

Volleyball Handbook 2017





## Welcome to MBBC Volleyball 2016

I would like to welcome all students, parents and coaching staff to the 2017 volleyball season. Best of luck to all teams competing in the Redlands Volleyball competition. It is a good competition with a relaxed atmosphere while at the same time having a focus on improving the skills of all players.

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

Name	Position	Contact Number	Email address
Mr Scott Emblen	Coach MBBC Eagles (Yr 10/11/12 team)	39069444	<a href="mailto:emblens@mbbc.qld.edu.au">emblens@mbbc.qld.edu.au</a>
Mr Shane McCarthy	Coach MBBC Eagles Blue (Yr 7/8/9 team)	39069444	<a href="mailto:mccarthys@mbbc.qld.edu.au">mccarthys@mbbc.qld.edu.au</a>
Ms Trudy Tait	Coach MBBC Eagles White (Yr 7/8/9 team)	39069444	<a href="mailto:tait@mbbc.qld.edu.au">tait@mbbc.qld.edu.au</a>

## Club Volleyball

MBBC enters teams into the Monday Night Summer Season at Redlands Volleyball, held at **Redlands College Sports Hall, Anson Rd, Wellington Point**. The start of the competition has been delayed with fixtures now scheduled to start on Monday 27<sup>th</sup> February. Fixtures continue each Monday night for the remainder of Term 1. The competition will break for school holidays and resume in Term 2. It is expected that the competition will conclude mid Term 2.

### Teams:

Two Year 7/8/9 composite teams have been selected. These teams will play in the "Junior" Grade competition which is specifically designed for players of Middle School

age. The Year 10/11/12 students will enter the “A” Grade competition, a competition specifically designed to cater for students in Senior School. Teams are as follows:

### Fixture Times:

Fixtures are usually played in one of 3 time slots. 6:30pm, 7:30pm or 8:30pm. Normal practice is that B Grade will play at 6:30pm, A Grade will play at 7:30pm and Premier Grade will play at 8:30pm. This may vary though in some weeks.

### Officiating Duty:

It is likely that on some weeks the “A” Grade team will have to provide match officials (referee and scorers) for another fixture at a time other than when they are playing. When this happens the team coach will be in contact with students and parents to arrange officials for that week. These tasks will be shared around so that the allocation of officials is done equitably. Junior Grade teams are not required to officiate games.

### Draw:

The draw will usually be released on a Wednesday during the first few rounds of competition. After the first few rounds a draw for the season will be published. 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.](#)

### Cost:

There is an **\$80 per student** fee to participate in Redlands Volleyball. This fee is to be paid directly to Redlands Volleyball either by electronic funds transfer or in person at the front counter on fixture nights. Click on the following link for Redlands Volleyball bank details. <http://www.redlandsvolleyball.com/>

## Volleyball training

Training schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		All Year 7/8/9 players  3:10pm to 4:30pm	All Year 10/11/12 players  3:10pm to 4:30pm	

## 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 Monday night 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" grade players will be provided with a numbered singlet, to be worn over the top of the PE shirt during games. "Junior" grade players are not required to have a number on their shirt.

### **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.
- 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.
  - 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.

### Improving your game

[Click here for tips and drills to help improve your game.](#)