

WHAT I NEED TO KNOW ABOUT BEING A COACH! (2009 Version)

The emphasis of this league is to have fun and promote the development of skills for the sport of volleyball. There are no losers—everyone wins! And everyone participates.

My name is Justin Luckman and I will be coordinating the league again this year with assistance from Marc Blau. The best way to communicate with me is via email which is justin_luckman@fp.k12.wa.us. My work number is 253-298-3026 and you can call me between 9:00am-4:00pm or leave a message and I will get in touch with you. You should also check our website at www.recre8.org. Click on volleyball and then on RAGE Volleyball League for updated information.

1. Please email me with your name, address, home and work phone numbers, cellular phone number, email address, and t-shirt size. If you are a student who is coaching then I also need the name of your parents, a work phone number, and an email address for one of them.
2. Print up a copy of the rules from the website and become familiar with them. Email me if you have specific questions.
3. Secure a gym for practice (see handout or check our website under “Gym Practice Arrangements”). You should wait until you have a team so that you can get a consensus from the parents as to what is the best day and time to coach. Be sure to give them a couple of choices as to what works best for you since you are, after all, the coach.

When you contact the school, let them know that you can get by with only using 1/2 of the gym and that way you should only have to pay half the fee. The regular fee is about \$12-\$20 per hour. The cost of the gym rental must be split between the parents as the registration fee for the league does not cover this expense.

If a school has more than one team you may want to consider having both teams practice at the same time as that will save you money. This also gives you plenty of players to have a good scrimmage with.

4. When forming teams we try to keep players from the same school together. 3rd & 4th graders will play together, 5th & 6th graders will play together, and jr. high students will play together. We do try to balance out the teams with players from all grades.
5. One parent coach per team is entitled to a \$5 discount from their registration fee. Once a coach is selected they will be reimbursed when the schedules are finalized.
6. One coach per team will be provided with a team t-shirt. Extra shirts are \$5.
7. We will attempt to email the lists of your players to you by Wednesday, September 23rd at the latest so that you can let the parents know what time you will be practicing on Sat., Sept. 26th. The practice schedule will also be posted on the website so you can pass this information along to your parents as well.
8. You will need to pick **TEAM COLORS** for your t-shirts and a **TEAM NAME**. Please see me for a color chart of available colors or pick one from the colors posted on the website. This info is needed by Sept. 26th.

9. Conflicts— You may submit them to me NO LATER than Sept. 26th and I will do my best to work around them, however I will NOT guarantee that they will all be granted. It is very difficult to work around soccer games all of the time but I am happy to at least try. Under NO circumstances will the schedule be revised once it has been completed so please- don't even ask.
10. I prefer to have no more than 12 players on a team however we do not like to refuse anyone the chance to play. The final day to order t-shirts, however, is Sept. 26th.
11. For students using the RAGE League for a ninth grade project, senior project, or just volunteering to get some experience, please remember that it is critical that you communicate clearly, constantly, and effectively with the parents. It is best to even select one or two parents to assist you with things such as coordinating snacks for after games, collecting money for gym rental or team photos and perhaps organizing a party at the end of the season. Another fun thing to do is to arrange for your team to come and watch a junior high or high school match. If you contact the high school athletic director in advance and the girls wear their team t-shirts, you might be able to get in for a reduced fee. It is your learning experience, however, so make sure you do whatever you want to enhance your learning opportunities. If you have enough players from one school to split into two teams, be sure to get input from the parents. You want to make sure that girls get to play with their friends as much as possible.
12. We offer a tournament for elementary school teams and jr. high teams. The date will be announced soon. An informational flyer and registration form will be found on our website once the date is determined. I would encourage you to talk to your parents NOW to see if they are interested in having their daughters participate. This tournament is a lot of fun and gives the girls some great experience. It also fills up quickly so be sure to enter soon!!!