

# Welcome!



**2024-2025 Kick-Off  
Parent/Player Meeting**

# INTRODUCTIONS



Head Coaches



Master Coaches



Administration



Club Team Parent



# PRACTICES



1. Arriving 10 minutes early would be ideal to help put up nets and then stretch & do dynamic warm-up. Hands on ball at the start of practice.
2. Setting up nets and warming up without being told to do. Players that arrive late should know the warm up routine to do on their own and then go to the coach for instruction once that's done.
3. All players will start to stretch down 5 min before the practice end time.
4. Notification to Head Coach if not able to make a practice or running late.
5. Also for the Saturday positional & agility training session in a timely fashion is expected.





# PRACTICES



6. Preferably 2 hours ahead of the start of a weeknight practice and the night before a Sat positional/agility session. If that is done, then we will see about invite them to a make-up practice the following week.
7. Some Coaches will need to miss some practices and will notify you all during your individual team introduction meeting.
8. A Master Coach or Float Coach/Assistant will then step in to Coach that team at practices. The same goes for tournaments (All teams).
9. Once it's practice start time, then all team members start their warm up and the coaches will finish setting up the nets, if not already set up.
10. Picking up your child on-time after practices and tournaments. We pay our coaches for stay over, so arriving on time would very much be appreciated. If running behind, please contact your coach.



# TOURNAMENTS

1. For tournaments, please expect to be asked to arrive 45min-1 hour before 1st scheduled game start time or Refing assignment.
2. Please anticipate to stay for 6-8 hours (Sit, Ref & Play). Explain the FJCL event days with Championships at the end
3. Refing responsibilities, not leaving until final Refing assignment is completed.
4. Refing education for players & parents
5. For those not able to make a tournament date and have notified me, I have made note.
6. Stay to play (State teams)
7. Behavior at tournaments towards refs, other parents, teammates & coaches.
8. 24 hour rule. Progression about any issues (player/coach, player/coach/parent, player/coach/parent/Master Coach/Club Director
9. 10 rules for parents to follow...coaches will share with team











# INJURIES

Injuries (must keep coaches in the loop and coaches will then inform Master Coach & Me).

# EQUIPMENT

All players should have the following in their backpacks:

-  Jump rope
-  Tennis balls (2)
-  Long sleeve shirt or sleeves
-  Hand Towel
-  Resistance bands
-  Athletic tape
-  Whistle
-  Knee pads



# ADMINISTRATION

Email address need to be saved in order to not go into your junk mail.

 **Sportsengine**

 **mike.cabeza1@gmail.com**




 **rivalvball@gmail.com**

 **Head & Master coach's email addresses**





# ADMINISTRATION

-  On Sportsengine, please make sure the email address you want to get emails sent to is set up as the primary email on each of your daughters accounts.
-  Team bonding events will take place throughout the year, coordinated by Head Coaches & Team parent(s).
-  Team parents will get emails soon with information and responsibilities.



# ADMINISTRATION

- 🏐 Fundraiser tournament sign-up (details provided to those that sign-up).
- 🏐 Beach Volleyball Tournament in remembrance of our dear friend Capri Grotowski.
- 🏐 Rival Club Night on Nov. 17th, #17 Lynn vs #8 Tampa ranked teams in the Nation. Top 17 National match-up.
- 🏐 Paperwork to be turned in when team called over.
- 🏐 Parent should stay till their daughters get fitted...younger teams will get fitted first.



**RIVAL**



*Volleyball*