

West Nashville Sports League

Fall Volleyball

Coach Guidelines and Information

2025





WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

President:	Scott Tygard
Vice President:	Tillman Payne
Treasurer & Secretary:	Melissa Smith

Allison Duffey
Bill Easterly

Wendell Harmer
Andrew Kelso
John Hartong

Bob Notestine
Bob Starnes
Bill Wainwright

IMPORTANT CONTACT INFORMATION

League Phone Recording: 615.376.4700

Media:	Website:	www.wnsl.org
	Twitter:	@WNSLonline
	Facebook:	facebook.com/WNSLonline
	Instagram:	@WNSLonline

League Administration:	Scott Tygard	scott@wnsl.net
	Carly Hill	carly@wnsl.net
	Korey Moses	korey@wnsl.net

WNSL SPONSORS



Sponsorship Levels

Overall League Packages:

(Sponsors All 6 WNSL Sports for One (1) Calendar Year)

- Gold Package \$4,000 _____
- Silver Package \$2,000 _____
- Bronze Package \$1,000 _____

Single Season Sport Packages:

(Sponsors one Sport for the Main Competition Season)

Seasons (circle one):

- Spring Baseball
- Spring Softball
- Summer Golf
- Fall Flag Football
- Winter Indoor Soccer
- Winter Basketball

- Gold Package \$1,000 _____
- Silver Package \$500 _____
- Bronze Package \$250 _____

Additional Packages:

Basketball Tournament Naming Rights:

- Christmas - \$1000 _____
- March Madness - \$2,000 _____

Naming Rights to Baseball Fields:

- Warner Park Fields 1-5 - \$1,500 _____

Dear Prospective Sponsor,

The West Nashville Sports League is seeking your support in providing Basketball, Baseball, Flag Football, Soccer, Softball, Golf and Cheerleading to the youth of Middle Tennessee.

Since 1997, WNSL has been an athletic outlet to thousands of area boys and girls. As a youth sports league, we take great pride in the achievements of this program, which operates at the highest level and is a strong catalyst in keeping the youth of our community on the playing field. The WNSL mission is to teach children the fundamentals of basketball, baseball, flag football, golf, soccer, softball and the art of cheerleading while promoting discipline, dedication and team work in a fun, safe, and friendly environment.

One of the largest obstacles our organization faces is providing quality playing and learning experiences for many participants who are on a limited budget. The ability to meet the cost of operating and maintaining a quality program would not be possible without you, our community leaders.

Your donation will help fund first-rate manpower, provide quality equipment and playing fields, and enable us to keep our costs low so children of all social and economic backgrounds can participate.

Your contribution will make a difference and become a part of our community's effort to do something very positive for our youth and future leaders. The benefits are the young adults who will have been given the opportunity to learn lessons in self-worth, character, fair play, sportsmanship, discipline, team spirit, hard work and unity.

Respectfully,

President, West Nashville Sports League



WEST NASHVILLE SPORTS LEAGUE SPONSORSHIP INFORMATION



Serving the Nashville Community
Since 1997

www.wnsl.org

Overall League Sponsorship Packages

For all sports for one year or

Single Season Sport Packages:

Single seasons include: Spring Baseball, Spring Softball, Summer Golf, Fall Flag Football, Winter Indoor Soccer, Winter Basketball

Gold Package

\$4,000 Commitment

OR

\$1,000 Single-Sport Commitment

Package Includes:

- Logo on one Team's Jerseys
- Logo and Hotlink on each sport website page
- Sponsorship recognition and Advertising space in season newsletters
- Logo displayed at Warner Park Fields
- Banner displayed on Outfield Fence at Harpeth Hills Church (Provided by WNSL)
- Logo Displayed in season newsletter
- Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments
- Financial assistance for 3 players in each sport
- WNSL Sponsor Wall plaque

Silver Package

\$2000 Commitment

OR

\$500 Single-Sport Commitment

Package Includes:

- Logo on one Team's Jerseys
- Logo and Hotlink on each sport website page
- Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments
- Financial assistance for 2 players in each sport
- WNSL Sponsor Wall plaque

Bronze Package

\$1000 Commitment

OR

\$250 Single-Sport Commitment

Package Includes:

- Logo on one Team's Jerseys
- Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments
- Financial assistance for 1 player in each sport
- WNSL Sponsor Wall plaque

Each team in Fall Flag Football, Spring Softball and Spring Baseball is required to have a Bronze Level sponsor

Additional Sponsorship Opportunities:

- Naming Rights to Basketball Tournaments
 - Pre-Season Christmas - \$1,000
 - March Madness - \$2,000
- Naming Rights to Baseball Fields - \$1,500

Thank you for sponsoring WNSL. Please fill out the front and back of this page completely and return this portion along with payment to:

WNSL
PO Box 50710
Nashville, TN, 37205

Company Name:

Mailing Address:

Contact Email:

Phone:

Additional Info:

Send a hi-res color and black and white .jpg or .eps image of your company logo to scott@wnsl.net

If you have any questions, please call 615-376-4700 or email us at scott@wnsl.net



West Nashville Sports League

Financial Assistance Form

Parent/Guardian Name _____

Phone Number _____ E-Mail _____

Child's Name _____

Age _____ School _____ Grade _____

Reason you are applying for financial assistance _____

Sport for which you are applying for financial assistance _____

Total Household Income from adults living in household last year _____

Source of Income _____

No. of adults in household _____ No. of children in household _____

Please fill out this form completely and mail or fax it along with a copy of your payment verification/pay stub OR your most recent tax return to:

WNSL
P.O. Box 50710
Nashville, TN 37205
Fax Number: 615.376.6493



Support **WNSL** through their many **SOCIAL Media** sites!!!

Follow Us To...

- Receive prizes
- View upcoming events
- View current event up dates
- See league and schedule information



www.twitter.com/WNSLonline



www.facebook.com/WNSLonline



www.Instagram/WNSLonline

WNSL Fall Volleyball

Frequently Asked Questions

If you have a question, start here.

If you still cannot find your answer on this page, e-mail scott@wnsl.net

Sign-Ups, Cost and Division Questions

When can we register? Regular registration is now open and will close in Late July. See www.wnsl.org for specific dates.

How do I register and pay online? Go to www.wnsl.org and click on one of the sports you would like to register for. Once on a sport-specific page, log into your WNSL account (see the Login button on the right side of the screen). Once logged into your account, click "Programs Available" next to the name of the Child you would like to register. If you do not have a WNSL account, click the "Register" button on the right of the screen to register/create an account. You will then "Add Participants" to your account and select which sport(s) you would like to register them for.

What if I do not want to register online? You can download an application on the Volleyball page at www.wnsl.org. You may mail it in with a check but there will be a \$10 paper registration fee as indicated on the application.

What if I forget to register? After the deadline coaches or the WNSL Director must approve the addition of players and the registration price increases in every division. After this date, registrations may be accepted on a case-by-case basis with prior approval from the WNSL Director or a coach.

Do you give refunds if my child decides not to participate? The WNSL Refund Policy is: *I understand and agree that no refunds will be provided for this season unless there is a medical reason. This includes free agent players that are assigned to a team that may not have a coach. In lieu of a refund the registration fee may be moved to another sport up to the date of the coach meeting. After the coach meeting, the transfer of fees to another sport is not available and there are no refunds allowed. Please ensure you are ready to play the sport you are registering for in the WNSL and are committed to playing for we do not offer refunds for joining the incorrect league or for conflicting players' activities.*

Who can play in the WNSL and how do you form teams? The WNSL is open to full teams, partial teams and free agents. All players are welcome to request a coach on their registration, however, this is just a request -- there is no guarantee that the participant will be placed on the team they request. We try our best to accommodate requests; however, coaches with pre-formed or partially formed teams submit rosters with the players they intend on playing on their team. We go by this roster first. Players not on a pre-formed team are free agents and we work to place them on a team with classmates/players from their area or create an entire team from free agents. There is no draft in the WNSL.

If my player is not on a preformed team, how and when will I know which team he/she is on? Individuals not on a team (Free Agents) will be contacted by their coach following the Coaches' Meeting, which takes place in Late July.

Can a player play on two teams? Players may not play on two teams in the same age group, however, a player may pay to play on two teams in separate age groups. Example: A 4th grader may play on a 4th grade team and a 5th grade team. To play on two teams a player must pay two registration fees. **NO PLAYER MAY PLAY ON TWO TEAMS IN AN END OF SEASON TOURNAMENT REGARDLESS OF DIVISION.**

Is the WNSL affiliated with a national volleyball organization? The WNSL is not affiliated with any national volleyball organizations at this time.

What are the age divisions and can players play up or down? We have 3 divisions:

3rd/4th Grade Girls
5th/6th Grade Girls
7th/8th Grade Girls

Players are not allowed to “play down” a division but they are allowed to “play up.” **Occasionally** a player will be allowed to play down but this exception must be approved by the director of the WNSL.

How much does Fall Volleyball cost? All divisions - \$170

What is included in the registration fees? The registration fee includes 6 – 8 matches, staff, insurance, uniform top, maintenance, referees, etc.

Coach/Team Parent Related Questions

Who coaches the teams in the Fall Volleyball League? Some teams bring coaches with them and often parents coach. If you are interested in coaching or being an assistant you may indicate this on the “Volunteer” portion of the registration site. Coaches, assistant coaches and team parents need to complete the Volunteer area on the website during registration process.

How are coaches certified? Coaches are asked to provide necessary background check information at the Coaches’ Meeting in Late July and sign a “Code of Conduct”.

How does a parent notify the league that he or she would like to coach or be a team parent? During the online registration process there is a “Volunteer” page. Click on the volunteer position you would like (Coach, Assistant Coach or Team Parent) and fill out the requested information. You will then be assigned to your child’s team once the registration process is closed.

What if there are not enough coaches signed up? The WNSL does its best to never turn away a player. If there are not enough coaches initially volunteered, the league will create new teams called "Free Agent Teams" and ask parents from that team to volunteer to coach.

How do you come up with team names? The coaches determine team names.

How many players are on a team? The league recommends a minimum of 8 players and a maximum of 10 players. Some coaches may choose to have more.

Weather, Practice, Season Length, and Volleyball Basics

What type of volleyball league does the WNSL offer? The WNSL feels all youth sports should be recreational in nature yet also competitive where the players feel engaged and have the desire to work toward being better at the sport. The sports program is not a babysitting service but it is a league that does not encourage a win-at-all-cost attitude. Sportsmanship, camaraderie, fun and learning the game are the most important aspects of our volleyball league. Teams play 6 - 8 matches (depending on the division) for the recreational regular season. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing.

Are there different rules for different divisions? Yes. The complete rules for all divisions are available on the WNSL website.

When does the season start and how long does it last? The 2025 Fall Volleyball season will begin on August 16th and go through October 4th. There will be no games on Labor Day Weekend.

When and how often do teams practice? Teams usually practice once-a-week before games begin but teams may practice as little or as much as they wish. Teams are responsible for finding their own practice location.

Where are the games played? All games are played at Harpeth Hall school (3801 Hobbs Road Nashville, TN 37215).

Does the WNSL provide insurance? Yes. The WNSL does provide full insurance for all practice venues. You can obtain a certificate upon request. To receive your copy of the insurance policy, contact Angela Salcido at West Point Insurance: E-Mail: angela@westpointinsurance.com , Phone: 800.318.7709. Inform her you are with the WNSL, give her the facility name and address and you will receive your policy within one day.

Does the league provide photos for teams and individuals? The league does not schedule a mandatory photo day for Fall Volleyball.

What happens in case of inclement weather? Are games rescheduled? How will a parent/coach know if games are canceled? If games are canceled, there will be a notice on the homepage of www.wnsl.org, a posting on the league's Twitter account (@WNSLonline) as well as a message stating games have been canceled at 615.376.4700. The league will do its best to reschedule all games.

Does the WNSL post standings? No, the WNSL does not provide standings as we do not want to promote over-the-top competitiveness and wish to focus on the "Love of the Game" instead. During tournaments, however, scores are posted and teams are rewarded for winning.

Sponsorships and Financial Assistance

What if I am interested in sponsoring a team or the league? Please let your participant's coach know and then contact carly@wnsl.net.

Are there any opportunities for corporate sponsorships (other than the team sponsorships)? Yes. The WNSL offers corporate sponsorships for each individual sport, as well as the overall league. All opportunities are listed under the sponsorship link at www.wnsl.org. If you are interested in corporate sponsorships, contact scott@wnsl.net. There is also an opportunity for a field to be named after a corporate sponsorship for \$1000.

Does the WNSL provide financial assistance or scholarships? Yes. If you are in need of a full or partial scholarship, fill out and submit the financial assistance information at www.wnsl.org. Someone will be in touch in regards to the amount of financial assistance available for your participant.

Miscellaneous Questions

Are end of season trophies presented to the league champions/runners up? The Volleyball League does not award Championship and Runner-Up trophies to teams. We like to keep the focus on purely the Love of the Game. We do give out "Love of the Game" sportsmanship trophies to teams that exemplify good sportsmanship throughout the season. If a coach requests, players will receive a medallion at the end of the season. Championship trophies are given out at the tournaments.

What is the difference between WNSL and other volleyball leagues? The West Nashville Sports League is a top-notch youth sports organization that emphasizes all players valuing the pure love-of-the-game over a winning-at-all-costs attitude. We work hard to keep everyone heavily involved in the community by promoting and being involved in local organizations, colleges and events. Providing fun community events, the best field and gym conditions possible, certified referees, and excellent communication to all participants, parents and coaches and an informative and user friendly website, the WNSL goes above and beyond to create a memorable and positive experience for all involved.

West Nashville Sports League
2025/2026 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

July 7	Fall Registration Deadline
July 14	Baseball and Softball Coach Meeting
July 15	Flag Football Coach Meeting
July 25	Fall Volleyball Registration Deadline
July 29	Fall Volleyball Coach Meeting
August 2	Flag Football Clinic # 1
August 9	Fall Sports Opening Day
August 14	Fall Golf Registration Closes
August 16	Volleyball Opening Day
August 30	NO GAMES – Labor Day Weekend
September 9	Fall Golf Opening Matches
September 22	Late Fall Basketball & Soccer Registration Closes
September 23	Late Fall Soccer Coach Meeting
September 27	Fall Regular Season Ends for All Sports
September 29	Late Fall Basketball Coach Meeting
October 4	Volleyball Season Ends
October 4	End of Season Tournaments Begin for all Sports
October 11 or 18	End of Season Tournaments End (Date TBD per Sport)
October 21	Fall Golf Ends
October 25	Late Fall Sports Opening Day

West Nashville Sports League

2025/2026 Calendar of Events

December 4	Winter Registration Closes
December 6	Fall Basketball Season Ends
December 9	Winter Basketball Coach Meeting
December 11	Winter Soccer Coach Meeting
December 12 -14	Fall Basketball End of Season Tournament
December 13	Fall Soccer Season Ends
January 3	Winter Season Begins
February 21	Winter Season Ends
Feb. 26 – March 1	WNSL March Madness Basketball Tournament

THE WNSL NEWSLETTER

The Fall Times is the WNSL's bi-weekly newsletter filled with important updates, photos of the week, upcoming events and other announcements. All coaches and parents will receive the newsletter by default.

Please note: While it is your option to unsubscribe, this newsletter is the league's best method to deliver vital information to the all participants in the league. We encourage you to scan/read through each issue for information you or your parents may have missed.



Opening Day

August 16th

Uniform Pickup – *If the coach has been informed that uniforms are available for early pick-up* Any uniforms that have not been picked up prior to opening day must be picked up At least 1.5 hours before your game time. Only ONE team representative will be allowed to pick up uniforms.

UNIFORM DISTRIBUTION

Wearing Own uniforms

A team may wear their own uniform but you must declare this at the Coaches' Meeting. **There is no reduction in registration fee for doing this.** Your team's uniform expenses will go toward scholarship players or teams.

One representative picks up uniforms:

Uniforms will be distributed on the first day of games beginning at 8 a.m. Only **ONE TEAM REPRESENTATIVE** will be allowed to pick up the uniforms. If uniforms are ready for distribution before opening day, the league will send an email notification.

What's included

The WNSL provides a jersey for the Fall.

FREE AGENTS ON YOUR TEAM?

If one or more players have been added to your roster, please notify that player's parents immediately via phone and e-mail.

If a problem arises with the new player(s) -- for instance, being unable to practice during your scheduled time or living too far away from practice locations -- **please contact Scott (scott@wnsl.net) immediately** so that we may make other arrangements.

Thank you for your cooperation in these matters

LAZY PARENTS OR LAZY PLAYERS

When players do not show up for practices without a good reason, advise the parents that their child's playing time may be affected. If it becomes a pattern, contact Scott (scott@wnsl.net) with proper documentation and we will determine the best course of action, which will likely include an OK to cut that player's playing time. We will inform the parents of this decision.

Please note that submitting these requests and proper documentation must be done during the week and may not take place on game day. The WNSL will not tolerate cutting a player's playing time for "a lack of practice" without these materials. Thank you for your cooperation on this matter.

ABSENT PLAYERS LEAVING YOU SHORT?

Occasionally, a player may be added to a roster for a game due to low numbers. The added player must be eligible to participate in the division in question. If you need to add a player, please e-mail Scott (scott@wnsl.net) at least two days prior to the game. These changes may not be made on game day!

INSURANCE QUESTIONS

The WNSL does not provide practice locations for Fall Volleyball.

The WNSL does provide full insurance for all practice venues. You can obtain a certificate upon request.

To receive your copy of the insurance policy, contact Angela Salcido at West Point Insurance:

E-Mail: angela@westpointinsurance.com

Phone: 800.318.7709

Inform her you are with the WNSL, give her the facility name and address and you will receive your policy within one day.

WEATHER CANCELATIONS



For weather cancelations:

1. There will be a notice on the www.wnsl.org website
2. We will send an email out to all participants (Time Permitting)
3. A message will be posted on the League's Twitter feed (@WNSLonline), Facebook Page (www.facebook.com/WNSLonline) and Instagram (@WNSLonline)

No messages or notice means games are on as scheduled.

If your game is rained out, games will be rescheduled as quickly as possible -- likely in the first available slot. Please make sure to check your schedule early and often after a rainout!

The league will do its best to reschedule all rained out games.

WNSL PARENT CODE OF CONDUCT

- I will encourage good sportsmanship at all times by setting a positive example for my child. I pledge to support all participants, including teammates and opponents, coaches, referees and spectators.
- I will demonstrate a positive attitude toward youth sports, not embarrassing myself, my child or any other participant by yelling or creating a scene. I will applaud good effort in victory and defeat.
- I will make sure my child is participating voluntarily in the sport and not forced to because of my wishes.
- I will strive to learn the rules and support the officials in their enforcement of them.
- I will support the goals of youth sports, including skill development, emphasizing fundamentals, building teamwork and encouraging fair play.
- I will support and communicate with the volunteer coaches, encouraging them to uphold the Coach's Code of Conduct.
- I understand that youth sports are not babysitting services. I will offer to participate as a coach, team liaison or parent, or provide transportation.
- I will demand a healthy environment, refraining from alcohol, drug or tobacco use at all sporting events. I will insist that all other participants display the same restraint.
- I will monitor game and practice venues for safety.
- I will teach my child to respect other players, coaches, referees and spectators, regardless of their race, creed, gender or ability.
- I will strive to make youth sports fun. After all, that's why my child signed up!

Signature: _____

Printed Name: _____

Today's Date: _____

SCHEDULE AND STANDINGS INFORMATION

The season schedule will not be published until Early August. When posted, it will appear on the league website at the top of the Volleyball page.

We will not post standings or records due to the league's mission of promoting a love of the game rather than a love of winning.

Middle season standings adjustments

If your team is winless or undefeated at midseason, you may be moved up or down a division in an attempt to promote evenly-matched competition. Please inform your parents of this up front as the WNSL encourages players, coaches and everyone involved to be gracious in both victory and defeat.

End of season adjustments

The WNSL reserves the right to alter the schedule in the final two weeks of the season if needed. This will occur, once again, to promote competitive balance. If we see a major mismatch, teams will be moved around in order to create equal competition.

Please make a habit out of checking your schedule multiple times each week

Though we will do everything in our power to give a week's notice if your original game time has been moved, please double check your schedule each and every week.

Coaches leading multiple teams

Please make sure you list all the teams you are coaching on the request forms provided in the Addendum. We will do what we can to make the scheduling work for you. The league may not always be able to accommodate, so have your assistants prepared. No guarantees but we will do our best.

Teams unable to make a game

If you cannot field a team on a given week, please inform the opposing coach and the league and make a good-faith effort to find a replacement team for your opponent to compete against. The coaches' contacts are listed on the "Team Rosters" tab on the WNSL webpage after logging into your account. Note that you can only view the coaches' contacts information if you are logged into your account.

Forfeits

Forfeits will not be tolerated. Coaches should CONTINUOUSLY check their schedule. Please communicate with your parents in advance to ensure player availability.



West Nashville Sports League 20% OFF SHOP EVENT

July 25 - 28, 2025 (FRIDAY – MONDAY)

STORE LOCATIONS: Nashville West & Cool Springs

Save the date! Our partner, DICK'S Sporting Goods, is offering you a 20% discount throughout the store to help you gear up for the season! Be sure to visit

wnsl.org to get your coupon, as this is specific to our organization. The coupon is valid in-store on the dates above, and should be shown at the register during checkout.



WNSL has begun conducting background checks for all HEAD coaches. *Please keep in mind that this is a different process from the volunteer registration at WNSL.org.*

ALL First-Time Head Coaches must complete a background check!

Go to:

<https://opportunities.averity.com/WNSL>

By JULY 30!

Contact Scott@wnsl.net with any questions.

WNSL COACH CERTIFICATION:

Please make sure to complete all forms in this Addendum packet and
LEAVE THE PACKET HERE TONIGHT!

1. Website Volunteer Registration Instructions
2. Coach Disclosure Form
3. Coach Code of Conduct
4. Coach Bio
5. Team Parent Designation
6. Team Assessment
7. Team Colors
8. Game Schedule Request Form
9. Medallion Request
10. Concussion Protocol

Register as a Volunteer

(If you **HAVE** previously registered on the WNSL website)

1. Select your sport and click on the "Login" button on the right side of the screen inside the "WNSL" banner.
2. Enter your username and password. If you do not remember your username and password, please click on the "Forgot Username and Password" button to get a reminder. **PLEASE DO NOT CREATE A NEW ACCOUNT.** If you have changed your email address or are unable to receive a password reminder, please send an e-mail to support@bluesombrero.com for help.
3. Once you have logged in to your account, click the "Volunteer" tab and click on the "Add / Remove Volunteer Roles" link that appears.
4. Select the sport for which you wish to volunteer.
5. Select the role in the appropriate division for which you wish to volunteer.
6. Enter all required information and submit the registration by clicking "Next."
7. Your volunteer role should now appear on your "My Account" screen.

Create an Account and Register as a Volunteer

(If you **HAVE NOT** previously registered on this website)

1. Click on the "Register" button on the right side of the screen inside the "WNSL" banner. From here, you will create an account that can be used for all of your future online registrations.
2. Enter all required fields and create your online registration account.
3. Once you have created an account and are on the "My Account" screen, click the "Volunteer" tab and click on the "Add / Remove Volunteer Roles" link that appears.
4. Select the sport for which you wish to volunteer.
5. Select the role in the appropriate division for which you wish to volunteer.
6. Enter all required information and submit the registration by clicking "Next."
7. Your volunteer role should now appear on your "My Account" screen.

WNSL VOLUNTEER COACHING REGISTRATION

If you have not completed the online Volunteer Coach registration, please complete the following:

First Name: _____ Last Name: _____ Middle Initial: _____

Date of Birth: _____

Mailing Address: _____

E-Mail Address: _____

Cell Phone: _____ Other Phone: _____

Division and Team You are Coaching: _____

Have you previously had experience working with children? YES NO

WNSL COACH CODE OF CONDUCT

- I will be a positive role model for my players. I will lead by example and always demonstrate sportsmanship and emphasize fair play.
- I will place the well-being of every player (whether he/she is on my team or not) ahead of my personal desire to win.
- I will organize practices that are both fun and challenging, designed to teach techniques and strategies that encourage team-play.
- I will emphasize skills development and improvement based on each individual player's needs, helping him/her gain confidence and self-esteem.
- I will consistently treat my players honestly and fairly. I will aim to be both a good communicator and listener. I will be generous in praise and never publically criticize.
- I will maintain an open line of communication with parents and encourage them to participate as instructors, team parents or liaisons.
- I will become knowledgeable in the rules of the sport, teach them to the players and support all league policies and regulations.
- I will inspect practice and game venues to ensure safe playing conditions. I will require players to be properly equipped at all times. I will teach safe and proper technique.
- I will abide by all WNSL policies. If there is a problem following these procedures, I understand that I will relinquish my coaching duties. I understand I am strictly a volunteer coach and not a member of the WNSL Board.
- I will create a healthy environment for sports by refraining from drug, alcohol and tobacco use.
- I will treat all players with respect, realizing this sport is created to benefit them.

Coach's Signature: _____

Coach's Printed Name: _____

Today's Date: _____

WNSL COACH BIO

We would love to learn a little more about you. Please take a few minutes to fill out this form and turn it in at the Coaches' Meeting.

Name: _____

Including yourself, how many members are in your family? _____

Employer: _____ Occupation: _____

How many years have you lived in Nashville? _____ College You Attended: _____

Did you play sports in high school or college? _____ ... Which sports? _____

How many years have you coached Volleyball? _____ ... How many of those years in the WNSL? _____

What is your primary goal this season? _____

How will you measure whether your season was a success? _____

Do you think equal playing time should be mandated? _____ Why or why not? _____

Thanks for coaching!

Team Parent Designation

All teams should have a team mom/dad designated as an additional point of contact. Please indicate the name of this person for your team:

Team Parent: _____

Team Parent's E-mail: _____

Team Parent's Player's Name: _____

Also, please direct your team parent to follow the volunteer registration instructions in this packet (also available online under the 'About Us' tab)

COACH' S PRESEASON TEAM ASSESSMENT

Please complete the following information so that we may gain some insight into your team's ability. If you are coaching multiple teams, please fill out one sheet for each team:

On a scale of 1-10 with 10 being the best, please give _____ -or- No Idea
an honest evaluation of your team's competitiveness

Has this team played together in the past? YES _____ NO _____

If YES, how many years? _____

What was the team's division and record
last year? _____

Does your team have any players playing down? YES _____ NO _____

Does your team have any players playing up? YES _____ NO _____

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

If yes, what was the date of your 1st practice? _____

Please select the division your team would most likely fall into :

_____ **ADVANCED:** An above average team, usually with handpicked players for set positions by a coach and/or parent representative. These teams have played together before in other leagues .

_____ **RECREATIONAL:** Fun is the name of the game in this level -- generally are newly-formed teams aiming to improve their skills but not wishing to play tough competition. These teams focus on education and development of each player in every position.

TEAM NAME and COLORS

The Fall league volleyball teams will be provided with a jersey with
Your Team Name printed on the front.

MY TEAM WILL BE USING OUR OWN UNIFORMS _____

Please list your Team Name Choice: 1) _____ 2) _____

There will be 7 different jersey colors. Teams will be assigned a jersey color from the
four (3) choices below.

Possible Color options:

Forest Green

Black

Maroon

Purple

Royal Blue

Navy

Red

List Your Top 3 Color Choices:

1) _____ 2) _____ 3) _____

Game Schedule Request

Coach Last Name: _____ Division: _____

Are you the head coach of two teams? _____ Please list Sport and Division _____

This calendar is where you make any scheduling requests. We schedule around other sport conflicts and can usually avoid work conflicts as well. If you know you will not be able to field a team on a certain week, let us know now and we will try to get you a double header on another week, but this is not a guarantee! We must know this before the schedule is released to even consider the alternate date, however.

Each team will receive 6 games + End of season tournament. Games will be primarily Saturdays.

WNSL Fall Volleyball Calendar
August 16
August 23
August 30 No Games – Labor Day
September 6
September 13
September 20
September 27
October 4 <i>End of Season Tournament</i>

Form Instructions:

Use the calendar to the left to make any schedule requests. Note that all requests are exactly that, and none are guaranteed. Please do not abuse this form by requesting all 10 a.m. games or something similar.

To indicate a week that your team cannot play, place an 'X' in the appropriate box.

Please be as accurate as possible. Forfeits will result in lost games.

Also note the following dates of importance:

- September 1: Labor Day (No Games)
- Fall break for Metro Nashville Schools: October 13 - 17
- Fall break for Williamson County Schools: October 6 - 10

If you have other scheduling requests (back-to-back games, etc.), please indicate them here:

Medallions



WNSL does not give participation medallions to every player. If you would like to request participation medallions for your team, please fill out this form:

Yes, I would like medallions for my team this year: _____

-or-

No, I would not like medallions for my team this season: _____

Coach's Name: _____

Team Name (optional): _____

Division: _____

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

(Adapted from CDC "Heads Up Concussion in Youth Sports")

**Read and keep this page.
Sign and return the signature page.**

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussion can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

Concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth, causing the brain to bounce around or twist within the skull.

This sudden movement of the brain can cause stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

Signs and symptoms of concussion generally show up soon after the injury. But the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later he or she can't recall coming to the practice or game.

You should repeatedly check for signs of concussion and also tell parents what to watch out for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow or jolt to the head or body that results in rapid movement of the head.
2. Any concussion signs or symptoms such as a change in the athlete's behavior, thinking or physical functioning.

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none">• Appears dazed or stunned• Is confused about assignment or position• Forgets an instruction• Is unsure of game, score or opponent• Moves clumsily• Answers questions slowly• Loses consciousness, even briefly• Shows mood, behavior or personality changes• Can't recall events prior to hit or fall• Can't recall events after hit or fall	<ul style="list-style-type: none">• Headache or "pressure" in head• Nausea or vomiting• Balance problems or dizziness• Double or blurry vision• Sensitivity to light• Sensitivity to noise• Feeling sluggish, hazy, foggy or groggy• Concentration or memory problems• Confusion• Just "not feeling right" or "feeling down"

WHAT ARE CONCUSSION DANGER SIGNS?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first – usually within a short time period (hours, days, weeks) – can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussion can result in brain swelling or permanent brain damage. It can even be fatal.

HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

An athlete should return to sports practices under the supervision of an appropriate health care professional. When available, be sure to work closely with your team's certified athletic trainer.

Below are five gradual steps you and the health care professional should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks or months.

BASELINE: Athletes should not have any concussion symptoms. Athletes should only progress to the next step if they do not have any symptoms at the current step.

STEP 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about five to 10 minutes on an exercise bike, walking or light jogging. No weightlifting at this point.

STEP 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).

STEP 3: Add heavy non-contact physical activity such as sprinting/running, high-intensity stationary biking, regular weightlifting routine and/or non-contact sport-specific drills (in three planes of movement).

STEP 4: Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

STEP 5: Athlete may return to competition.

If an athlete's symptoms come back or she or he gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing himself or herself too hard. The athlete

should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.

PREVENTION AND PREPARATION

Insist that safety comes first. To help minimize the risks for concussion or other serious brain injuries:

- Ensure athletes follow the rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Wearing a helmet is a must to reduce the risk of severe brain injury and skull fracture. However, helmets are not designed to prevent concussion. There is no "concussion-proof" helmet. So even with a helmet, it is important for kids and teens to avoid hits to the head.

Check with your league, school or district about concussion policies. Concussion policy statements can be developed to include:

- The school or league's commitment to safety
- A brief description of concussion
- Information on when athletes can safely return to school and play.

Parents and athletes should sign the Parent Information and Signature Form at the beginning of the season.

ACTION PLAN

WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four-step action plan:

1. REMOVE THE ATHLETE FROM PLAY.

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!

2. ENSURE THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for signs or symptoms that appear or get worse once the athlete is at home or returns to school.

4. KEEP THE ATHLETE OUT OF PLAY.

An athlete should be removed from play the day of the injury and until an appropriate health care provider* says he or she is symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision.

* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

REFERENCES

1. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
2. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the 10M Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academies Press, 2002.
3. Centers for Disease Control and Prevention. Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-27. Available at: www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm

If you think your athlete has a concussion take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.

For more information, visit www.cdc.gov/Concussion.

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury.

(Adapted from CDC "Heads Up Concussion in Youth Sports")

Sign and return this page.

_____ I have read the *Concussion Information and Signature Form for Coaches*
Initial

_____ I should not allow any student-athlete exhibiting signs and symptoms consistent with concussion to
Initial return to play or practice on the same day.

After reading the Information Sheet, I am aware of the following information:

_____ A concussion is a brain injury.
Initial

_____ I realize I cannot see a concussion, but I might notice some of the signs in a student-athlete right
Initial away. Other signs/symptoms can show up hours or days after the injury.

_____ If I suspect a student-athlete has a concussion, I am responsible for removing him/her from activity
Initial and referring him/her to a medical professional trained in concussion management.

_____ Student-athletes need written clearance from a health care provider* to return to play or practice
Initial after a concussion. * (Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training)

_____ I will not allow any student-athlete to return to play or practice if I suspect that he/she has received
Initial a blow to the head or body that resulted in signs or symptoms consistent with concussion.

_____ Following concussion the brain needs time to heal. I understand that student-athletes are much
Initial more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.

_____ In rare cases, repeat concussion can cause serious and long-lasting problems.
Initial

_____ I have read the signs/symptoms listed on the *Concussion Information and Signature Form for*
Initial *Coaches*.

Signature of Coach

Date

Printed name of Coach