

Frequently Asked Questions and General Information

LJHS Volleyball

For information not answered below, please contact either:

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GENERAL QUESTIONS

Q: Why does my child need to register on 8 to 18?

A: This is a great way to manage all the athletes. Coaches and the Athletic Director will email pertinent information during the season. Instructions on how to register can be found at <http://www.lebanonschools.org/lebanon-junior-high/athletics-7/volleyball-32/> as well as available at pre-season meetings.

Q: What equipment will my child need to play volleyball?

A: The only major purchases you may need to make for volleyball is a quality pair of shoes and knee pads. A specific brand of shoes is not necessary, though gym shoes with a low heel are safest for the jumping, shuffling, and twisting in volleyball. Uniform tops are provided by the school and girls will be required to provide their own black spandex shorts. Students will be financially responsible if a jersey or other school issued items are lost or stolen. Students will have the opportunity to purchase a team t-shirt and GWOC Tournament shirt (usually priced around \$16 each), but those are not required to participate.

Q: What will my child need for volleyball practice/tryouts?

A: Each day your child will need quality gym shoes, practice shorts, and a t-shirt for practice. Your child will also need to bring a water bottle or bottled water to practice. By bringing their own water, athletes reduce the spread of illnesses from player to player.

Q: What costs will there be throughout the season?

A: Each athlete will need to provide \$175 for the athletic participation fee. Students who are eligible for the free lunch program are eligible for a reduced athletic participation fee (please speak with the Athletic Director with questions). Beyond that, there are no *required* additional costs. However, keep in mind the costs for family to attend matches and the optional t-shirts.

Q: How much does it cost to attend junior high volleyball games?

A: The cost to watch junior high sporting events is \$5.00 for adults and \$3.00 for students and senior citizens. These prices are set by our league, the G.W.O.C., and they should be consistent at all home and away events. Season passes for home junior high and high school events are available through the high school athletic office. G.W.O.C tournament admission is \$6 for adults and \$4 for students and senior citizens. This also is set by the G.W.O.C.

Q: My child plays select soccer or thinks she will have a lead role in the school musical/play. Can she do both?

A: Volleyball is a full time commitment and our athletes are expected to attend all scheduled volleyball practices and games. Students typically cannot have a major role in the play or club and still participate in volleyball. Missing volleyball for a non-school activity will be considered an unexcused absence.

Q: Can my child participate on another volleyball team during junior high volleyball season?

A: Athletes in general are prohibited by the Ohio High School Athletic Association from participating in practices or contests with another group during the designated sports season.

TEAM SELECTIONS AND DIVISIONS

Q: How are teams selected?

A: Through the week of tryouts, coaches thoroughly evaluate each player based on their skill-level, game awareness, and athleticism. Each girl will have a brief meeting with coaches to let her know whether or not she has made a team.

Q: How many girls are kept on each team?

A: Typically, 18 girls will make the team per grade level. Then, those girls will be divided into two equally skilled teams. This division will take place during the first week of practices. Coaches work very hard, considering many different factors, to make sure each team is divided equally in talent. Both teams play a league schedule and compete in the league tournament in October.

PARENTAL INVOLVEMENT

Q: How can I help?

A: Each family will be expected to volunteer 2-4 times during the season, usually be as a line judge or at the concessions booth. You can work when the opposite grade is playing, so you won't miss your daughter's game. Sign-ups will be available at the season parent meeting, and will continue if slots remain to be filled.

Q: I played volleyball when I was in high school and coached in the past. Do you need any help at practice?

A: State law dictates that all persons working with students must be approved by the local Board of Education, be CPR certified, attend a Sports Medicine class, apply for a certificate from the state, and complete 4 online courses: Fundamentals of Coaching, Concussion in Sport, A Guide to Heat Acclimatization and Heat Illness Prevention, and Sudden

Heart Attack. All LJHS coaches are interviewed, have background checks and have completed the above mentioned requirements before they are permitted to work with students. Offers for help are greatly appreciated, but due to the requirements set forth by the state to protect our student athletes, we cannot accept help without following all the guidelines mentioned above.

Q: Can I attend practice?

A: Parents are welcome to stop in and watch the last 10 or 15 minutes of practice. If you attend the last 10-15 minutes of practice, please plan to watch from the hallway or entry ways near the doors to the gym.

Q: Why am I limited to observing the end of practice?

A: In general, practices are closed to eliminate the distraction of people coming in and out of the gym. We have also found that when guests are present in practice, the athletes tend to spend too much time looking at the guests. Finally, inadvertent coaching sometimes occurs and the athletes pay more attention to the guest than the coaches.

PRACTICES AND MATCHES

Q: When and where will my child practice?

A: LJHS Volleyball practices will be held on the Junior High campus, either in the main or auxiliary gym. Practice schedules for August and September will be available immediately after team selections, and the October schedule will be available within the first week of September. Should a last minute change in location or time be required, coaches will do everything possible to provide at least 24-hours notice.

Q: Can my child stay after school for study tables in between school dismissal and practice/game times?

A: On days when practice or bus times are 4:00pm or earlier (3pm on early release days), study tables may be available. On days of home matches or bus times after 4:00 (or 3pm on early release days), study tables will not be available and students will be required to leave school and return at the appropriate time. Students are not permitted to remain on school property unsupervised.

Q: I work until 5:00, how can I get my child to or from school for a bus or late practice time?

A: If this is an issue, please first check with other parents on your team (or the the team that travels or practices at the same time) to see if there are possibilities for carpooling. If you are unable to find a solution by working with other parents, let the coaches know and they will try to assist you. It is important that all girls are promptly picked-up from practices, as they cannot remain on school premises without state qualified supervision, which means coaches have to wait until each athlete is picked-up.

Q: What time do games begin and what time should I expect my child to return from away games?

A: Most home and away games begin with the 7th grade match at 5:30pm. The bus for away games typically departs from LJHS between 4:00 and 4:30. 8th graders are expected to be at all 7th grade matches, and vice versa. Matches typically end by 7:30. On the trip back from away matches, coaches remind girls to contact their parents 20 minutes before the bus will arrive back at the junior high. It is important to promptly pick up girls from matches, as they cannot remain on school premises without state qualified supervision, which means coaches have to wait until each athlete is picked-up.

Q: What is the format of matches on game days?

A: A volleyball match at the junior high level is played as a best of 3 games contest, with a warm-up time before each match. If one team wins the first 2 games, the match is over. All 3 games (or 'sets'), including the 3rd when needed, are played to 25 points. A point is awarded for every rally (rally scoring), regardless of which team served, and each set must be won by at least 2 points. Typically the 7th grade team plays their match first. Then after a warm-up period the 8th grade team will play their match.