

- All teams will have an assistant coach. HHS volleyball players will assist with practice and games.
- On the first game day, April 14th, it will be Hastings College volleyball day where HC volleyball players will come and help coach, encourage the kids, and teach skills.
- All divisions will be given the option to play the volleyball off the bounce to develop participants' ability to rally.
- All divisions will not be allowed to serve underhand. To serve, participants will either hit the ball overhand or "throw" the ball overhand. Because hitting the ball underhand doesn't relate to volleyball at all, "throwing" the ball overhand helps develop the motion of an overhand serve or spike.
- 1st-2nd & 3rd-4th division will give participants the option to catch the serve and then pass the ball to a teammate. This will only help develop youth in tracking the ball and eliminating fear of the ball coming over the net.
- To encourage playing a different sport, sign up the same child for 2 different spring sports and receive a \$15 discount! Must mention this discount when registering.