

**Lincoln Youth Volleyball League Handbook**

**[www.LincolnYouthSports.com](http://www.LincolnYouthSports.com)**

*Lincoln Youth*



## Welcome

On behalf of the City of Lincoln Recreation Department, would like to welcome you to a new age of youth sports. Participation in athletics plays a valuable role in the development of our kids. Characteristics of teamwork, dedication, discipline, physical fitness, self-esteem and fair play all contribute to the overall growth and maturation of young people. The City of Lincoln takes this responsibility seriously and strives to offer quality programs which will aid in this essential development.

This handbook is presented to serve as a reference for you, as a parent, coach, volunteer or player so you may understand the philosophies the Lincoln Recreation Department has regarding youth sports and do your part in making these programs a success. If everyone works together and does their best to enrich the lives of children in the Lincoln area, we can accomplish extraordinary things.

## League Philosophy

The Lincoln Recreation Department is committed to serving the recreational and advanced volleyball interests of the community's children. This commitment is to provide an atmosphere of **Fun** and **Learning** and to allow the participation of all children in grades 5<sup>th</sup> through 8<sup>th</sup> wishing to play in the Lincoln Youth Volleyball program. It is our hope that participation in the program will provide experiences which will contribute to physical health, social adjustment and emotional well being of each participant while acquiring the basic skills to understand, appreciate and enjoy organized play.

## League Goals & Objectives

- To provide an atmosphere of **Fun** and **Learning** for all players participating.
- To provide a recreational league in which all players actively participate.
- To develop and encourage all the attributes relating to good sportsmanship.
- To develop and emphasize a sense of team unity and de-emphasize personal or individual play.
- To provide the opportunity for players to **Learn** & practice fundamental skills pertaining to the sport.

## Goals for Players

1. **TEAMWORK!** Learning to work cooperatively with others.
2. **RESPONSIBILITY** to one's self and team.
3. **SPORTSMANSHIP** and fair play.
4. **HAVE FUN!** Participate in our program to have fun and because you want to.
5. **LEARN** to play and love the game.
6. **RESPECT** the game, teammates, opponents, coaches and officials.

## Practice and League Games

All practices and league games will be identified on a schedule given to each player. Any changes in these schedules will be announced.

## Before and After Practices and Games

In order to provide for the safety and well being of each and every participant, as well as maintain the security of the school grounds, the Lincoln Recreation Department has established a policy that requires all participants to leave the school grounds immediately following all practices and games. There is to be no loitering in or around schools prior to scheduled practices and games. Participants that loiter will be subject to disciplinary action, which may result in dismissal from the team.

Lincoln Recreation does not provide supervision of the school area prior to or after scheduled practices and games. The schools prohibit loitering on school grounds except during periods of organized activities. Please plan to have your participant picked up on time.

### Transportation

It will be the responsibility of the players and their parents / guardians to provide transportation to and from practices and league games.

### Program Rules

1. Shoes: All players must wear non-marking rubber soled shoes, appropriate for athletic competition. Hard-soled shoes such as oxfords or boots are not permitted. Players may not play in socks. Shoelaces must be tied at all times. Laces should be double knotted if they frequently come undone.
2. Jewelry: Players may not wear any type of jewelry during practices and games. The only exception to this rule is for medical bracelets; however they should be worn taped to the skin or cover by a wristband.
3. The Lincoln Recreation Department is not responsible for lost or stolen items.
4. Teams are responsible for throwing away all trash before leaving the gym after all practices and games.

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