Welcome to MBBC Volleyball 2015

I would like to welcome all students, parents and coaching staff to the 2015 volleyball season. I hope that the introduction of club volleyball this year will give students the opportunity to extend their skills to new levels and to experience a sense of team pride and school spirit as they represent their college in the Redlands Volleyball competition. To those competing in the supplementary volleyball draw, I wish you the best of luck and hope you enjoy the opportunities to compete against a wide range of schools in a friendly environment.

Should you require further information regarding the Volleyball program I invite you to contact the coaches and managers as detailed within this booklet. Please contact me if you need additional details regarding other sports activities within MBBC.

Best wishes for the upcoming volleyball season.

Kind regards,

Mr Scott Emblen
Head of Sport and HPE

Coach and Managers contact details

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Contact Number</th>
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</thead>
<tbody>
<tr>
<td>Mr Scott Emblen</td>
<td>Coach Moreton Bay Backspinners (Yr 10/11/12 team)</td>
<td>39069444</td>
<td><a href="mailto:emblens@mbbc.qld.edu.au">emblens@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Mr Anthony Lewis</td>
<td>Coach Moreton Bay Diggers (Yr 7/8/9 team)</td>
<td>39069444</td>
<td><a href="mailto:lewisa@mbbc.qld.edu.au">lewisa@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Miss Eleni Amarandos</td>
<td>Coach Moreton Bay Elitz (Yr 7/8/9 team)</td>
<td>39069444</td>
<td><a href="mailto:amarandose@mbbc.qld.edu.au">amarandose@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Mr Daryl Pereira</td>
<td>Coach Yr 10/11/12 team</td>
<td>39069444</td>
<td><a href="mailto:pereirad@mbbc.qld.edu.au">pereirad@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Mrs Tanya Kelly</td>
<td>Joint coaches Yr 7/8/9 team</td>
<td>39069444</td>
<td><a href="mailto:kellyt@mbbc.qld.edu.au">kellyt@mbbc.qld.edu.au</a></td>
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Club Volleyball

MBBC enters teams into the Monday Night Summer Season at Redlands Volleyball, held at Redlands College Sports Hall, Anson Rd, Wellington Point. Gradings will be held on Monday 26th January with fixtures commencing on Monday 2nd February. Fixtures continue for 10 weeks with successful teams advancing to semi-finals and finals. No games are played during school holidays.

Details for all fixtures will be available from the Redlands Volleyball website and will also be confirmed through the weekly MBBC sports draw. Click here to visit the Redlands Volleyball website.

Secondary Sport Supplementary Draw

Teams in years 7 to 12 compete in the Secondary School GPS and AIC supplementary draw. This draw allocates MBBC teams against GPS and AIC school teams who would otherwise not have had a game that week. The draw is developed each Tuesday for fixtures on the following Saturday. Final details of times and venues for each match are negotiated between Heads of Sport after the draw is announced. It is expected that each week full fixture details will be available for parents and students by the Wednesday of each week.

Volleyball training

Training schedule

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<td>7:00am to 8:00am</td>
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<td>Moreton Bay Elitz (Yr 7/8/9)</td>
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<td>Moreton Bay Diggers (Yr 7/8/9)</td>
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<td>3:10pm to 4:30pm</td>
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<td>Yr 7/8/9 supplementary team</td>
<td>Moreton Bay Backspinners (Yr 9/10/11/12)</td>
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Selection and Commitment

Teams will be selected based on performance and skill level at both training and games.

Your selection into the MBBC Volleyball squad means that you as a student are required to meet certain expectations.

→ Attend all Saturday morning competitions. Game times may vary slightly due to scheduling.
→ Attend all training sessions
→ Seek permission from your Coach if you cannot meet the above commitments
→ Support your team mates
→ Represent your school at all times with integrity.

### Player expectations

→ It is unacceptable to abuse or curse any other player, or the umpire, on or off the field. Players not heeding this rule will be immediately removed from the match.
→ Should you be unable to attend a training session or match, you are to inform your coach as soon as possible via phone and email. Passing a message on through a team mate is unacceptable
→ Wear the appropriate Volleyball uniform to training and competition games
→ Show good sportsmanship on and off the court, whether you win, draw or otherwise
→ Respect school property.

### Playing uniform

Students are to wear the full MBBC PE uniform. A numbered singlet, to be worn over the top of the PE shirt, will be provided on game day when required.

### Competition and training cancellations

All games will be held indoors and as such will not be affected by wet weather.

### Transport

It is the responsibility of boys, through parents or carers, to organise their own transportation to and from Competition and training venues.

Please ensure you have adequately anticipated the time required to reach each venue well in advance of your games.

### Photographs

Coaches may take photographs of the students throughout the season for weekly newsletters and the MBBC Yearbook - MIRROR. Parents and spectators are also encouraged to take photographs and submit these to the Head of Sport and HPE. Please ensure you provide a caption of the people in the photograph or details of the subject (eg. The Yr 8/9 team’s first win of the season).

### Sports Awards Night

Each team is recognised annually at the MBBC Sports Awards Night. Categories are as follows:
• *Best and Fairest* – selected based a 3, 2, 1 scoring system allocated at the end of each round to the top three players from each team.

• *Most Improved* – selected by the coaches based on their abilities at the start of the season compared to those at the end of the season.

### Weekly Newsletter

A brief match report will be submitted by team coaches for the weekend’s round and will be included in the MBBC Newsletter.

### Code of Behaviour

**PLAYERS**

→ You should play your sports for the good health they promote, the enjoyment of being involved in sporting activities with your friends, and for the satisfaction that comes from doing your best, which will mean accepting victory and defeat in the same, well-balanced manner.

→ You should learn the rules of your sport as best you can. Regardless of whether you agree or not, decisions by officials, umpires, referees and selectors should be accepted with equal and due respect.

→ Remember that any poor sporting behaviour reflects badly on you, your parents, your coaches and your school. Copy only the good behaviour of well-known sporting figures.

→ There is never any excuse for bad language whether at training or when playing.

→ Give your teachers, coaches, parents, spectators and officials the respect and thanks they deserve for training you, supporting you, transporting you and generally making your sport possible.

**TEACHERS AND COACHES**

→ Each student should not be expected to give more than a reasonable time each week to training so that a proper balance is maintained in respect of time allocated to study, religious activities, boarding school or home duties, cultural enjoyment and social activities.

→ Every opportunity afforded by competitive games should be grasped to encourage the social growth of competitors. In this respect all the courtesies should be observed: teams must be punctual and well turned out; the home team should receive the visiting teams in a warm and helpful manner and the courtesies of the particular sport should apply.

→ Create opportunities to teach good sporting behaviour and the concept of fair play. Developing an awareness in players of the responsibilities and the implications of the freedom to choose between fair and unfair play is essential. Breaches of good sporting behaviour should never be ignored.

→ The awareness of the rules of the games, and their observance, is vital for the good order of games.
Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.

Encourage the development of a sense of achievement that comes from an increasing degree of mastery of complex skills and tactics.

Remember that competitive games are for enjoyment and that winning is only part of the process.

Ensure that efforts for both skill improvement and good sporting behaviour are rewarded by praise. Players need a coach they can respect, so set a good example.

Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of students of all ages. The scheduling and length of practice times and competitions should take into account the maturity level of players.

Encourage awareness of the physical fitness value of sports and their life-long recreational benefit.

Support all efforts to ensure that there is no verbal or physical abuse in sporting activities.

Control comments made in moments of high tension.

PARENTS AND SPECTATORS

While we warmly encourage the full and wholehearted support of parents and other supporters, you are reminded that the competitive games the children play are organised for their benefit and enjoyment.

Encourage children always to play by the rules and their interpretation. The good example you set by respecting the decisions of officials can do much to support this. The use of profane language or the harassment of players, coaches and officials does nothing to support the spirit of games.

Instil in children the virtue of honest effort as being as important as winning so that the result of each game is accepted without undue disappointment.

Your promotion of the ideals of good sporting behaviour and a sense of fair play will only maximise the enjoyment the children derive from playing competitive games. Applaud good play by the team you support and by members of the opposing team.

Recognise and support the value and importance of coaches. They give of their time and resources to provide recreational activities for your child. Vindictive criticism of coaches damages the player/coach relationship and may destroy the good we seek to achieve.

Any breach of good sporting behaviour by, or apparent complaint against any official of another school should only be voiced through your school administration on a Principal to Principal basis.

Click here for tips and drills to help improve your game.