



JJVA Rec League Parents & Players Packet

Program Overview & Mission Statement

The JJVA Rec League has been designed to create an environment where athletes, parents, and coaches all feel part of a unique volleyball experience. Our training sessions will be energetic and fun for all athletes in order to create a positive learning environment for everyone. Practices will be designed by the directors and each coach will be asked to run the drills with their respective teams during their session. The goal for this program is to have parents and athletes see the atmosphere and opportunity that JJVA has to offer all athletes as they continue their development in the sport of volleyball. We ask that all players, coaches, and parents embrace our mission statement here at JJVA to, "Get Better Every Day!" We ask that parents and athletes respect our volunteer coaching staff, as they have dedicated their time to helping us achieve our goals.

League Age Group Registration Structure

Based on feedback provided to us from last season, this year we are looking to create two separate league age group/levels.

There will be one league dedicated to the development/playing of athletes ages 8-10, male or female.

In addition, there will also be a league dedicated to athletes ages 11-13 male or female.

This will allow for younger athletes to compete with and against athletes closer to their age, as well as balance the competition for both groups evenly. Athletes in the younger age group, will not compete with athletes in the older age group, and vice versa.

Coaching Structure

Our Coaching staff will be comprised of Volunteer Adults & Current U18 JJVA Athletes, in an attempt to create an opportunity to develop future coaches. Our coaching staff will work with different teams, based on our rotating schedule. This will allow for every coach to teach and train every athlete within the league from ALL Teams. Directors will be in charge of creating the practice plans for the coaches to conduct while the teams are on the training court between matches.

Sessions & Tournament Schedule

Sessions will be each Tuesday and Thursday night starting on May 14th continuing to June 29th.

The first two sessions will be dedicated for evaluations May 14th & May 16th. Ages 8-10 will be evaluated from 6:00 PM to 7:00 PM, and athletes Ages 11-13 will be evaluated from 7:00 PM to 8:00 PM on both Tuesday May 14th & Thursday May 16th.

Directors will then post the teams assignments & play schedule for the season.

Each Tuesday and Thursday athletes ages 8-10 will play from 6:00 PM 7:00 PM, and athletes 11-13 will play from 7:00 PM to 8:00 PM. The Season will conclude for all teams on June 29th

Saturday June 29th from 9:00 AM – 1:00 PM will be our Rec League Tournament. This will be a tournament format, in which every team will get a chance to play each team within their league. Teams and Parents will then get to celebrate together and take pictures.



Match Protocols & Rules

Playing Time

The JJVA Rec League will be a league where each athlete receives court time. We ask that coaches rotate the athletes consistently in the manner designed by the directors. This will provide each athlete with an opportunity to enjoy a competitive scenario within the sport of volleyball.

League Rules

Teams playing will follow USAV Match Rules. Matches will be 20 minutes in length, or first team to 25 points.

Each Server will be allowed 2 attempts to get serve over the net. If both attempts are missed, a coach will enter in a ball to start a rally. However, if a server does successfully serve over the net, the serve limit rule is in effect. Directors have implemented a serving limit of 5 serves per athlete before automatically siding out to the opponent. This will keep anyone athlete from serving the entire duration, and create more rallies.

Volleyball Advising Sessions/Meetings (What comes next?)

This season we are also looking to add an advising session for Parents & Players in the Rec League who are looking to know what the next level might be after the conclusion of the league for their athlete. For example, some athletes may be at a high enough skill level to participate in one of our programs here at JJVA, and others may benefit more from Training Sessions, Private Lessons, Train and Play, and additional Rec League. Our Director Nick St. Thomas will attempt to schedule times to meet with several parents each night regarding their athlete's progress towards becoming a better volleyball player.



Our Director



Nick St. Thomas
National Team Head Coach (17N, 13N)
Director of Leagues & Video
Assistant Recruiting Coordinator
coachnick@jiva.com
954-806-0098

A native of South Florida, Nick St. Thomas has been involved with various levels of volleyball throughout his playing and coaching career. St. Thomas attended men's volleyball powerhouse Archbishop Edward A. McCarthy High School from 2007-2010 where he was elected All Broward County Honorable Mention as a sophomore (2008), First Team All Broward County (2009 & 2010) and a finalist for the South Florida Player of the Year award. St. Thomas continued his playing career at the University of Central Florida and while graduated with a Bachelor's degree in History & Journalism.

After graduating from UCF St. Thomas returned to McCarthy to serve as a Coach for both the Men's & Women's Volleyball programs for the 2013 & 2014 seasons. In addition to coaching at McCarthy, St. Thomas began coaching at the Club Volleyball level with Broward Wildfire Volleyball Academy from 2013-2015 & again in 2017. St. Thomas coached a variety of national team age groups (14U-17U), and served as the club's Recruiting Coordinator.

St. Thomas also served as a Volunteer Asst. Coach with Lynn University under Head Coach Lynze Roos for the 2014 volleyball season where he was responsible for the team's statistical & video coordinating. St. Thomas followed up his time at Lynn by joining Roos for the 2015-2016 season at Wofford College in Spartanburg, SC serving as the teams Assistant Coach, Recruiting Coordinator, and Middle Blockers coach. St. Thomas returned to South Florida and Lynn University to pursue a Master's of Business Administration in Sports Management. As the Graduate Assistant with the Women's Volleyball program in 2016 & 2017, he worked as a statistical & video coordinator in addition to coaching the teams Pin Hitters. St. Thomas graduated from Lynn University in December 2017 and working as an Assistant Recruiting Coordinator and Upper National Team coach for Jacksonville Juniors Volleyball Association (JJVA). In addition, he also coaches and coordinates teams for Bring IT Promotions International Volleyball Tour Teams under the direction of Tour Director CJ Sherman. St. Thomas has coached U23 Collegiate teams in both the 2016 Bring IT Promotions New Year's Bash Tour (Italy), the 2017 European Global Challenge (Pula, Croatia), and this summer's upcoming 2018 European Global Challenge.

Last club season St. Thomas coached our JJVA 17N-2 Team all the way to the Girls Junior National Qualifier in Detroit, MI, after winning a bid in the American Division at the Big South Qualifier in Atlanta, GA.

St. Thomas currently served as the Volunteer Assistant Coach for the Women's Volleyball program at Jacksonville University for the Fall 2018 Season.



JACKSONVILLE JUNIORS VOLLEYBALL ASSOCIATION

2019 MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <u>Start of League: Eval. Day 1</u> Session 1 6-7pm Session 2 7-8pm	15	16 <u>Team Assignment Eval. Day 2</u> Session 1 6-7pm Session 2 7-8pm	17	18	19 Directors Send Out Team Assignments
20	21 <u>Day 1</u> Session 1 6-7pm Session 2 7-8pm	22	23 <u>Day 2</u> Session 1 6-7pm Session 2 7-8pm	24	25	26
27	28 <u>Day 3</u> Session 1 6-7pm Session 2 7-8pm	29	30 <u>Day 4</u> Session 1 6-7pm Session 2 7-8pm	31		



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2019

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 Day 5 Session 1 6-7pm Session 2 7-8pm	4	5 Day 6 Session 1 6-7pm Session 2 7-8pm	6	7	8
9	10 Day 7 Session 1 6-7pm Session 2 7-8pm	11	12 Day 8 Session 1 6-7pm Session 2 7-8pm	13	14	15
16	17 Day 9 Session 1 6-7pm Session 2 7-8pm	18	19 Day 10 Session 1 6-7pm Session 2 7-8pm	20	21	22
23	24 Day 11 Session 1 6-7pm Session 2 7-8pm	25	26 Day 12 Session 1 6-7pm Session 2 7-8pm	27	29 Rec League Tournament 9 AM – 12 PM	30