

Thank you for registering your athlete for the Town of Wake Forest's Summer Volleyball League. Below is some important information you need to get started. **Please read thoroughly and know that the league officially starts MAY 16.**

- **TRIANGLE VOLLEYBALL CLUB** partnership: Triangle administers the league by providing volleyball expertise. Triangle staff will run league evaluations, make team selection decisions, recruit and train coaching staff, run pre-season skills sessions, officiate all matches, and monitor league progress. Triangle Volleyball Club league coordinators are Meredith Blum and Colby Mangum.
- **AGE DIVISIONS:** League has three (3) age divisions: 10U (9/10), 12U (11/12), and 16U (13-16). Age for these divisions is based on your daughter's age as of January 1, 2016. Regardless of division participants should expect a range of skill, athleticism, and experience within each age level. Playing up or down a division is strictly prohibited by the Town of Wake Forest.
- **COACHES:** All coaches are VOLUNTEERS. Most are parents, some are community volunteers. Most do NOT have volleyball coaching or playing experience. If you have not already communicated an interest in coach please do so. Team formation is limited by the number of coaches.
- **PLAYING SITES:** Main site is Flaherty Park Community Center. Secondary site is Franklin Academy.
- **PLAYING SCHEDULE:** Matches are played weekday evenings [Monday-Friday] and Saturdays according to the schedule below but please note the following:
 - While it is possible to have more than one match per week teams should NOT expect to play every day of the week listed every week of the season.
 - We cannot accept special requests for match nights [i.e. we can only play on Tuesdays]
 - It is expected that there will be some **absences** given the variation in summer schedules for most families.
 - If the playing schedule makes it **impossible** for your athlete to participate [i.e. you have a 9/10 athlete who already has a summer commitment on T/Th/F please contact the Town of Wake Forest Parks and Recreation office to withdraw from the league.

10U (9/10s) Division: Tuesday, Thursday, and/or Friday

12U (11/12s) Division: Monday, Wednesday, and/or Saturday.

16U (13-16s) Division: Tuesday, Thursday, and/or Saturday

- **PLAYING RULES/SCORING:** as appropriate, certain age divisions will use modified playing rules and scoring. Keep in mind these modifications are recommended by leading professionals in teaching volleyball, developing youth, and making the game enjoyable for young beginners.
- **PRACTICES**-teams will have 2 full practices [2 teams/court] prior to their first match. Each one-hour match time slot will allow teams to have a shared practice for 15 minutes prior to the start of each match. For this to happen players must be on time.

COACHES-WE NEED YOU!

To date only a HANDFUL of coaches have stepped forward. Please help us plan by stepping forward NOW. Trust us you can do this – TVC provides coach training! The level at which the WF league is played requires patience, a willingness to learn as well as teach, the ability to cut yourself some slack when you make inevitable mistakes, and a love of sport. There are NO PRE-REQUISITES. Ideally we prefer a head and assistant coach so that the team is covered for when there are coaching schedule conflicts. **Email Colby Mangum, at acmangum9@gmail.com to confirm that you've volunteered already, or to volunteer.**

ALL COACHES MUST COMPLETE A TOWN OF WAKE FOREST BACKGROUND SCREEN

<https://bib.com/SecureVolunteer/Town-of-Wake-Forest-Parks-and-Rec/>

All coaches have the opportunity for training and support provided by Triangle Volleyball Club

LEAGUE EVALUATIONS-these evaluations are important to setting up a ‘balanced’ league.

- Regardless of whether you have played in the WF league previously you are **required** to attend ONE (1) evaluation session for YOUR age group.
- Attend the session according to the **FIRST LETTER** of your **LAST NAME**. There is a makeup day for each age level if you cannot attend that day.
- Please come on time so that we can get everyone checked and start on time.
- Please wear appropriate attire-shorts, tee shirts, athletic shoes, no dangling jewelry. Kneepads are not required for evaluations.
- Athletes do NOT need to bring their own volleyball.
- Come ready to learn and try new things.
- Here is the evaluation schedule:

ATHLETE EVALUATIONS		Monday	Tuesday	Wednesday	Thursday	Friday
		16-May	17-May	18-May	19-May	20-May
	615pm	11/12 A-D	9/10 A-F	11/12 K-R	9/10 L-O	9/10 MAKE UP
all at FLAHERTY PARK	715pm	11/12 E-J	9/10 G-K	11/12 S-Z	9/10 P-Z	11/12 MAKE UP
	815pm	13-16 A-C	13-16 D-Ha	13-16 He-N	13-16 O-Z	13-16 MAKEUP

COACH MEETINGS-all coaches [Head and Assistant, assigned or unassigned] are asked to attend a coaching meeting on **Saturday, May 21 @ Flaherty Park**. Here is the schedule by age level:

	Saturday
	21-May
9am	COACH MTG 9/10
10am	COACH MTG 11/12
11am	COACH MTG 13-16

SKILLS SESSIONS and MORE COACH TRAINING: The week FOLLOWING evaluations we will host skills sessions by age level and alphabet [again first letter or your last name]. During this time we will be finalize team placement.

- Please come to the skill session for your age group.
- COACHES-these skills sessions are a great LEARNING opportunity. Please try to attend one or more in your age group that are convenient to your schedule.

SKILL SESSIONS		Monday	Tuesday	Wednesday	Thursday	Friday
		23-May	24-May	25-May	26-May	27-May
<i>all at FLAHERTY PARK</i>	615pm	11/12 A-D	9/10 A-F	11/12 K-R	9/10 L-O	All Ages MakeUp
	715pm	11/12 E-J	9/10 G-K	11/12 S-Z	9/10 P-Z	
	815pm	13-16 A-C	13-16 D-Ha	13-16 He-N	13-16 O-Z	

TEAM PRACTICES: every team will have at least one opportunity to practice [no matches] during the week of May 30th [there will be no practices on Memorial Day]. Practice days will align as best as possible with the regular match schedule above. Additional practices will occur throughout the league season during the 15 minutes prior to the start of each match.

MATCHES: will begin the week of June 6th and continue through the week of July 18th. There is no season-ending tournament.

See you next week!

Town of Wake Forest Parks, Recreation & Cultural Resources and Triangle Volleyball Club