



CATHOLIC ATHLETIC ASSOCIATION

INTRODUCTION TO VOLLEYBALL LEAGUE

New Option for 5th Grade Teams

The **CAA's Board of Directors, Athletic Committee**, and **Director of Operations** are proud to announce the formation of a new volleyball league for 5th grade volleyball teams. Teams now have the option to choose between two leagues:

- **Competitive** league - structured similarly to our current leagues
- - or -
- An **Introduction to Volleyball** league - designed specifically for beginner players

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

This aptly-named league was created specifically for beginner players to learn volleyball fundamentals, build skills, and gain self-confidence in a low-pressure, encouraging, team environment. The season will conclude with a one-day, round-robin play “*friendly*” tournament to 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 advisor & resource. Coaches, players, and teams in this league will now 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 as time permits. She will observe play informally and offer guidance and support to coaches and teams as needed. Connie will also play a key role in facilitating the end-of-season **Prep** league’s celebration ‘*Jamboree!*’

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