be out of town for most of the games? **No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach’s name. However, an assistant coach can certainly be in charge at the games.**
Productive coaches spend 75 percent of their time teaching the sport to their players, and the other 25 percent of the time coaching. With younger athletes, this gap increases with teaching becoming more important.

The problem is that many coaches don’t understand how to teach athletics effectively. Plus, some coaches don’t take the time to grasp how athletes learn. Here are nine proven steps to becoming a better teacher and a better coach.

1. Understanding your passion for the sport first.
Before jumping into coaching, coaches first must understand their passion for the game. Having a high level of passion for the sport tremendously influences your energy, creativity and ability to motivate players. Passion is contagious. If one player or one assistant coach comes to practice excited and fired up, that emotion and passion easily is passed to every other member of the team.

2. Setting the stage for teaching.
Prior to the first practice, meet with your athletes and explain your role as a coach and teacher of the game. Let them know your purpose is to help improve their athletic skills. Impress upon them that you care about them as people, and that you are concerned about their lives even beyond athletics. Feeling cared about makes a player more coachable — effort and concentration increases. If you care enough about them, they’ll walk through walls for you.

Part of you caring is to work through players’ mistakes. Tell them mistakes are part of the learning process, and the only true mistakes are ones of lack of effort or concentration — both of which easily are corrected.

3. The importance of why.
Don’t assume players know why you are asking them to practice a certain technique or to perform a skill drill. Explain how everything has a positive effect on their ability to play. Be as detailed as possible, because it’s important that they understand why you’re doing certain things.

4. Fundamentals first, then complex.
Know the fundamentals of the sport you teach. This enables you to design practices for your players’ appropriate skill level. It also becomes easier to assist an athlete who cannot perform a certain skill. After grasping the fundamentals, players move on to practice drills focusing on more than one skill at a time. Don’t expect to teach complex skills to players who have not mastered the basics.

5. Use the whole-part method.
Oftentimes, it’s necessary to teach skills in parts or steps. Once again, in-depth knowledge of fundamentals gives you an advantage. Teaching a skill in part keeps the player motivated, because they are forming a mental checklist for performing the skill correctly. Educators refer to this as “task-analysis.”
Moving from one step to the next puts the focus on progress, which allows you to praise the player for grasping a skill and working with the player in areas that need more practice. A good barometer to know if a player is mastering a certain skill is to see if that player is teaching the skill to another teammate.

Find something positive to say to every athlete at every practice. This satisfies the athlete’s need for attention, recognition and appreciation. Be specific with your praise — specific praise is used to reinforce the why of practice. Always attempt to find more positives than negatives while constantly praising effort.

7. The hoopla of success.
When an athlete or team finally masters a skill or concept, don’t hesitate to momentarily stop practice to recognize the achievement. Praise their effort, and remind your players why mastery of the skill is so critical.

Most coaches talk to players about certain values and characteristics they hope to see in all team members. Coaches really are the best positive role models for these values. When stressing good sportsmanship, talk about coaching with honor, respect for the game and attitude toward officials. When stressing tenacity, never give up on yourself with your athletes. And, when stressing organization, conduct practices that are structured. Players look to you for guidance, so don’t say one thing and do the opposite.

9. Encourage crossover athletes.
Coaches who are overzealous sometimes encourage their athletes to play one sport on a year-round basis. This can leads to overuse injuries and burnout. Participating in other sports improves the way the athletes play your sport. The movements and skills required for many sports are similar. Consider the footwork necessary for soccer and basketball are almost identical.

Productive coaching is highly dependent on the coach’s ability to teach their sport. Teaching isn’t just blowing a whistle, barking out orders and heading home after a couple of hours. Being a good teacher takes time, effort, practice, patience and a passion to make a difference in the lives of your players.
CYO GRATITUDE

Go around the room and have each coach complete the following sentence:

One thing that I am grateful for receiving this evening is…

Thank you for your comments and support. We wish you nothing but the best as the season begins.

Commitment Prayer

Leader: In the name of the Father and of the Son and of the Holy Spirit.
All: Amen

Leader: Thank you God for being with us today, and for entrusting your children to our care through CYO Sports. As we prepare to return to our parishes and communities, give us the strength to share your love and caring through our actions as CYO Coaches. We give our time, talent and treasures to you that we may better serve our CYO teams and families. I ask that you respond, “I will!” to each of the following commitments you are making today.

Leader: Will you be a Christian role model who helps athletes discover their value and responsibility to the team, church and community? Response: I will!

Leader: Will you coach every child on your team to improve their skills through practices, competitions and games? Response: I will!

Leader: Will you teach and encourage good sportsmanship by demonstrating positive support, patience, courteousness and respect for all athletes, officials, fellow coaches, volunteers and administrators? Response: I will!

Leader: Will you read and follow the letter and spirit of the sport rules, policies, and Diocese of Cleveland CYO Charter and Bylaws? Response: I will!

Leader: Will you remain aware that your conduct has an influence on the love a child may develop toward sports, and therefore make an effort to have the children on your team have fun while also learning about athletics, themselves, their teammates and our Catholic Christian Community? Response: I will!

Leader: Will you remain mindful that your conduct has an impact on the conduct of the players and fans at a competition and make a commitment not to yell at officials, players, opposing coaches or fans and always demonstrate an attitude symbolic of the CYO Mission and Values? Response: I will!

Leader: Will you make an effort to grow as a Christian by going to mass and celebrating the sacraments to be strengthened to love and serve God and the young people entrusted to your care? Response: I will!

Leader: Almighty God, the Father of our Lord Jesus Christ, who has given us new birth by water and the Holy Spirit, hear the commitments made by your servants here today. We know you have given us spiritual capabilities, and with your light and direction we can fulfill these commitments and build the community of God. We ask this in the name of the Father, and of the Son, and of the Holy Spirit. Response: Amen

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Take $10 off your purchase of $50 or more.