**Recreational Volleyball at the Helena Family YMCA**

Welcome to **YMCA Recreational Volleyball!** Whether your child is brand new to the game or returning for another season, we’re excited to have them on the court.

Please review the information below carefully—it includes everything you need to know about practices, games, equipment, and communication.

📧 **Note:** Replying to automated emails will **not** reach the YMCA Sports Team. For assistance, please email **Morgan Gregg at morgan.gregg@helenaymca.org** or call/text **406-437-1595**.

**📅 Season Overview**

* **Season Dates:** September 15th- October 17th
* **Game Days:** Wednesdays & Thursdays (See team email for exact times)
* **Location:** YMCA Gym North or YMCA Gym South

**🏐 Practice Schedule & Coaching**

* Practice day, time, and location are listed in your registration email
* If you would like to volunteer to coach, please reach out!
* Practices may differ from the time you selected during registration due to:
	+ Coach availability
	+ Team balancing
	+ Requests to play with specific teammates or for carpooling

If your assigned practice time does not work, email morgan.gregg@helenaymca.org.
Refunds are available **only before the first game**.

**📋 Game Schedules**

* Game schedules can be accessed via Ygametime, Sports and Program section.
* The schedule is a **draft** and may shift slightly based on coaching updates.
* Some divisions may have **Bye Weeks** due to an odd number of teams.
* Coaches may choose to coordinate **make-up games** during a practice slot (not scheduled by the YMCA).
	+ Morgan can provide coach contact information for those who wish to arrange one.

**🎒 Equipment & Uniforms**

**Volleyballs**

* Players should bring their own volleyball labeled with their name.
* **Ball Type:** Volleyball Lite (sized for youth)

**Jerseys**

* Jerseys are distributed to coaches prior to the first game.
* Late registrants (after **August 15th**) may receive the closest available size if the original size is unavailable.

**🤔 Frequently Asked Questions**

**Why is my practice time different from what I selected?**

Practice changes can happen for the following reasons:

* Coach or teammate requests
* Volunteer availability
* Team balancing for even play

**I volunteered to coach, but I’m not listed. Why?**

Coaching spots are confirmed on a **first-come, first-served** basis. If you're not listed but still want to help, please connect with your coach—support is always welcome!

**🔔 Stay Informed: Weather & Alerts**

To receive real-time updates on **weather cancellations or schedule changes**:

* Click the **“Sign up for alerts”** link located near the **Game Schedules** section in your team email.

**🧑‍🏫 Resources for Coaches & Families**

Looking for rules, drills, or tips? Visit our **Coach’s Corner** on the Helena YMCA Gametime site.

* 🏐 [Coach’s Corner – Volleyball Section](https://www.helenaymca.org)
* Includes:
	+ Practice plans
	+ Rulebooks
	+ Gym maps
	+ Team management tools

**📞 Questions or Concerns?**

**Morgan Gregg**
Sports Director – Helena Family YMCA
📧 morgan.gregg@helenaymca.org
📞 Call/Text: 406-437-1595

Thank you for joining YMCA Volleyball!
We’re looking forward to a fun, supportive, and active season on the court.

**Helena Family YMCA | Y Gametime**
*“Youth is wasted on the young? Well, don’t let the wisdom of age be wasted on you.” – Ted Lasso*