



CATHOLIC ATHLETIC ASSOCIATION

PREPATORY VOLLEYBALL LEAGUE

Option for 5th Grade Teams as an “Introduction to Volleyball”

The **CAA’s Board of Directors, Athletic Committee,** and **Director of Operations** are proud to offer the prep league for 5th grade volleyball teams for its 2nd year. Teams have the option to choose between two leagues:

- A **Competitive** league - structured similarly to the 6th, 7th, and 8th grade leagues.
- or -
- An **Introduction to Volleyball** league - designed specifically for beginner players.

How does this new “**Prep**”aratory league differ from the other league?

- 1) Volley Lite ball is used exclusively.
- 2) Continuous rotation only.
- 3) No game scores or league standings reported.
- 4) All Teams end-of-season **‘Jamboree!’**

This league format will focus on building confidence, encouraging teamwork in a fun, low-pressure environment where new players can learn volleyball basics. The season ends with all teams participating in a one-day, round-robin play, “friendly” tournament [**no set/match scores reported**] to celebrate the accomplishments of the players and teams!

The **CAA’s Coach Mentor Connie Kiedrowski** will serve as the **Prep** league’s advisor & resource and will help organize the end-of-season celebration **‘Jamboree!’** Connie will be present at various match sites throughout the season to observe play, provide support as needed, and offer guidance informally. Coaches, players, and teams can receive informal mentoring in real-time in a match environment.

Please Note: Match situations are NOT Coach Mentor sessions. Coach Mentor sessions must be planned. Connie’s contact information is: **C-612-991-1142;** or email at conniekiedrowski@comcast.net.