

# West Nashville Sports League

## Spring Volleyball

### Coach Guidelines and Information

2026





# WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

President:	Scott Tygard
Vice President:	Tillman Payne
Treasurer & Secretary:	Bill Wainwright

Allison Duffey  
Bill Easterly

Wendell Harmer  
Andrew Kelso  
John Hartong

Bob Notestine  
Bob Starnes  
Melissa Smith

## IMPORTANT CONTACT INFORMATION

League Phone Recording:	615.376.4700
Fax Number:	615.376.6493

Media:	Website:	<a href="http://www.wnsl.org">www.wnsl.org</a>
	Twitter:	@WNSLonline
	Facebook:	<a href="https://www.facebook.com/WNSLonline">facebook.com/WNSLonline</a>
	Instagram:	@WNSLonline

League Administration:	Scott Tygard	<a href="mailto:scott@wnsl.net">scott@wnsl.net</a>
	Kelly Jackson	<a href="mailto:kelly@wnsl.net">kelly@wnsl.net</a>
	Carly Hill	<a href="mailto:carly@wnsl.net">carly@wnsl.net</a>

Referees	Andrew Kelso	<a href="mailto:tke116@aol.com">tke116@aol.com</a>
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# WNSL SPONSORS

EVERY SEASON STARTS AT



# 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](http://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](mailto:scott@wnsl.net)\*\*

\*\*If you have any questions, please call 615-376-4700 or email us at [scott@wnsl.net](mailto: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 \_\_\_\_\_

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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](http://www.twitter.com/WNSLonline)



[www.facebook.com/WNSLonline](http://www.facebook.com/WNSLonline)



[www.instagram.com/WNSLonline](http://www.instagram.com/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](mailto:scott@wnsl.net)

### Sign-Ups, Cost and Division Questions

**When can we register?** Regular registration is now open and will close in Mid-February. See [www.wnsl.org](http://www.wnsl.org) for specific dates.

**How do I register and pay online?** Go to [www.wnsl.org](http://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](http://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 Mid-February.

**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 4<sup>th</sup> grader may play on a 4<sup>th</sup> grade team and a 5<sup>th</sup> 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:

3<sup>rd</sup>/4<sup>th</sup> Grade Girls  
5<sup>th</sup>/6<sup>th</sup> Grade Girls  
7<sup>th</sup>/8<sup>th</sup> 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 - \$190

**What is included in the registration fees?** The registration fee includes 6 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 2026 Spring Volleyball season will begin on March 21st and go through May 9th. There will be no games on Easter 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](mailto: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 Spring 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](http://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](mailto: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](http://www.wnsl.org). If you are interested in corporate sponsorships, contact [scott@wnsl.net](mailto: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](http://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

## 2026 Calendar of Events

INTERACTIVE CALENDAR ON [WWW.WNSL.ORG](http://WWW.WNSL.ORG)

February 13	Spring Sports Registration Deadline
February 19	Spring Baseball & Softball Coach Meeting
February 21	Winter Season Ends
February 23	Spring Flag Football & Volleyball Coach Meeting
Feb 26 – March 1	WNSL March Madness Basketball Tournament
March 21	Spring Sports Opening Day
April 4 – 5	Easter Weekend - No Games
April 11	Team Photo Day
April 24	Summer Basketball Registration Closes
April 30	Summer Basketball Coach Meeting (Tentative)
May 9	Steeplechase – No Games at Warner Park (Away Games Only)
May 17	End of Spring Sports Season
June – July	Post Season All Stars Baseball & Softball
June 1	Summer Basketball Season Begins
June 5 – 7	Baseball Tune Up Tournament Weekend 1
June 12 – 14	Baseball Tune Up Tournament Weekend 2
June 25	Summer Basketball Season Ends

# 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

March 21st

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 Spring.

# 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](mailto: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](http://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](http://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 March. 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.

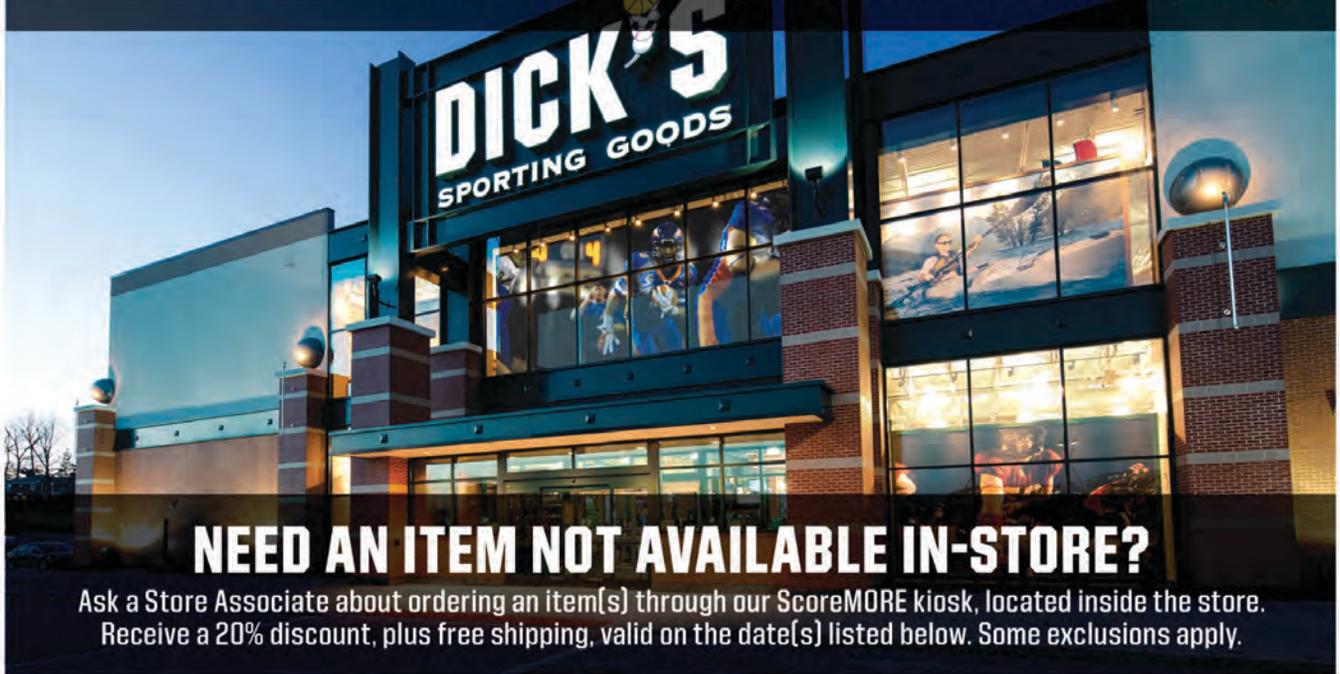
## **Forfeits**

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

EVERY SEASON STARTS AT



**EXCLUSIVE SHOP EVENT**  
20% OFF YOUR ENTIRE PURCHASE



**NEED AN ITEM NOT AVAILABLE IN-STORE?**

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed below. Some exclusions apply.

# West Nashville Sports League 20% OFF SHOP EVENT

**Feb. 27 - March 2, 2026 (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](http://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 March 10th!**

Contact [Scott@wnsl.net](mailto: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](mailto: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 an honest evaluation of your team's competitiveness \_\_\_\_\_ -or- No Idea

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 30+ Jersey Color Options:

Black, Graphite, Charcoal, Silver, Grey, Purple, Lavender, Fuchsia, Pink, Light Pink,  
Navy, Royal Blue, Air Force Blue, Light Blue, Teal, Mint, Jade, Moss, Army Green,  
Forest Green, Kelly Green, Electric Green, Optic Yellow, Yellow, Gold, Orange,  
Light Orange, Coral, True Red, Scarlet, Cardinal, Maroon, Texas Orange, Medium  
Brown, Dark Brown, Vegas Gold, Army Tan, Cream, Natural, White

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. Games will be primarily Saturdays.

<b>WNSL Fall Volleyball Calendar</b>
<b>March 21</b>
<b>March 28</b>
<b>April 4</b> X
<b>April 11</b>
<b>April 18</b>
<b>April 25</b>
<b>May 2</b> x
<b>May 9</b>

## 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:

- April 4 – No Games (Easter Weekend)
- May 2 – No Games (Facility Availability)

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

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# 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.

### 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 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.

## SIGNS AND SYMPTOMS

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

### 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](http://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](http://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

# West Nashville Sports League Volleyball

## League Logistics

Updated 8/25/2025

Location: Harpeth Hall (3801 Hobbs Road, Nashville, TN 37215)

Game Times: Saturdays starting at 9:00 am- 4:00 pm

Practice Times: Will be scheduled individually by each team at their discretion & location

Schedule Request- Send to carly@wnsl.net

Volleyball questions to alyssa.pillow@harpethhall.org

### Volleyball Rules & Guidelines

TSSAA Volleyball Rules are mirrored for this league. However, WNSL may adapt its rules, as listed below, which will take precedence in the event of any conflict.

#### General League Rules

- Each team is responsible for its warm-up balls. The coach must secure these balls during the game. WNSL will provide the game ball for each game.
- Please arrive no earlier than 25 minutes before your scheduled game time.
- Teams, ONLY, can warm up in the hallways with no volleyballs. Teams will be allotted at least 5 minutes of warm-up time before their game time.
- **Officials can request parent line judges per game**

#### Uniforms

- Jersey Tops included
- All Teams must be in the same uniform top & must include numbers on the back of the jersey.

#### Game Balls & Net Height

- 3rd/4th & 5th/6th- will utilize a vollelite ball
- 7th/8th & 9th/10th- will utilize a regular volleyball
- All Divisions will play at 7 feet, 4 1/8 inches

#### Team Composition

- A team must have at least 4 players to start a match.
- A full team consists of 6 players on the court.
- If a team has fewer than 4 players 15 minutes after the scheduled start time, the match is forfeited.

- Players arriving late must enter as if they are rotating in, maintaining the rotation order.

### Rotation & Substitution

- Players must rotate clockwise when changing positions after a side-out or before serve.
- 3rd/4th Grade Teams are allowed for 24 substitutions per match as long as substitutions are made for the same serving position.
  - No libero
- 5th/6th, 7th/8th, 9th/10th are allowed 18 substitutions per match.
  - No libero
- Liberos are allowed at 7th/8th, 9th/10th Grade
  - Teams must provide their libero jersey with the jersey #.

### Match Format

- Each match will be scored based on the best of 2 out of 3 games.
- All 3 games will be played during the regular season, regardless of the match outcome after the first two.- \*IF TIME PERMITS\* This is an official's discretion.
- In the playoffs, the third game will NOT be played if a team wins the first two.

### Scoring

- Rally scoring is used: a point is awarded on every rally, regardless of who served.
- Games 1 & 2: Played to 25 points (win by 2, cap at 30).
- Game 3: Played to at least 15 points, win by 2, cap at 5 points above the target score (e.g., if target is 15, cap is 20).
  - All 3 games will be played during the regular season, regardless of the match outcome after the first two.- \*IF TIME PERMITS\* This is an official's discretion.

### Timeouts & Breaks

- Each team is allowed one 30-second timeout per match.
- Coaches must signal when requesting a timeout.
- There is a 1-minute rest between games.

### Serve, Side Decisions, & Net Height

- A coin toss will determine the serving team in Game 1.
- Game 2: The team that did not serve first in the first game will serve first in the second game.
- Game 3: The winner of the initial coin toss serves first.
- Teams will NOT switch sides

- **Serving Lines**
  - 3rd/4th Grade Division: Players may start serving from the 10-foot line. Once a player successfully makes **three serves over**, they must move back to the top of the three-point line. From this line, she may score up to **3 additional points** (for a total of 6 points). Once six points have been scored, the server must recede to the feet in front of the service line. The server can remain here until the duration of their serving turn is over.
  - 5th/6th Grade Division: Players begin serving three feet in front of the service line. (The Green basketball sideline). After 3 successful serves, the player must move back behind the service line.
    - Player only gets ONE replay serve per serving opportunity
  - 7/8th Grade Division: Players will serve from the regulation service line
  - 9th/10th Grade Division: Players will serve from the regulation service line