



Ventura Family YMCA
Youth Volleyball League
Parent Handbook

Fall 2025

VENTURA FAMILY YMCA
VOLLEYBALL LEAGUE
Parent Letter

Parents & Guardians,

Welcome to the Ventura Family YMCA Youth Volleyball League. Thank you for enrolling your children in youth sports at the Y. Here at the Y, our goal is to provide quality programs that provide a FUN environment where children are able to learn the fundamental skills of sports.

In order to accomplish this I ask that we always remember our role out on the court: Coaches Coach, Spectators (Parents) Cheer, Referees Officiate, and Players Play. This approach will ensure that our non-competitive league stays true to our mission stated in the Seven Pillars of YMCA Youth Sports.

Pillar One - Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays half of every game.

Pillar Two - Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and they teach the sport as we've prescribed so that the skills taught are appropriate for athletes' developmental levels. And coaches constantly supervise their players and stop unsafe activities.

Pillar Three - Fair Play. Fair play is about playing by the rules and more. It's about coaches and players showing respect for all involved in YMCA Youth Sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.

Pillar Four - Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help kids learn these lessons.

Pillar Five - Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

Pillar Six - Sport for All. YMCA Youth Sports is an "inclusive" sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same. Fair play involves respect! Fair play requires a clear understanding of the rules by everyone involved.

Pillar Seven - Sport for Fun. Sports are naturally fun for most kids. Sometimes when adults become involved in children's sporting activities they over organize and dominate the activities to the point that it destroys kids' enjoyment of them.

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility, is an essential element of its sports program. Remember, only a fraction of young people will play sports beyond high school, but the majority will become parents, employees, and citizens. By building their character, you'll give them and the rest of society a permanent gift.

- *Caring: To appreciate others and be sensitive to the well-being of others involved in the sports program*
- *Honesty: To have integrity, making sure that one's actions match one's values through participation in sports.*
- *Respect: To value the worth of every person, including oneself, one's teammates, opponents, and officials.*
- *Responsibility: To be accountable for one's behavior and obligations.*

Our intent is to provide as much support as needed to ensure a positive experience for you and your child(ren). If there are any questions or concerns during the season, please do not hesitate to reach out to us.

Sincerely,

Maddie Ozbourn
Youth Sports Director
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VENTURA FAMILY YMCA
VOLLEYBALL LEAGUE
Parent Code of Conduct

The Ventura Family YMCA is asking for your cooperation as a parent and/or spectator. We would like everyone involved:

- To enjoy youth sports
- To have fun
- To create a positive environment that is free of stress

MY PLEDGE TO GOOD SPORTSMANSHIP

I will respect all gathered today at this game: officials, timekeepers and scorekeepers, coaches and fans, players and parents. I will cheer my team on and applaud all players' efforts. I will model good sportsmanship.

Specific Fan Guidelines:

- Praise your children during games and practices
- Keep comments positive
- Leave coaching to the coaches (You may be asking your child to do something the coach has told them not to do)
- Take any constructive comments regarding the game to the coach, who may approach the Sports Director/Coordinator at the end of the game
- Do not interrupt the game
- Be examples of good sportsmanship for our children to model
- Criticizing officials will not be allowed
- Negative behavior toward the opposing team will not be allowed
- Help us make this a positive and fun experience for everyone involved
- Remember that the game is for youth - not adults
- Place the emotional and physical wellbeing of your child ahead of personal desire to win
- Provide and display positive support, care, and encouragement for your child and other children in youth sports

Policy Enforcement:

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

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General Information

Jerseys

Parents are required to purchase their child's own jersey, which will be shipped directly to your home. You do NOT need to purchase another jersey if you would like to participate in future seasons.

- Click [Here](#) to order your jersey. Jerseys take about 3-5 days to ship.
- All that is required is the **MULTI-SPORT JERSEY**.
 - If there is a financial hardship, please reach out to me ASAP.
- All jerseys are reversible. The team that appears **first** in the game schedule will be "**white**," and the team that appears second will be "**blue**," so please come to each game prepared in the correct side of the jersey.
- For any questions on the jersey process, or if an order arrives incorrectly, please visit the "help" icon on the Uniform website.

Communication

The week before the season starts, you will receive an additional email sent through the program Ygametime, containing your team information at the bottom of the email.

- Emails sent through YGAMETIME will contain important information, so please look out for similar emails sent throughout the season. These are sent from "**noreply@ygametime.com**"
- Signing up for Text Alerts through the YGAMETIME website is highly recommended! Cancellations due to weather are possible, and we will be communicating these through text message alerts in addition to emails.

Coach Communication

- **Download the GroupMe App ASAP & Create an Account:** <https://groupme.com/>
 - Your coach will send you a GroupMe link to your team chat prior to your first practice.

Game Schedule

YGametime Link to view game schedule: <https://ygametime.com/branch/ventura/sports/>

- See **Volleyball League** and then select your age group from the drop down
- **Don't lose the schedule - Create an App!** While there is not currently a mobile app for this website, you can save the schedule website to your Home Screen to create an app! See the following for Directions:
 - [Directions for iPhone](#)
 - [Directions for Android](#)

Equipment/Uniforms:

- Knee Pads are required for games & practices
- Volleyballs will be provided by the YMCA, however your child may bring their own ball if they would like. Please ensure their name is written on the ball.
- Participants may wear any comfortable clothing to practices
- Game uniform: YMCA jersey, any comfortable athletic shorts/pants.
- Appropriate shoes must be worn at all games and practice (No open-toed shoes, crocs, etc).

League Celebration

- We are planning to host a end-of-season celebration on **1/10**. We will send out more details on our celebration the week prior to the end of the season.

Practices

- Be sure to have your child bring water and comfortable clothes.
- **Knee Pads are Required for practices.**
- This is not a drop-off program! Please **SIGN IN** on the sheet your coach will pass around at the beginning of practice. Parents must remain in the program area during the entire practice. Don't forget to **SIGN OUT** before leaving.
- Please be prepared to accompany your child to the restroom should they need to go during practice.

Volunteerism

We have a great need for volunteer coaches, assistant coaches, team parents, and line judges. We would like to have a coach and assistant coach for each team to ensure greater attention for the players. We are also in need of volunteers to help run the scoreboard and scorecards. It will be the responsibility of that team to find parents to fulfill those duties. We appreciate any and all support and involvement.

Post-Game Snack

Each week, parents will take a turn bringing a healthy, pre-packaged snack to share with their team. The coaches will coordinate a snack schedule for their teams.

Inclement Weather Policy

It is our intent to get every practice and game in as scheduled. However, safety is our top priority. Practices or games that are cancelled due to inclement weather are not guaranteed to be made up.

Net Height, Ball, & Gameplay

Age Group	Division	Court Size	Net Height	Ball	Players on Court	Gameplay	Substitutions
8-10	1	40x20	6'6"	"Light" Volleyball	4	Best of 3 games	Rotation
11-14	2	60x30	6'6"	"Light" Volleyball	6	Best of 3 games	Rotation

Scoring/ Team Standings

The score will be kept in all divisions. Team standings are not important as there are no playoffs; Records will be kept

Rotations/Positions Overview

Coaches are encouraged to keep the game simple at this level of volleyball, but they are given a choice on how they play positions/ who gets the second ball. There may be a designated "setter" out on the court, or there may be a designated position which is rotated into by each player which is the setter position. There is no libero in either age group.

Players must rotate each time they win back the serve, and all players upon each serve must be in their proper positioning. Once the ball is served, players can move anywhere on the court.

League Rules Overview

In all divisions, our YMCA staff and referees will be working with kids and explaining all calls that are made. For Division 1, a warning may be issued and the team may not be penalized for committing a violation. See detailed Rules By Age Group in the following pages for more specific details on how each division will be officiated

- Please note: Changes may be made to these rules based on what will be most beneficial to the smooth functioning of the games. This will be communicated to coaches and referees via email.

The following pages detail the rules by age group which is used by both coaches and referees to facilitate the game. Please familiarize yourself with the YMCA modifications that are made to the sport.

