

# RAAA In-House Volleyball Coaches Meeting



August 21, 2025

# Agenda

- **Introductions:** Angie Pokharel & Katie Wolf (In-House Program Directors)
- **Mission/Culture**
- **Meet the Board**
- **Timeline for the season**
- **Coaching Requirements**
- **Coaching Tips**
- **Questions**

# Our Mission & Culture

Rosemount Area Athletic Association (RAAA) is a volunteer organization that serves children of our community through athletic programs designed to develop both social & athletic skills.

## In-House Volleyball:

- Learn the game
- Love the game
- Have fun



# RAAA Volleyball Board

- **JO Elite Program Director:** Hannah Johnson
- **Traveling Program Director:** Jenna Laine
- **In-House Program Directors:** Angie Pokharel & Katie Wolf
- **Player Development/Skills Coordinator:** Alicia Moore
- **Finance Director:** Jessica Peterson
- **Tournament Coordinator:** Lisa Johnson
- **Social Media/Website Coordinator:** Shae Peare
- **Uniforms & Apparel:** Kelly Ellich
- **Fundraising:** Maggie Hoppe

## Open/Transitioning Positions:

- JO Elite Program Associate Director
- JO Elite Coaches Coordinator (Paid Position)
- Social Media/Website Coordinator
- Tournament Coordinator
- Facilities & Equipment Coordinator

# Thank you for volunteering!

## 2025 In-House RAAA Volleyball Season

- 152 players in grades 3 - 6
- 31 coaches

## Teams

- 10 teams - grades 3&4
- 6 teams - grades 5&6



# 2025 Season

- **Team & Coaching Assignments**
- **Practices: Rosemount Middle School**
  - No practices or games over MEA
  - There may be times that you need to share a court with another team.
- **Games: Rosemount Middle School**
  - Games will be every Saturday morning from 8am - 12pm
  - 9/13 Games are at Scott Highlands Middle School from 11:15am - 3:15pm

# 2025 Season

- **Skills Clinic - 9/6 starting at 9am**
  - 3rd/4th Grade: 9am - 10:00am
  - 5th/6th Grade: 10:30am - 11:30am
  - Review the basics for passing, serving, setting, and hitting while helping the players develop their skills, confidence, and love of the game.
  - Optional for players, but highly encouraged and highly encouraged for coaches to attend
- **9/16: Youth Night at RHS Varsity Volleyball Game**
- **TBC: Picture Day**
- **10/25: End of Season Tournament**
  - Single elimination, end of season tournament
  - Exact times and schedule will be released later in the season

# Coaching Requirements

- **Background Check**
  - Required every 2 years.
  - Will not be required if there is already one on file.
- **Crash Course Concussion Training by TeachAids**
  - Required every 3 years. This is different from the CDC course previously required.
- **Abuse Prevention Systems Training**
  - This is a new requirement as of 10/1/24
- **Positive Coaching Alliance (PCA) Training**
  - Required every 3 years
  - Fulfillment registration (record a previously attended workshop date) or plan to attend the next one.

You will be receiving an email from Amy Wenthe (some may come through Sports Engine) with RAAA soon to start working on your background checks and training. If you are current on any of these, she will only send you what you need to complete.

It's important to work on these requirements asap as you will not be able to assist with practices or games until these are completed.

# Coaching Tips & Overview

## Rules for 3/4 and 5/6 teams

- Full rules can be found on the in-house volleyball page on [rosemount-aaa.org](http://rosemount-aaa.org)
- Overhand serving is encouraged, but not required.
- 3/4:
  - Each time a player rotates to serve, they get 2 attempts on their first serve only.
  - Max of 4 points per server, after 4 points, the ball goes to the other team to serve
  - Players serving overhand can serve anywhere from behind the back line up to the 10ft line, but no closer than the 10ft line.
  - Players serving underhand can serve at or behind the 20ft line.
- 5/6 :
  - Players get one chance to get the ball over the net.
  - One person can serve 4 times in a row, then the team rotates positions and the next person would serve.
  - Players serving overhand can serve at or behind the 20ft line.
  - Players serving underhand should be behind the back line.

# Coaching Tips & Overview

## Games & Practices

- Teams with the first game or practice of the day are required to setup the nets. For games, please assist with setting up the chairs and scoreboard.
- Teams with the last game or practice of the day are required to take down the nets. For games, please assist with putting away the chairs, and scoreboards.

## Practice Drills & Game Warmups

- Welcome, warmups, drills, scrimmage, fun games
- Example practice plans can be found on the in-house volleyball website under “Coaching Resources”
- $3/4$  : Work on proper form, understanding the game (how it works, rules, rotation, etc), passing to a teammate as well as over the net, serving, games
- $5/6$  : Move to more advanced understanding of the game, getting 3 hits before going over the net, incorporating setting and hitting, serving from the baseline

# Coaching Tips & Overview

- **Equipment Handout**

- Distribution first week at practice sites
- Bring to and from practice and games
- Report issues to program directors

- **Communication with Families**

- Send introduction email; consider brief parent meeting at first practice
- Keep Sports Engine updated with practices, games, pictures, youth night, and other information
- Reach out to program directors with questions or concerns

# Questions?

- Can always email [inhouse-volleyball@rosemount-aaa.org](mailto:inhouse-volleyball@rosemount-aaa.org) with any questions or needs