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## C-SPORTS PARENT INFORMATION

PLEASE READ THOROUGHLY

It is the mission of Christ United Church Recreation Ministry to offer Christ-centered character building, self-esteem, skill enhancing instruction, and spiritual nurturing to children and families of our church and community through our C-Sports program. As a sports program, we will always strive to increase skill development, game strategy, game rules, and enjoyment of sports. It is our hope that sports can be **Christ-like and competitive** with an emphasis on doing one's best while respecting the coaches, officials, and opponents. We as parents have a difficult job that offers great rewards. We must provide a safe, fun environment for our children to exercise and develop physical skills that will lead to a healthy and fulfilling lifestyle. We must encourage them positively with love and always remember that the *most important thing to them* is to have **FUN**.

We are a **Developmental League** which has certain rules that demand that our focus is not on winning games. Our program is designed to teach sports in a safe way in which **each** child is given an opportunity to learn skills, increase their knowledge of the game, gain self-confidence and enjoy being part of a team. Each coach is required to focus attention on all players.

**League Player Game Rotations** are put in place to make sure all players play an equal amount of time, start and finish games and receive an equal amount of time and attention from the coach. This means that coaches are restricted from adjusting the league required player game rotation. There may be a game where normally when behind in score, a coach could put all of the better skilled players in to increase their chance to win. But because of the rotation rule, it is not their turn to finish the game. This can be hard for some players and parents to understand but this is the nature of C-Sports.

On certain occasions when the score of a game becomes lopsided, we have a **Grace Rule** that requires the team in the lead to ease up, back their defense up to let the opposing team attempt to score all at the cost of losing a game. Another example may be requiring a coach to adjust their game strategy to use the grace rule during a mismatch of talent by asking the team to pass the ball 5 times before shooting. Sometimes it may be asking teams that are in the lead to not let the one player who has scored many points to not shoot again. This is what is called a developmental league. If a player is told not to shoot again and they do, they may be benched by their coach.

Winning is good but our purpose is to develop each player. This means that C-Sport's is not for everyone. Some parents and players would enjoy a more aggressive league where the main focus is winning as many games as possible or having as much playing time as possible. We understand that. We are developing sportsmanship and spiritual values more so than indulging an instinct to win. We want them to learn to win and lose gracefully. Due to this being a developmental program, this league is not beneficial for higher level experienced players and based on evaluations, those participants may not be able to participate in the league. While playing in a

developmental league may keep them active in their sport, it can diminish their skills they've already developed. It is much more beneficial to those players to continue with higher level playing leagues. We are here to encourage the development of players in the beginning of their skill learning.

#### **LEAGUE POSITIVE AFFIRMATION RULES:**

Remember that C-Sports is a positive environment. We do not permit parents to speak harshly to their own children, other children or parents. We do not permit arguing with a referee or umpires. Coaches must never use negative comments to players, other coaches or officials. Please keep this in mind if you invite a guest to our campus and make sure they know our rules. We want our players to hear only cheers and see lots of smiles. These rules are in place to ensure that our focus is on what is best for our children. Children want to have fun and play the game. If you witness someone that you feel is not aware of these rules, please bring it to our attention. Please thank them every chance you get.

#### **CAMPUS RULES:**

Please review our campus rules below and instruct visitors you bring:

1. Always speak positively toward your child and/or any other player.
2. Always speak positively toward an adult (coach, volunteer or another parent).
3. Please direct any complaints regarding a call made by an official to **Marcia Gibney, Director of Recreation Ministry at 251.706.3326 or [marcia.gibney@christunited.com](mailto:marcia.gibney@christunited.com)**. Do not approach the official.
4. Please react in an appropriate manner regardless of your child's performance or team's performance.

#### **VOLUNTEERS:**

C-Sports is volunteer led. This program is built by the hard work of many people who are volunteering their time. All of our coaches are VOLUNTEERS. We cannot form our league without the volunteers and their gift of time. This means they are ready, willing, and able to give their gift of time serving to you and your child. Coaches, assistant coaches, team moms, officials and other volunteers are what make this league possible. These people work hard to ensure that all of the children who participate will experience God's love, peace and understanding.

Please consider volunteering to be a head coach, assistant coach, team parent, and also to help officiate. Volunteer coaching forms are online. No experience is required and we provide all the tools you need including a manual. This is a great chance for you to serve God through this ministry and spend time with your child. All coaches must complete a coaching packet located at the rec desk or on online at [christunitedcsports.com/csports-volunteers](http://christunitedcsports.com/csports-volunteers). We need YOU...*Thank you in advance for volunteering!*

#### **LEAGUE ASSIGNMENTS:**

Our teams are formed by an evaluation process - not "try outs". Due to the nature of our drafting process in our developmental league, **SPECIAL REQUESTS FOR TEAMMATES ARE NOT ACCEPTED**. Siblings in the SAME age group, as well as parent coaches, will be placed on the same team unless otherwise requested.

#### **C-SPORTS COMMUNICATIONS:**

Every year we work well in advance to put together the details of the season so that you have information at your fingertips - literally on paper and digitally several ways. Please be sure you read this parent info THOROUGHLY and connect to the links below in order to stay updated.

- Parent Info Packet - part of your registration online instructions are to download this packet. This contains all of the details for the entire season, including a calendar of the season. You can print or download to this your device-you will need to refer to this often.
- Website - Our website has all of the information on all of our sports we do all year. Specific

pages contain registration links, documents, schedules and other info for the sports currently in season.

- [christunitedcsports.com](http://christunitedcsports.com)
- Social Media – Most all of our announcements, such as practice time changes or last-minute cancellations, as well as upcoming season reminders, will be posted on our Facebook and Instagram page as well as some snapshots and videos of some of the season. This is a must if you would like that kind of information delivered to you immediately. Email servers can delay these last-minute information emails for hours - Facebook and Instagram are INSTANT.
  - Facebook: [facebook.com/christunited.recmin](https://facebook.com/christunited.recmin)
  - Instagram: [@recmincsports](https://instagram.com/recmincsports)

### PARENT CONFERENCES:

All first time C-Sports participants families MUST view the parent conference video which is on the online registration form as well as on the C-Sports website at [christunitedcsports.com/csportsabout](http://christunitedcsports.com/csportsabout).

### PARENT EXPECTATIONS:

Parents are expected to be present at all practices and games. You must bring your child to the coach and you may not drop them off and leave.

### PARENT & PLAYER RULES:

1. As representatives of Christ United Church, your words and actions will be reflective of *Christian Values*. No foul language at practice or games. Please do not bring alcohol or use tobacco at practices or games.
2. Please use Positive Affirmation toward all players, coaches & referees. Keep negative comments to yourself.
3. Each child, upon signing up for C-Sports, has agreed to play and abide by all church and C-Sports rules. Any rule/regulation not complied with will be brought to the attention of the Director of Recreation Ministry and will be dealt with accordingly.
4. No insurance is provided.
5. **No refund of money will be allowed after the coaches meeting due to the advance payment required to order custom made uniforms.** Any refunds prior to coaches meeting will be charged a \$10 administrative processing fee. Any late registrations requesting a refund will not be refunded the late fee in addition to the administrative processing fee. In the event of a hardship or special circumstance, please contact the Director of Recreation.
6. Once on the roster, each player must notify the coach when unable to play or practice. Please have your child at the game 15 minutes before the start time.

### PLAYER BEHAVIOR:

Any player who does not follow the league rules, referee calls, or coaches' direction may be disciplined by missing an opportunity to play, or may be asked to leave the game and go sit with their parents. Recurring situations will be addressed by the C-Sports Minister. Coaches and or Recreation staff will try everything possible to motivate each player before using this rule. The head coach or Recreation staff will first talk to parents of the child, with the child present, to warn them of the possible results of such behavior. If the coaching and C-Sports staff are not getting the proper response from the player, then the matter will be referred to the Director of Recreation Ministry. This rule is to help control games better, keep children who are not paying attention from getting hurt, and to give coaches the ability to coach the whole team with sportsmanlike attitudes. **REMEMBER: OUR COACHES ARE VOLUNTEERS.**

- When a player's behavior is unsportsmanlike at any time when on campus for a C-Sports event, the following steps will be taken:

1. Coach should talk one-on-one with player concerning the issue. This should be a one-time conversation.
  2. Coach should talk with parents and player about issue privately and then communicate to C-Sports Minister results of meeting.
  3. If behavior continues, the C-Sports Minister will invite the parent(s) to participate with the child on the field and to be on the bench with them at all times.
  4. If the behavior continues or if parents are not willing to participate, the C-Sports Minister will inform the Director of the Recreation Ministry and they will facilitate further actions before the player is allowed to return.
- In the event a child physically abuses another person at any point in time, immediate action will be taken:
1. The parents should be asked to immediately remove their child from the practice or game for safety reasons.
  2. The closest Recreation staff should be notified asap. The C-Sports Minister will immediately meet with the families involved.
  3. The Director of Recreation Ministry will facilitate further actions before player is allowed to return.

**WAIVERS and RELEASES (these are signed by you on registration form at time of registration):**

**Liability Waiver**

I, the undersigned applicant, parent or guardian of applicant for participation in the athletic program of the Recreation Ministry of Christ United Church, Mobile AL. do hereby release and discharge Christ United Church, the Recreation Ministry of Christ United Church, and its authorized agents, servants, employees, volunteers, representatives and staff from all liability of any kind and character which might be asserted on behalf of myself or applicant against said released parties. Furthermore, in the event of an accident if the said staff or representatives are unable to contact the parent(s) or guardian(s), we hereby grant permission to said staff or representatives to administer necessary first aid, and/or take applicant to the nearest medical facility for additional treatment.

**Multi-Media Release**

C-Sports offers a video of photos from the season for your enjoyment. By signing your child up to participate in this sport you agree to give CU permission to use these photos in publications, advertisements or video records approved by CU as related to this recreational activity. This acknowledges that your child's picture might be used in these publications.

**JEWELRY:**

No player is allowed to wear jewelry to practice or games. No rings, bracelets, necklaces, other body piercings or EAR RINGS. If your child has recently had their ears pierced, we cannot make an exception to this rule. This is a safety hazard we must follow.

**PARKING AND SECURITY:**

Please do not park on the grass on either side of the road, near or by the black fence, within 50 feet of driveway entrances (for the dirt parking area under trees). You are advised to please park in the paved parking lot. ALWAYS watch for others crossing the road from one parking lot to the next. Children have been known to "dart" across - please be careful!

**PLEASE SEE THAT ALL TRASH IS PUT INTO A RECEPTACLE!**

**DO NOT LEAVE ANY VALUABLES IN YOUR VEHICLES!!!** Church parking lots are assumed to be “trusted” area - that is taken for granted. Please do not leave your valuables in sight!!

**INCLEMENT WEATHER POLICY REGARDING OUTSIDE PLAY:**

The Recreation Ministry will monitor conditions daily. Decisions on canceling practice or games **will not be made, in most cases, until practice or game time.** Games and Practice will be cancelled if the Recreation Ministry feels it would be unsafe to play. Unsafe: lightning, thunder, torrential downpours, strong winds, extreme heat or cold temperatures, or high percentage of predicted weather of this nature. Soccer, football, running club & baseball practices and games may be played in the rain!! Coaches or referees may STOP a game or practice if the weather conditions warrant. Parents and coaches should be prepared with appropriate rain wear. We will notify coaches and coaches should notify the team parents. We will post any changes on Facebook and Instagram as well. Parents are encouraged to follow these social media platforms for instant information. If you have not heard from your coach, you should call the recreation desk at 706-3326 for weather decisions. The main thing we emphasize to all parents is *IT IS ULTIMATELY THE PARENT’S DECISION TO COME TO A PRACTICE OR GAME DURING INCLEMENT WEATHER.*

***PLEASE NOTE: THERE WILL BE NO MAKE-UP PRACTICES OR MAKE-UP GAMES FOR WEATHER RELATED ISSUES.*** This is so that we can keep our format of teaching skills through repetitive drills, in-depth coaching, including one-on-one coaching as needed, during practice times because this is the time when players learn the most. Indoor practices may be canceled due to dangerous traveling conditions with weather such as tropical storms/hurricanes, tornado warnings, hail, etc.

**C-SPORTS EMERGENCY PLAN:**

**Lightning Disturbances:**

1. Except in the case of a local storm emergency, lightening emergencies will only affect outdoor sports.
2. Staff should be assigned to monitor weather conditions prior to the event.
3. A 30 second or less “flash to bang” count calls for the removal of people from the playing fields to appropriate shelter.
4. Once play has been suspended, 30 minutes must expire after the last flash of lightening is witnessed or thunder is heard prior to resuming play.

National Federation of State High School Associations

**COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES:**

- While the risk for blood-borne infectious diseases and skin infections remains low in sports, proper precautions are needed to reduce the risk of spreading the condition to others.
- Proper hygiene is expected for all players, coaches, and associated personnel.
- Any known illness or condition that may be considered infectious should be evaluated by a physician before the participant comes to the event.
- C-Sports personnel reserve the right and responsibility to refer any participant for medical evaluation before allowing their participation.
- Wounds that are bleeding must be covered and blood-soaked clothing must be changed before the participant is allowed re-enter the game.
- Caregivers are encouraged to wear protective gloves to treat wounds.
- All contaminated surfaces must be cleaned with disinfectant before being used again.
- Any blood exposure or bites to the skin should be reported to the coach and league director as soon as possible.

**EMERGENCY PROCEDURES:**

There should be no Recreation Ministry sanctioned sports activities without CU personnel on campus and available in case of an emergency.

- C-Sports/Recreation Ministry personnel should have thorough knowledge of first aid resources and procedures.
- When an injury occurs, or a child/adult shows symptoms of a medical condition that may require attention, the coach must be notified at once. The coach will then notify CU Recreation Ministry staff and report the condition.
- Parents and family members will be the first resource if a child or adult needs transport to a medical facility or temporary care (ice bag on a knee, etc.)
- Injuries or symptoms that appear serious may require emergency medical personnel. 911 should be called as soon as that determination is made.

In the case of a potentially harmful situation on the field (angry fan, growling dog, etc.) children and adults will be moved away from the situation before or while C-Sports and/or Recreation Ministry officials deal with the situation. Any official may determine if emergency personnel are needed and call 911. Safety is our first concern.



Rose Farnell  
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# 2024 Girls 678 Volleyball Parent Information

## AGE LEAGUES:

Your child will be placed in the grade league according to the 2023-2024 school year, using the MCPSS age requirements. BIRTHDATES MUST FALL BETWEEN THE DATES FOR THE AGE LEAGUES BELOW:

6<sup>th</sup>grade - 9/2/2011 - 9/1/2012

7<sup>th</sup>grade - 9/2/2010 - 9/1/2011

8<sup>th</sup>grade - 9/2/2009 - 9/1/2010

## FEES:

Registration fee: \$95.00. Late registration fee - \$105.00.

- No refund of money will be allowed after the coaches meeting due to the advance payment required to order custom made uniforms.
- Any refunds prior to coaches meeting will be charged a \$10 administrative processing fee (to recover the online service fees charged to us by the financial institutions).
- In the event of a hardship or special circumstance, please contact the Director of Recreation.

## EQUIPMENT & UNIFORM PROVIDED:

Registration Fee covers cost of uniform shirt and shorts, player award, coach's award, assistant coach & team parent gift. We provide volleyballs. Sizing t-shirts will be available to try on at the rec desk. Parents who have to reorder for incorrect sizes will be charged for both uniforms. Uniforms will be handed out to only the coaches and or volunteer team parent the week prior to picture day.

## ADDITIONAL UNIFORM PIECES (to be provided by parent):

Each child will need to have their own:

- Knee pads
- Non-marking court shoes.

Players **must** wear all of the equipment listed above to every game. Any issued piece of equipment that is lost must be replaced by said player before the next game.

## DRESS CODE:

Proper attire must be worn at all times. Traditional spandex volleyball shorts may be worn UNDER regular shorts but not alone. Shorts will be modest. Shirts or tank tops that show ribs or are otherwise open or low cut are not appropriate. 678 Volleyball uniforms will be worn at all games- no substitutions will be allowed.

## REQUIRED PLAYER EVALUATIONS: FRIDAY, FEBRUARY 2ND, 2024

All participants are required to have an evaluation. Evaluations begin PROMPTLY at 6:00pm and end by 7:30pm. All participants must be in the gym for evaluations by 6:00pm. Only participants

and coaches will be allowed in the gym. There are NO MAKE UP EVALUATIONS. If your child is unable to attend scheduled evaluations, they must call the rec desk to schedule a PRE-EVALUATION. These are by appointment only.

### **REQUIRED COACHES MEETING: EVALUATION NIGHT**

- Friday, February 2<sup>nd</sup>, 2024 at 5:30pm in the hospitality room.

### **LEAGUE ASSIGNMENTS:**

Players will be contacted by their assigned coach after the final coaches meeting & roster handout - please see calendar for date.

Players will be assigned to teams by the Recreation Ministry staff based on abilities of players as determined by an evaluation of skills. All teams will consist of 6th, 7th, and 8th grade players. Players will be drafted based on evaluations scores. We do this so all teams have beginner, seasoned and advanced players so that the teams will be balanced. Parents are discouraged from requesting teammates (for car pool purposes) or coaches. All practices are at the same time as well as games so car pool purposes are not an issue.

### **PRACTICES:**

Practices will be on Tuesday night and will begin on February 12<sup>th</sup>, with once a week 2-hour practices from 5:30pm-7:30pm. Format will involve an All-Skills Training practice and Individual Team practices. See attached calendar for practice dates. Attendance is vital to the development of the player as well as the team. This is a team sport - each participant plays an important role in the whole team's performance.

#### **All Skills Technical Training:**

All Skills Technical Training will involve teaching proper techniques for all volleyball skills and will be taught by high level experienced college level or travel league coaches, providing consistency with the training. This is the key to development for the season, sets foundation for proper technique, helps prevent improper muscle memory habits that can limit performance, and prepares them for higher level play.

#### **Individual Team Practices:**

Individual Team practices will be coached by our volunteer coaches who come with volleyball coaching experience or volunteers who have been trained by our Skills Training coaches. They will reinforce the skills learned at All Skills Training through repetitive drills, scrimmages and learning the game strategy (volleyball IQ).

### **VOLLEYBALL CLINICS:**

Players are to attend. Clinic dates to be announced.

### **PICTURE DAY:**

Team and Individual Picture Day is Tuesday, February 20<sup>th</sup> in the Christ Center. A link to order (online only) will be sent out by the photographer after photos have been taken.

### **GAMES:**

Games are at 6pm on Thursdays with the exception of the last week. See attached calendar for schedule.

It is important that players are at the games no less than 15 MINUTES PRIOR to game time. Proper warm up & game planning have to be done with player present. The coaches have to create the player game roster (PGR) and turn it in to the scorekeeper during this time as well. All players should be present in order for the PGR to be created. If they are not present, they cannot be on the PGR until the next set. Games will last 1 hour or when three sets are finished (match is complete), whichever comes first.



## LEAGUE SPECIFICS:

This is a middle school age league sport and is designed to teach and grow the skills necessary to perform the skills to play the game, as well as prepare them to go on to the next level. This means player and parent commitment is vital to the success of the player as well as their team.

Player's attendance, work ethic, and attitude will be important at this age league and higher. Our 678 league will work on many of those characteristics during the season to help with that transition in addition to skills and game learning.

## GENERAL 678 VOLLEYBALL RULES

1. There must be 6 players on each side.
2. The team must rotate clockwise each time they serve.
3. Serving - Ball must be served within 5 seconds after the signal to serve has been given by referee. The server is penalized if ball is served before referee's signal.
4. Players cannot block serves. A block is not considered as part of a hit.
5. Each side can only touch the ball 3 times; they must hit the ball twice before returning over the net.
6. A player cannot touch the ball twice in a row; and the ball cannot be caught or carried over the net (lift).
7. A ball must fall outside of the court lines to be considered out of bounds.
8. Balls that land directly on line are still considered in bounds.
9. When side out is awarded to a team, that team rotates one position clockwise.
10. Rally scoring happens when a team scores even when they are not serving; a point can be awarded on every serve.
11. After one team has a 5-point lead, a side-out is given to opposing team (grace rule).
12. A ball striking ceiling or an overhead obstruction will remain in play if the ball lands back on the side of the team that made the play and it is legally played by the same team.
13. Match consists of the best two out of three sets.
14. Set 1 & 2 are played to 25 points, 3rd set to 15 and the winning team must win by 2 points.
15. C-Sports rule concerning net play for 678 Volleyball: All teams must hit the ball twice before returning the ball over the net. Failure to do this results in either loss of point or loss of point and service.
16. C-Sports rule concerning serving for 678 Volleyball: For the first 2 weeks of matches, if the first serve does not go over net players are allowed 2nd attempt (closer to net) at the 10' line on the court.

## VIOLATIONS RESULTING IN A PENALTY

1. Stepping on or over boundary line while serving (after the first two games).
2. Failure to get ball over the net during serve.
3. Hitting the ball illegally (throwing, carrying, palming, etc.).
4. Failure to serve in correct team order.
5. Touching the net with any part of the body.
6. Reaching over or under the net (except when executing a follow through motion).

You are the key to your child's development and enjoyment. Work with them at home. Be encouraging - you are their best cheerleader!!

*Thank you again for allowing us the opportunity to work with your children. We take this responsibility very seriously and we will do all that we can to meet the goals detailed at the beginning of this informative parent information packet. Please call us if there is anything you need or that we can do. We welcome both compliments and criticism (constructive, of course). If you see something that Christ United Church can do better, please speak up!*

*"In all thy ways acknowledge Him and He shall direct thy paths." Prov. 3:6*

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Coaches Meeting/ Volleyball Evaluations	3
4	5	6	7	8	9	10
11	12 678 Volleyball Practice #1	13 CLOSED Practice MOVES TO ←MONDAY	14	15 678 Volleyball Practice #2	16	17
18	19	20 678 Volleyball Practice/Pictures #3	21	22 678 Volleyball Games #1	23	24
25	26	27 678 Volleyball Practice #4	28	29 678 Volleyball Games #2		

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 678 Volleyball Practice #5	6	7 678 Volleyball Games #3	8	9
10 DST	11	12 678 Volleyball Practice #6	13	14 678 Volleyball Games #4	15	16
17	18	19 678 Volleyball Games #5	20	21 678 Volleyball Games #6	22	23
24	25	26	27	28	29	30