PLAYER & PARENT HANDBOOK

CSA GIRLS VOLLEYBALL

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Grades 1–6 · Primary Focus: 3rd, 4th & 5th Grade

Cajun Sports Association · Lafayette, Louisiana

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Practices & games: Comeaux Rec Center

www.csalaf.com

WELCOME

WELCOME TO CSA VOLLEYBALL!

We are so glad you are here. Whether this is your daughter's first time touching a volleyball or she has been playing for years, she belongs in this program. CSA Volleyball is a place where every girl gets to play, learn, compete, and have fun — in that order.

This handbook has two parts. The first part is **for the player** — your daughter. It speaks directly to her about what it means to be a CSA volleyball player. The second part is **for the parent** — it covers what we need from you to make this the best possible experience for your daughter and her team.

Please read this together. Talk about it. Ask questions. And then sign the acknowledgment at the end so we know you are both on board.

PART 1 — FOR THE PLAYER

HEY, CSA VOLLEYBALL PLAYER — THIS PART IS FOR YOU!

You signed up for volleyball. That was a great decision. Here is what you need to know about being a CSA volleyball player — and what we expect from you this season.

WHAT YOU WILL LEARN THIS SEASON

Every week at practice, your coach will teach you real volleyball skills. By the end of the season, here is what you will be working toward — based on your grade:

YOUR GRADE	SKILLS YOU WILL LEARN
1st & 2nd Grade	How to make a passing platform, underhand serve, call the ball, rotate, and cheer for your teammates
3rd & 4th Grade	Consistent passing, serve progression, the Pass–Set–Hit sequence, court positions, and downball hitting
5th & 6th Grade	Overhand serve (5th grade from 22 feet, 6th grade from the end line), setting, full approach hitting, serve receive formation, and team defense

THE CSA PLAYER PLEDGE

AS A CSA VOLLEYBALL PLAYER, I PLEDGE TO:

1. **Show up.** I will be at every practice and game. If I can't make it, I'll make sure my parent tells my coach ahead of time.
2. **Try hard.** I will give my best effort every single time — even when it's hard, even when I'm tired, even when I mess up.
3. **Be a good teammate.** I will cheer for my teammates, pick them up when they make mistakes, and never make anyone feel bad about their play.
4. **Respect everyone.** My coaches, the officials, the other team, and the facility. Always.
5. **Listen and learn.** When my coach is talking, I stop, face them, and listen. Feedback makes me better.
6. **Have fun.** This is volleyball. It is supposed to be fun. I will bring good energy every time I play.

WHAT TO BRING EVERY TIME

PRACTICE

- Athletic clothes (any color)
- Non-marking athletic shoes
- Sealed water bottle
- Knee pads (recommended)
- Good attitude

GAME DAY

- Your CSA jersey (required)
- Athletic shorts (any color)
- Knee pads (required)
- Hair tied back
- Non-marking athletic shoes
- A drink in a sealed or capped bottle

No Jewelry Rule: All jewelry must be removed before you play — earrings, rings, bracelets, necklaces. Medical alert jewelry is the only exception. This is a safety rule, not a style rule.

WHAT HAPPENS IF YOU BREAK THE RULES

We are not here to punish anyone. But there are standards, and they exist to protect you and your teammates. If a player repeatedly disrespects a coach, teammate, or official — or behaves in a way that is unsafe — the following steps will happen:

STEP	WHAT HAPPENS
1st Issue	Your coach talks to you privately. You get a chance to correct it.
2nd Issue	Your parent is notified. You may sit out part of a practice or game.
3rd Issue	The Volleyball Director gets involved. A meeting with you and your parent may be required.
Serious Conduct	Fighting, threats, or abusive language result in immediate removal from the session, pending Director review.

PART 2 — FOR THE PARENT

WHAT WE NEED FROM YOU

Your daughter's experience in this program is shaped by three things: her own effort, her coach's guidance, and your support. You are a critical part of this team — even from the bleachers. Here is what we ask of you.

YOUR ROLE AT GAMES

THE CSA PARENT STANDARD

- **Cheer positively.** Cheer for your daughter's team. Cheer for good plays by either team. Keep it positive, always.
- **Don't coach from the stands.** Your daughter has a coach. Conflicting instructions from the bleachers confuse players and undermine the coach. Trust the coach to do their job.
- **Don't argue with officials.** Officials make mistakes. So do coaches. So do parents. Arguing with officials at a youth rec game teaches your daughter the wrong lesson. If you have a concern about a referee's call, wait 24 hours, then take it to your coach.
- **Stay in spectator areas.** Do not enter the court, bench area, or warm-up zones during practice or games.
- **Model sportsmanship.** Your daughter is watching how you behave. Be the example you want her to follow.
- **No profane or abusive language.** Ever. At any CSA event. This is a zero-tolerance standard.

DROP-OFF & PICK-UP

- Do not drop off your daughter more than 15 minutes before the scheduled start of practice or games.

- Pick up your daughter within 15 minutes of the end of the session. Coaches are not responsible for supervising players after the session ends.
- If someone else is picking up your daughter, notify the coach in advance.
- If you are running late, call or text your coach immediately. Do not leave your daughter unattended.

COMMUNICATION — THE RIGHT WAY

We know you care deeply about your daughter's experience. When something comes up, please follow this communication ladder:

YOUR CONCERN	WHO TO CONTACT FIRST
Playing time, team dynamics, practice questions	Your daughter's coach — allow 24–48 hours for a response
Coach conduct or unresolved team issue	Volleyball Director: Stephanie Abdalla (cajunsportslafayette@gmail.com)
Program-level issue	CSA Board (via www.csalaf.com)

> **The 24-Hour Rule:** Please wait at least 24 hours after a game before reaching out to your coach about a concern that arose during the game, including a concern about a referee's call. Emotions run high. A calm conversation is always more productive than an immediate reaction.

KEY PROGRAM INFORMATION

TOPIC	DETAILS
Season Length	9 weeks · Fall and Spring seasons · 1 practice per week + weekly games
Facility	Comeaux Rec Center, Lafayette, LA · practices and games
End-of-Season Tournament	All teams participate · Single elimination · Week 9 · Trophies for champions and finalists
Cancellations	Communicated via CSA platform/email · Minimum 2 hours notice when possible
Uniforms	CSA jersey provided · Shorts, shoes, knee pads are family responsibility · Knee pads required on game day
Questions	

TOPIC	DETAILS
	Contact your coach, or email the Volleyball Director at cajunsportslafayette@gmail.com

ACKNOWLEDGMENT & SIGN-OFF

By signing below, both the player and parent/guardian confirm that they have read this handbook and agree to uphold the standards of the CSA Volleyball program.

Player Acknowledgment

"I have read the CSA Player section of this handbook. I understand what is expected of me and I agree to be a good teammate, work hard, and represent CSA with pride."

PLAYER SIGNATURE _____ PLAYER PRINTED NAME _____ GRADE _____ DATE _____

Parent / Guardian Acknowledgment

"I have read this handbook in full. I agree to support the CSA Volleyball program, follow the parent conduct standards, and model the sportsmanship we expect from our players."

PARENT/GUARDIAN SIGNATURE _____ PRINTED NAME _____ RELATIONSHIP TO PLAYER _____ DATE _____

BEST PHONE NUMBER FOR SEASON COMMUNICATION _____

EMAIL ADDRESS FOR SEASON COMMUNICATION _____

> **Return this signed page to your coach at the first practice.** Keep the rest of the handbook for your reference throughout the season.