



SPRINGVILLE AREA LEAGUES

One thing we have done for several years is participate in a fall volleyball league with Mt. Vernon, Lisbon, and Springville. In the past, we have always played at Mt. Vernon because they are the central location.

1. We have offered this fall instructional league for girls in grades 4,5, and 6. At the 4th/5th level, we have mixed teams of 4th and 5th graders.
2. We have a shortened serving line and let girls have a "re-do" on their first serve. We also limit the server to 3 good serves so that kids can rotate through.
3. We are loose with substitution rules and have kids rotate in at the server position, rotate along the back row, rotate out when they move to the front row, and then rotate across the front.
4. It has been a nice way to introduce the game and some basics of how to rotate, how to serve, how to pass and so on to girls on our communities.
5. Springville practices once a week on Monday nights. I don't know if the Lisbon and Mt. Vernon teams practice.
6. We charge the kids \$30, \$20 of which goes to the teams as a fundraiser. \$10 buys the girls a numbered, t-shirt uniform.
7. HS players referee and keep score.
8. We always play three games to 21 points. It takes around 30-40 minutes for a match, which we play on Sunday afternoons.
9. This year, we had enough interest that we expanded to host matches at Springville High School and Mt. Vernon High School.

I think Shirley and I have done this for the past 10 or 11 years. We will then have more formal club volleyball teams with our 6th graders in the winter.

WINTER USAV LEAGUE

1. At Springville, we have also hosted our 12-13-14U leagues for the 12 years I have been here at Springville. We have had a lot of girls get their feet wet in this league.
2. For us, it is a great way to keep our kids playing volleyball in the winter. And, I like the league format because kids can play for half a day and be done. For younger kids, that time commitment is perhaps more appropriate than the longer all-day tournaments. Both have value, I guess, but I find our kids get as much from playing in a league as they do from playing in an all-day tournament.
3. Plus, the leagues are less expensive, which I think is a consideration in these financial times.

I know for us, it has really helped us get kids introduced early to the game of volleyball. We feel like we are seeing the fruits of our labor now as these kids advance through our program to the high school level.

**Submitted by Gretchen Eastman*

Urbandale Girls Recreation Association

I am on the board for the UGRA in Urbandale, IA. (Urbandale Girls Recreation Association) They had a small volleyball program there and I wanted to make it bigger to bring more awareness to the sport. My program is meant to get girls involved at a low cost and have lots of fun and learn a little about a great sport.

1. I start them at the age of 4th - 8th grade. I figure that we start kids in soccer at 4 and 5 so I think we can get kids to play volleyball at 4th grade. I watched a clinic that goes on in Texas that they are starting the kids out at 5 years old to start playing and they are doing great with it. Thank you
2. This year is the most I have ever had go out. I had 154 girls play volleyball.
3. I had a total of 38 coaches who are parents who have played volleyball in the past or who have gone through a clinic to learn how to work with kids.
4. We practice for 2 weeks and then play 40 games over a 5 week period.
5. Then I have a huge tournament at the end of the season for them at the high school and hand out trophies and medals afterwards. Last year we had about 500 people come to watch the girls, is what we normally averaged.
6. My whole point to this is that we may get a few extra girls involved in volleyball then we did last year.

**Submitted by Brian Gosden*