



GRIMES PARKS & RECREATION VOLLEYBALL COACHES MEETING AGENDA

At the Grimes Community Complex Gym (410 SE Main Street)

I. General Agenda Items:

1. Check-In
2. Introduction of Program Structure- Only Sundays practices/games
3. Equipment Used-
 - VolleyLite Balls- lighter version of “real” volleyballs
 - Beach Balls for younger kids?
 - Red Program Tshirts- all the same
 - Shoes- clean, dry tennis shoes
 - Shorts for better movement/Knee pads optional
4. Coaching Job Description- review and verbally agree
5. Practice Plans- skills and drills
6. Game Rules- coaches give input and discuss as needed
7. Subs- rotate in as needed making sure everyone plays equal amount of time.
8. Official Schedules/Rosters are Online at www.grimesiowa.gov.
9. First Aid/Other Questions
10. Fill out Volunteer Criminal Background Check