

# St. Joseph Downingtown Volleyball 2008

## Coaches/Staff

Volleyball Coordinator & Varsity A & Gold Coach:	<b>Pat Rucker,</b>	<a href="mailto:prucker@EPLUS.com">prucker@EPLUS.com</a> <a href="mailto:sprucker@comcast.net">sprucker@comcast.net</a>
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Varsity A Coach:	<b>Mark Anthony,</b>	<a href="mailto:manthony41@comcast.net">manthony41@comcast.net</a>
Varsity B White Coach:	<b>Brad McIntyre,</b>	<a href="mailto:bmcintyr@cephalon.com">bmcintyr@cephalon.com</a>
Varsity B White Asst.:	<b>Betsy Billie,</b>	<a href="mailto:bbillie@comcast.net">bbillie@comcast.net</a>
JV Green & White Coach:	<b>Max Karlovitz,</b>	<a href="mailto:max@pa.wagner.com">max@pa.wagner.com</a>
JV Green & White Asst.:	<b>Ed Shultz,</b>	<a href="mailto:88goarmy@comcast.net">88goarmy@comcast.net</a>

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## General Volleyball Information and Requirements

- Registered members of St. Joseph Parish or School
- Girls entering grades 5 – 8
- Registration is held in June during Fall Sports Registration
- Minimum of 8 registered athletes
- 2 divisions: JV – 5<sup>th</sup>/6<sup>th</sup>; V – 7<sup>th</sup>/8<sup>th</sup>
- There may be multiple teams per division.
- Uniform deposit required: \$50, refunded upon return of complete uniform
- Equipment purchased by family: knee pads
- Season runs August 1<sup>st</sup> – Mid-October, playoffs follow
- Camps: Contact Chester County Volleyball Academy,  
Ron Conahan, [ronconahan@yahoo.com](mailto:ronconahan@yahoo.com), 610-269-4356
- Practice can begin August 1<sup>st</sup>
- Matches are held on Friday evening and/or Saturday/Sunday afternoon.
- Matches consist of 5 games.

## VOLUNTEERS ARE NEEDED

CYO sports require many volunteers throughout the season (i.e. coaches, team parent/manager). If you would like to volunteer, please see our website for more information. Your help is greatly needed and appreciated.

# St. Joseph Downingtown Volleyball 2008

## REGION 17 VOLLEYBALL 2008 SCHEDULE

### PRACTICE

**JV Green & White** - Monday & Thursday 6:00-7:30pm

**Varsity Gold** - Tuesday 6:00-7:30 Wednesday 7:30-9:00pm

**Varsity White** - Tuesday 7:00-9:00 Thursday 7:30-9:00pm

**Varsity Green** - Wednesday 7:30-9:00 Thursday 7:30-9:00pm

### GAME

To be Announced

## **General Rules, Regulations & Guidelines for Region 17 Volleyball**

FRIDAY NIGHT MATCHES BEGIN AT 6:30 SHARP WITH SECOND MATCH BEGINNING AT 8 PM

\*\*\* Friday nights at SS Peter and Paul start time may be closer to 6:45 due to parish limitations

SUNDAY MATCHES BEGIN AT 1:30 PM WITH THE SECOND MATCH TO START AT 3:00 PM

1. Varsity Games: 4 games of 25, 5th games is 15 [regardless of deciding or non-deciding status]  
All games, no cap, win by 2.
2. J.V. Games: 3 games of 25, 4th & 5th games are to 15. Same cap rules apply as Varsity.
3. J.V. Serving: Underhand serving allowed a 6' steps in.  
Overhand must be from behind the end line [normal serving rule].
4. Unlimited Substitution for both levels.
5. Libero is permissible, however, Libero is allowed to serve.
6. All team members shake hands at the beginning of the match just not the starting 6.  
At the end of the match everyone again shakes hands, this time including the coaches.
7. Host team should provide pens and all forms needed for the match, including Red pen, black or blue pen, score sheet, line-up sheet and Libero tracking sheet.  
All coaches should have all of the above with them at all times.
8. Warm-up: 3-3 and 1 minute of shared serving.
9. Coaches are responsible for supervising their work team.
10. Winning teams are responsible for reporting scores to the League Scorekeeper and saving score sheets until the end of season.

# **St. Joseph Downingtown Volleyball 2008**

## **Awards and Achievements**

- 2007 Varsity White team went undefeated and was Regional 17 Division B Champions; Varsity Green was 2nd in the Region and 8th in the Diocese. The young JV players also worked hard and did a great job!