



CATHOLIC ATHLETIC ASSOCIATION

“PREP LEAGUE” **5th Grade Teams**

The **CAA’s Board of Directors, Athletic Committee,** and **Director of Operations** are proud to announce that the **Prep League** will continue this season. This is volleyball league for our 5th grade volleyball teams only. Teams will now have the option to choose between two leagues:

- **Competitive** league - structured similarly to our current leagues
- **Prep League** - designed specifically for beginner players

- or -

How does this league differ from the competitive league?

This aptly-named league was created specifically for beginner players to learn volleyball fundamentals, build these skills, and gain self-confidence as players in a low-pressure, encouraging team environment. The season concludes with a one-day, round-robin-play tournament that will highlight & celebrate the accomplishments of the players and teams!

Basic Rules are as follows:

- 1) **Volley-Lite ball is used exclusively.**
- 2) **Continuous Rotation only.**
- 3) **Scores are kept for set play, but not reported. No League standings are kept.**
- 4) **End-of-season ‘Jamboree!’**

CAA Coach Mentor **Connie Kiedrowski** will serve as the league director and coordinator of the end-of-season **‘Jamboree!’** Coaches, players, and teams in this league will be able to benefit from informal mentoring in real-time in a match environment. Connie will be present at various match sites throughout the season and will be observing play informally, while also offering guidance and support to coaches and teams as needed.

Please Note: Match situations are not Coach Mentoring sessions. Coach Mentoring sessions & camps must be pre-planned. To schedule a coach mentoring session or camp, please contact Connie Kiedrowski directly at conniekiedrowski@comcast.net or **612-991-1142**.