

**LOWCOUNTRY MIDDLE SCHOOL  
VOLLEYBALL LEAGUE  
2022 MANUAL  
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## **VOLLEYBALL COORDINATORS**

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### **RELEASE OF CONFIDENTIAL INFORMATION**

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to ensure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

**Do not make copies of your roster** to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience.

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help ensure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

### **INFECTIOUS DISEASE GUIDELINES**

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

#### **BLOOD-BORNE PATHOGENS**

Blood-borne pathogens such as Hepatitis B and HIV are serious infectious diseases which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most commonly known.

Hepatitis B is a virus which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS

or Acquired Immunodeficiency Syndrome which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn, and the blood wiped off with a disposal alcohol swab.

**Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).**

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all clean up. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission can occur.

## **WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS**

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that good hygiene be used by all adults and youth participants. Towels, cups and water bottles should not be shared.

## **OTHER CONTAGIONS**

Contagions such as the Influenza Virus, the Common Cold virus, Coronavirus and Mononucleosis virus are generally transmitted by respiratory secretions, saliva and nasal discharge. This occurs through the air when an infected person sneezes or coughs, or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.

## COACHES CODE OF ETHICS PLEDGE

Help us **M**otivate, **P**romote, **R**ecognize, and **D**emonstrate Good Sportsmanship

I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

**I will** place the emotional and physical well-being of my players ahead of any personal desire to win.

**I will** remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

**I will** do my very best to provide a safe playing situation for my players.

**I promise** to review and practice the necessary first aid principals needed to treat injuries of my players.

**I will** do my best to organize practices that are fun and challenging for all my players.

**I will** lead, by example, in demonstrating fair play and sportsmanship to all my players.

**I will** insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

**I will** use those coaching techniques appropriate for each of the skills that I teach.

**I will** remember that I am a youth coach, and that the game is for children and not adults.

Date: \_\_\_\_\_ Name: \_\_\_\_\_  
(Please print)

Signature: \_\_\_\_\_

Team Name/Grade: \_\_\_\_\_

## **CRITICAL DATES**

August 25, 2022

**TEAM #s & DIVISIONS DEADLINE**

September 1, 2022

**MANDATORY COACHES' MEETING**

(Virtual) Join Zoom Meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/88112435991>

September 6, 2022

Games Begin the Week Of Sept 6th

### **TEAM DIVISIONS**

A maximum of 12 players can be placed on each team roster this season.

The divisions are:

5<sup>th</sup> Grade – Mt. Pleasant and City of Charleston Recreation Departments

6<sup>th</sup> Grade – Mt. Pleasant and City of Charleston Recreation Departments

7<sup>th</sup> Grade – Mt. Pleasant and City of Charleston Recreation Departments

8<sup>th</sup> Grade - Mt. Pleasant and City of Charleston Recreation Departments

Boys – 6<sup>th</sup>-8<sup>th</sup> Grade – Mt. Pleasant and City of Charleston Recreation Departments

### **TEAM COACH**

Each team must provide a Coach with the submission of their roster and Volunteer Form on file.

### **PLAYER ELIGIBILITY**

All players must register and pay a fee in order to participate in the Volleyball program at the respective Recreation Departments. (East of the Cooper Schools register at MPRD, Charleston/Daniel Island, W. Ashley, James Island, John's Island register at City of Charleston.)

Players must attend the school of which their names are listed on the roster. Players can only appear on one team roster. A player cannot play on multiple teams in the league or be listed on multiple rosters.

If a player is found to be ineligible because of a knowledgeable violation, all games in which that player participated will be declared forfeits.

No player will be allowed to play Varsity, Junior Varsity, B-Team, or any high school affiliated league and play in the LCVBL at the same time.

No accident insurance is provided. Any injuries that result from playing Volleyball are the responsibility of the participants/parents.

### **VOLLEYBALL FACILITIES**

I. Park West Gym – 1251 Park West Blvd, Mt. Pleasant

II. Town Hall Gym – 100 Ann Edwards Lane, Mt Pleasant

- III. James Island Recreation-1088 Quail Drive, Chas
- IV. Bees Landing Recreation-1580 Ashley Gardens Blvd, Chas
- V. Daniel Island Recreation – 160 Fairbanks Drive, Chas
- VI. Arthur Christopher Community Center-265 Fishburne Street, Chas
- VII. North Charleston Athletic Center – 5794 Casper Padgett, N. Chas

**ABSOLUTELY NO COOLERS, DRINKS, FOOD, CHEWING GUM OR BLACK SOLED SHOES (THAT SCUFF FLOORS) WILL BE ALLOWED IN ANY OF THE GYMS LISTED ABOVE DURING PRACTICES OR GAMES. PLAYERS MAY ONLY HAVE WATER IN THE TEAM BENCH AREA . VIOLATORS WILL BE REMOVED FROM THE GYM. THE RECREATION DEPARTMENT USES THESE FACILITIES AND IT IS EXPECTED OF ALL PLAYERS, COACHES, AND SPECTATORS TO RESPECT THE FACILITIES.**

### PRACTICES

No Players are to be left unattended after practices have ended. The Coach must stay until the last player has left the premises.

### GENERAL GAME RULES

All rules not covered by these policies will be governed by the current edition of the National Federation of High Schools Rule Book.

1. All Matches will be played the best 2 out of 3 to 25 with a 27- point cap for the first two games. If a third game is necessary, it will be to 15 with a 17- point cap.
2. **\*\*Each team will be given 5 minutes separately on the court to warm-up. Teams will serve together for 3 minutes.**
3. In the first game, the Home Team will have the first warm-up period. In the second and third game of a tri-match, Teams having already played will be given 3 minutes separately to warm-up. The Team having just played in the previous match will warm-up second and their opponent will warm-up first.
4. Team must start and finish with 6 players.
5. No jewelry permitted.
6. Game time is forfeit time. A Team must be ready to play at their scheduled game time.
7. **All Players must wear kneepads. No kneepads...No Play.**
8. Each team shall be responsible for providing and training a Line Judge for each match played. It is strongly recommended that Adults be used.
9. We strongly recommend having a parent lined up to help with a scoreboard. Staffing shortages are currently a serious issue.
10. A libero can be utilized for the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade Division.
  - \*The libero must be identified on the line-up card.
  - \*The libero must wear a different color shirt than the team.

\*The libero must be tracked by an Adult provided by that Team.

11. The Volley Lite Volleyball will be used in the 5<sup>th</sup> and 6<sup>th</sup> Grade only.
12. 5<sup>th</sup>/6<sup>th</sup> Grade Only – 3 foot serving line is optional.
13. Playing requirements: 6<sup>th</sup>- 8<sup>th</sup> Grade All Players must play.
14. Submit line-up cards to the scorekeeper 10 minutes prior to the match
15. Game Days: Monday – Thursday. Boys – Saturdays.
16. Regular Season consists of 8 games.
17. Post season tournament will start as soon as majority of the divisions have concluded.

## **THE LIBERO**

- The libero is a back-row player who is a passing and defensive specialist.
- In order to be used, the libero must be designated on the lineup sheet. If a libero is not designated on the line up sheet, the team may not use a libero in that game.
- The libero is restricted to perform as a back-row player. They cannot block or attack from anywhere if at the moment of contact, the ball is entirely above the net.
- The libero can serve for one designated person only.
- The libero may replace any player in a back-row position. The replacement is not counted as a substitution. The libero can only be replaced by the player whom they replaced.

## **Substitutions**

(This does not refer to the libero. Refer to libero section.)

- A player can only sub in a specific service order.
- Unlimited substitution

### ***Example:***

Player Service Order

- 1 - 12/3/12/3      Legal
- 2 – 6/9/6/13/9      Legal, a new player can enter whenever (13)
- 3 – 11/2/11/2/17      Legal, there were no numbers repeated.

**GENERAL GAME RULES CONTINUED**

A coach may hold a player out of the game for only the following reasons: injury, sickness, or disciplinary actions. The coach must notify the scorekeeper prior to the start of the game, and make a note on the line up card if any player that is dressed out to play will not be playing or not meeting the minimum playing requirements.

Any player or coach ejected from a game by the referee must leave the gym immediately or the game will be forfeited. If a coach is ejected, an adult must sit on the bench before the game can resume. Any player or



coach that is ejected will automatically be suspended for a minimum of one game. The Athletic Division Chief will determine if further action is necessary.

No jewelry, such as but not limited to, rings, earrings, ears/earrings taped, bracelets, etc., is allowed. The jewelry must be removed prior to playing. Some examples of illegal items: starter earrings, a guard, cast, or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal, etc. (even though covered with soft padding). Game officials will be more than happy to tell you before the game what will be allowed and what will not. When in doubt, ask an official.

**Shorts, which have pockets or zippers, are NOT permitted in volleyball games. Absolutely no pockets!!! Players will be asked to change their shorts if they come to participate in a game. Otherwise, they will not be able to participate. (Shorts will not be provided by the Recreation Department).**

## **EQUIPMENT AND UNIFORMS**

The Recreation Department will provide the game ball and Official.

## **SCHEDULE & STANDINGS INFORMATION**

Schedules will be distributed as soon as they are completed. All games must be played at the time, day, and location outlined in the schedule. We will do our best to honor requests provided prior to the schedules being done for school events only. We will not make any changes to the schedule after they are released unless there is an error on the schedule.

The Recreation Department will reschedule any games that are postponed because of reasons beyond anyone's control.

Standings will be posted once a week online on the Volleyball Webpage. [www.mtpleasantrec.com](http://www.mtpleasantrec.com)

## **REGULAR SEASON CHAMPIONS**

For regular season Champions: the team(s) with the best regular season win-loss record will be the regular season champion(s). In the case of two (2) or more teams with the same win-loss record at the end of the regular season, the following criteria will be used to break ties:

1. If two (2) teams are tied: Head to head play with the best record against each other during the regular season.
2. In the case of three (3) or more teams: the team that has defeated all of the teams they are tied with will be seeded higher. Point spread will be utilized if the three way tie cannot be determined via Head to Head.

## **REGULAR SEASON AWARDS**

A Team Trophy will be awarded to the top 2 teams in each division.

## **POST SEASON CHAMPIONS**

Tournament play will determine the post season champion.

## POST SEASON AWARDS

A Team Trophy and Individual Awards will be awarded to the champion and runner-up in each division.

## CONDUCT

Please read the Coaches Code of Ethics Pledge.

**At no time during or after a game may a coach or player argue a call of a referee.**

At no time before, during, or after a game shall a coach or players remove jersey, kick chair/bench, yell or raise his or her voice at a referee, scorekeeper, or Recreation Department personnel.

No smoking or use of any type of tobacco products will be permitted by coaches or players while at practices or games.

Fighting will not be tolerated. Violators, player or coach, will automatically be suspended from further league participation.

Any player or coach ejected from a game must leave the gym immediately. The game will not be allowed to continue until the offender has left the gym. If a coach is ejected, an adult must sit on the bench before the game can resume. A player or coach suspended will serve a one game suspension and will not be permitted to participate until a meeting is held with the Recreation Department.

Any coach who pulls his or her team from the court before the contest has ended may be suspended for the rest of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Recreation Department.

Do not contact the sponsors for additional money.

Any coach/player using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach or player who does not conduct themselves according to any of the above policies.

The Recreation Department has established the following Code of Conduct for all players, spectators, coaches, managers, and Officials to follow.

No Player, Manager, Coach, Spectator, or Officials under the influence of alcohol or drugs shall be allowed in the facility. **NO ALCOHOL OR DRUGS WILL BE ALLOWED IN THE PARKING LOT.** In addition, the Facility Supervisor **WILL** notify the police to respond to the facility in case such is noticed.

Any team allowing the consumption of alcohol or drugs in/on the facility and adjacent grounds by their players shall forfeit the game and shall be removed from the league immediately for the remainder of the season and **ABSOLUTELY NO REFUND ON ANY FEES THAT HAVE BEEN PAID BY THE TEAM AND/OR PLAYERS.**

Any coach allowing an illegal player to participate will receive no less than a one year ban from participating in any Mount Pleasant Recreation Department League.

Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.

Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys removed from the game and suspended for the next game.

All persons that are on the sideline area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the sidelines.**

Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

<b>OFFENSE</b>	<b>1ST OFFENSE</b>	<b>2ND OFFENSE</b>
<b>1. Abusive/offensive language said out loud, but not directed at anyone</b>	<b>Current game plus 1 additional game suspension.</b>	<b>Current season suspension.*</b>
<b>2. Abusive/offensive language directed at officials, staff, players or spectators</b>	<b>Current game plus 3 additional game suspension.</b>	<b>Current season suspension.*</b>
<b>3. Threat of physical abuse directed at officials, staff players or spectators. years probation.</b>	<b>Suspension for current season plus 1 year probation.</b>	<b>During probationary period suspension for remainder of probation period plus 2</b>
<b>4. Fighting with teammates, fans, officials, staff, or opposing team.</b>	<b>Suspension for current and next season plus 2 year probation.</b>	<b>Permanent suspension from all sports.</b>
<b>5. Defacing, damaging, or destroying Town property or equipment. and repair/replacement cost).</b>	<b>1 game suspension up to permanent suspension (depending on circumstances</b>	<b>Current season suspension up to permanent.</b>

\*If suspension occurs at last game of regular season, suspension will carry over into any post season tournament. If suspension occurs during post season tournament, suspension will carry over into next regular season that player participates in.

\*\***3<sup>RD</sup> OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief.

There are no further appeals to the Athletic Division Chief's decision.

## **FACILITY SUPERVISORS**

There will be a Facility Supervisor at each gym. Please familiarize yourself with the Staff. If you have any concerns, suggestions, or information, please tell one of the Facility Supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis

## **PROTESTS**

Protests will be allowed in Volleyball; however, judgment calls by the officials cannot be protested. The proper procedure for filing a protest is as follows:

All protests must be initially filed with the Head Official at the game site and entered on the scorecard at the time of the incident that prompts the protest. Failure to do this will result in the protest not being recognized.

The official protest form must be submitted by the next work day at the Jones Center to be considered. The form must be properly filled out with a check for the \$25.00 filing fee made payable to the Mt. Pleasant Recreation Department or the City of Charleston if you register with the City of Charleston.

The protest must include the following information: 1. Coaches' name filing protest. 2. Team and age division. 3. Date of protest. 4. League that game was played in. 5. Contest (to include date and time). 6. Recreation Supervisor(s) present. 7. Game Official(s) present. 8. Protest described in detail to include rule being protested and the point of the game that the rule is protested.

The Protest Committee will make a recommendation on the outcome of a protest to the Athletic Division Chief. The Athletic Division Chief will have the final decision on the outcome of the protest.

If the protest is upheld, the \$25.00 filing fee will be refunded. If the protest is denied, the Recreation Department will keep the filing fee.

DATE REC. \_\_\_\_\_  
INITIALS \_\_\_\_\_  
PROTEST \_\_\_\_\_  
FEE YES NO  
RETURNED KEPT

PROTEST FORM

\*\*\*\*\*

1) Coach's Name \_\_\_\_\_ 2) Team/Age Division \_\_\_\_\_

3) Date of Protest \_\_\_\_\_ 4) League \_\_\_\_\_

5) Contest (event) \_\_\_\_\_  
\_\_\_\_\_

6) Recreation Supervisors Present \_\_\_\_\_

7) Game Officials Present \_\_\_\_\_

8) Protest (describe in detail) \_\_\_\_\_  
\_\_\_\_\_  
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-----  
Outcome of Protest \_\_\_\_\_  
\_\_\_\_\_

Athletic Division Chief \_\_\_\_\_ Date \_\_\_\_\_

# THE COACH

He/She is called “coach”. It is a difficult job, and there is no clear way to succeed in it. One cannot copy another who is a winner, for there seems to be some subtle, secret chemistry of personality that enables a person to lead successfully, and no one really knows what it is. Those who have succeeded and those who have failed represent all kinds – young and old, inexperienced and experienced, hard and soft, tough and gentle, good-natured and foul-tempered, proud and profane, articulate and inarticulate, even dedicated and casual. Most are dedicated, some more than others, but intelligence is not enough. All want to win, but some want to win more than others, and just wanting to win is not enough in any event. Even winning is often not enough. Losers almost always get fired, but winners get fired, too.

He/She is out in the open being judged publicly almost every day or night for six, seven, or eight months a year by those who may or may not be qualified to judge him. And every victory and every defeat is recorded constantly in print or on the air and periodically totaled up.

The coach has no place to hide. He/She cannot just let the job go for a while or do a bad job and assume no one will notice as most of us can. He cannot satisfy everyone. Seldom can He/She even satisfy very many. Rarely can He/She even satisfy himself. If He/She wins once, He/She must win the next time, too.

They plot victories, suffer defeats, and endure criticism from within and without. They neglect their families, travel endlessly, and live alone in a spotlight surrounded by others. Theirs may be the worst \profession – unreasonably demanding and insecure and full of unrelenting pressures. Why do they put up with it? Why do they do it? Having seen them hired and hailed as geniuses at gaudy party-like press conferences and having seen them fired with pat phrases such as “fool” or “incompetent”, I have wondered about them. Having seen them exultant in victory and depressed by defeat, I have sympathized with them. Having seen some broken by the job and others die from it, one is moved to admire them and top hope that someday the world will learn to understand them.

## ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE

1. Be organized.
2. Have a well thought out plan.
3. Develop a pre-season calendar.
  - a. Determine what must be taught before the first game.
  - b. Set-up a daily schedule to make sure it gets completed.
  - c. Be adjustable when necessary.
4. Develop a detailed practice plan prior to each practice.
  - a. Stretching and warm-up (Can it be done before you begin actual practice?).
  - b. Fundamentals.
  - c. Conditioning.
  - d. Team strategies and game-like situations.
  - e. Social Distance strongly recommended
5. If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.

6. If you are teaching something new, be sure to work it out on the floor before going to practice. It is easy to get confused.
7. Use your time and space wisely. Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
8. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
9. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
10. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
11. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

### **Communication – Including Parents as a Part of the Plan**

1. Meet with Parents at the beginning of the season.
2. Communicate to them those things which are important:
  - a. Player expectations and team rules.
  - b. League rules.
  - c. Practice and game schedules.
  - d. Injuries – procedures, etc.
  - e. Your philosophy of coaching the team.
  - f. Role of the parent.
  - g. Transportation problems and organization.
  - h. Remind them that a Parents Code of Conduct was signed for a player.
3. Some general tips:
4. Be congenial, courteous, and communicative.
  - a. Let them know you are the one who is in the position to make team decisions.
  - b. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
  - c. Make parents your supporters, not your adversaries