



OLA Girls Volleyball

Facts about OLA Volleyball:

Who Participates?

- The ages/grades are as follows:
 - 5th/6th grader on a team.
 - 7th/8th grade on a team.
- The league is the Catholic Metro Volleyball League, so we play against the Catholic schools that have volleyball teams.

Volleyball Clinics

- Come and give volleyball a try with our free clinics.
- Volleyball Clinics offered mid-May and early June
- Come try it out!
- Interested? Please email Cathy Pitchford at catyupitch@gmail.com for more information.

Season Key Dates

- Registration will open the first week in May and will stay open until end of June. Better to register early!
- First match is mid - August
- Last regular season match is end of September
- End of Season Tournament: usually first weekend in October
- Practice will begin before school starts! Emails will be sent to those that registered for start dates and times.

How often and when are the matches?

- Matches are every Saturday from mid-August through end of September (there is no matches played over Labor Day weekend).
- We play tournament style where we play two teams every Saturday.
- Scoring (rally scoring) is best 2 out of 3 games played.
- Matches generally begin anytime between 9am and NOON. Occasionally we may have a 1pm start time.
- Each match will last one hour. Given there are two matches each Saturday, the play time would be two hours.
 - If we are the host team we generally have a one hour gap between games. Example, game 1 starts at 9am and game 2 starts at 11am.
 - If we are a visiting team we generally have back-to-back start times.

Team Size

- The league has rules on team size which is a minimum of 9 girls and a maximum of 12 girls.
- There is a reason for the team size limitation of 12. Every girl that is attending the game must play an entire game. If we have more than 12 players and we only play two games, then there are players that never get a chance to step on the court for that match.

The following are a few other frequently asked questions:

- St. Pius Middle School Volleyball tryouts are scheduled for early August. What happens if I register my daughter for OLA and she then makes the Navy or Gold team at St. Pius?
 - You have a couple of choices in that situation. Both St. Pius and OLA would encourage you to play for both teams and would support you in that process. You need to make a personal choice as to whether your schedule allows for this commitment.
 - If you choose to play only St. Pius, we will fully support you in this choice. Just know we are happy to have you play for both teams.
- When will practice times be for the season?
 - We will schedule practices for twice per week at 1 ½ hours each practice. In the past we have added an optional third night of practice for those wanting more play time.
 - We will set practice days and time with the team (and the coaches schedule) in mind so we can maximize attendance. Last year we started at 6:00pm. This can vary depending on what time is best to get most girls in attendance.
 - It is always best for skill development of both your daughter and the team if they can come to practice on a regular basis.
 - If your daughter is practicing volleyball with another team (such as St. Pius MS) we think that is fantastic and ask you keep it up. We do request you also attend one of the OLA practices because it is a team sport and we need to have the team be able to work together on play execution. Please come as often as possible.
- Is it feasible for my daughter to play OLA soccer and volleyball?
 - Yes it is (there have been many girls that play multiple sports during the volleyball season)!
 - We will work with the OLA soccer coaches to set the practice times on a different night. In addition, the OLA soccer director is aware of our game schedule and times and will work diligently to schedule the soccer games at a different time.
- What equipment or clothing will my daughter need to play this sport?
 - Knee pads are required.
 - OLA provides the jerseys.
 - We generally ask players to buy new shorts for the season (more to come as the season approaches).

MAY 2019 OLA Volleyball Clinic Dates: Monday May 13 and 20. Start 6pm end 7:30pm OLA Gym

JUNE 2019 OLA Volleyball Clinic Dates: Tuesday June 4 and 11. Start 6pm end 7:30pm OLA Gym

WE NEED COACHES, please consider coaching OLA Girls Volleyball 5th/6th grade and 7th/8th grade teams

If you have any questions, please feel free to contact Cathy Pitchford, catyupitch@gmail.com