



Welcome to  
Rockford JO  
Volleyball  
2025-2026 Season

# RAAA

“RAAA”- is the Rockford Area Athletic Association. We are an nonprofit sports organization in the Rockford area but not sponsored by Rockford. We run our own programs and budgets and are governed by a nonprofit Board of our own, unrelated to the schools. We seek to develop young people into student athletes with both abilities and character!

## Our Website

The official website for the  
Rockford Area Athletic Association (RAAA)  
and Rockford JO Volleyball is:

[www.raasports.com/jo-volleyball](http://www.raasports.com/jo-volleyball)



# RAAA Volleyball Board

We are led by a volunteer Board: Becca Erickson, Kelly Kinnan, Paula Byers, Sara Pauley, Jennifer Bidne, Joe Bidne & Jana Morrison

Treasurer: Paula Byers

contact us at: [RaaJOvolleyball@raasports.com](mailto:RaaJOvolleyball@raasports.com)



# What is JO Volleyball?

- JO Volleyball stands for Junior Olympic Volleyball, it is a club volleyball team- separate from the school team.
- It is for grades 3-12
- It is played during a school's off season.
- JO Volleyball begins in late Fall with Skills and Drills, and our program usually concludes in late March or early April.
- JO Volleyball includes both play-dates and tournament play.





# JVA

Rockford JO Volleyball is partnered with the JVA “Junior Volleyball Association” League - the association to which we belong.

This is a change- we have historically been with USAV NCR (North Country Region)- but we found that the JVA teams are a better fit for us (both in proximity and level of play).





# Team Sizes

- Teams will have a minimum of 8 players and a max of 12 players.
- When additional players are needed to reach the 8 player minimum, a new player may be added to a roster at any time.
- In order to avoid a forfeit at a play date or tournament, a player from one team may be asked to move up/over to another team for that particular date.
- Forfeiting an event can result in significant negative consequences to the team (or all Rockford JO teams), such as exclusion from future events.

# Team Placement



- Players will be placed on a team based on their age and skill level OR may also be grouped by grade level, school attended, friends, etc.
- Younger players may play up in an older age group, but older players are not allowed to play down in a younger age group.
- Evaluations will be held this season for all 7th-12th grade players who did not play on a Rockford Volleyball team this fall, and is required for these players. This will happen during Skills and Drills. Attending Skills and Drills will also help significantly with team placement for the younger players.
  - Skills and Drills: Nov. 11, 13, 20 at REAMS
    - 6-7 pm: Grades 3-6
    - 7-8 pm: Grades 7-12

# Cost



- **Grades 3-12- \$350**
  - (all-in -one pricing this year, rather than \$295 and \$60 as we had in the past)
- Time! Being in a community sport will also “cost” you time. We need you to volunteer, be involved with supporting RAAA sports, be a great fan, a driver & a lunch packer! AND it’s so worth it- seeing your student-athlete grow and develop.
- Additional costs to you during the season will include travel to and from practices and tournaments, entry to tournaments (usually \$5-\$10 per person), food & drinks during tournaments, and personal equipment such as spandex/shorts, shoes, socks and knee pads.



# Volunteer Expectations



2025/2026

- Rockford Rumble volleyball play date (1/11)
- Fundraising (meat raffles)
- RAAA events
- Equipment managers
- Tournament parent- keep track of players (bathroom, rotations, etc), get players to courts on time, fill waters.... your coach has enough on their plate

# Uniforms



- Jersey
- Black bottoms (long or short, loose or tight)
- Knee pads
- Court shoes (do not need to be volleyball-specific, but should not be worn outside)
- Socks
- Please no dangly earrings or jewelry

# Jerseys

## Jersey Policy

- No jersey deposit required
- Jerseys will be used for 3 seasons (this round was issued 2024)
- Jerseys are the responsibility of the player
- Lost or damaged jerseys may be replaced at the expense of the player (same number not guaranteed)





# Practice Times & Location

- Each time will practice 2 times per week.
- All practices will be held in the Rockford High School gym and/or the Rockford Community Center (enter through the Rockford Community Center ) or in the REAMS gym (enter through the bus entrance).
- Sunday practices will be at the HS/RCC between 1 and 5 pm. If there is a tournament on Saturday the Sunday practice may be cancelled.
- Weeknight practices will be on Tuesdays or Thursdays between 6 and 9 pm at REAMS.
- Additional practice times may be scheduled by a director, based on coach request and court availability.

# Practice Policies



- Attendance to practice is strongly recommended. Players are encouraged to attend even if they can't make the entire time or are injured and can not practice.
- Players who attend practice regularly and arrive on time will likely receive more playing time during games.
- Play after an excused\* absence at practice is up to the coach and will be determined on a case by case basis. (\*Excused means you notified the coach ahead of time.)
- Please contact your child's coach as soon as possible if they are unable to attend practice.
- Must be healthy to play.



# Liability



- Health & Injury Waiver for Pre-Season Activities – this waiver must be signed BY A PARENT prior to any Skills and Drills participation.
- We ask that players be dropped off no sooner than 10 minutes before practice and picked up within 5 minutes of the scheduled end of practice. Please contact the coach immediately if this will be an issue.
- Practice eligibility – you must be a registered member of JVA and Rockford JO Volleyball to participate in ANY Rockford JO Volleyball practice.
- ANY Injury that requires medical attention (including concussion) will require a doctor's release to return to practice. \*Coaches will notify parents if any issues arise during practice.

# Officiating Training



- **Tournament play REQUIRES all players and coaches** to complete officiating training.
- Each player will be required to participate as an R1, R2, Line Judge, Scorer and/or Libero Tracker at each tournament.
- Coaches will determine the role of each player based on training fulfillments.
- JVA does not have the same requirements for training as NCR did. We will determine the best way to train, with more information to come.
- Players **will not** be able to participate in playdates or tournaments until training is complete.



# Tournaments



- Our hope is that each age group will have the opportunity to play in 5-7 play dates and tournaments.
- Coaches and directors will work closely to create this schedule. Family/player schedules will be taken into account whenever possible.
- Rockford Rumble Play Date- Tentative for Jan. 11, 2026



# Playing Time at Tournaments



- Rockford JO Volleyball will give NO guarantee of playing time for players on teams.
- We encourage coaches to offer fair playing time to each team player. **Fair is not equal.**
- We will play your athlete as much as possible taking into consideration skill level, competition, position, attitude, dedication, injury and illness.
- Coaches can explain the reasons for reduced playing time to a player and attempt to give the player extra instruction in practice to help develop the skills in question.
- ***The player and only the player can discuss playing time with their coach during a tournament.***

# Parent Expectations at Tournaments



- Parents may not approach a coach to question their child's playing time while at a tournament.
- **Be a positive influence.** Poor sportsmanship can get a team disqualified from further play, at that tournament as well as future events.
- The time to discuss playing time is at the practice following the tournament and should be between a player and a coach.
- We also ask that you understand that the directors are parents first and directors second. Please allow them the time to watch their child play unless it is an emergency situation.



# Conflict Resolution

Conflicts may arise between player and coach, parent and coach, or coach and coach. If this occurs, please follow these guidelines for conflict resolution:

- If there is conflict, direct communication between the two parties should be the first step in attempting to resolve the issue.
- Players are encouraged to address their concerns to the coach. Such discussion helps to develop the necessary life skill of dealing with conflicts directly, immediately, and in a supportive manner.
- If the problem is not resolved between the parties, the player and his/her parent should bring the problem to the attention of the coach.
- If the coach cannot resolve the issue to the player's and parent's satisfaction, the conflict should be brought to the attention of the Director(s). Kelly Kinnan should be the first point of contact.
- ALL communication should occur at a time when the two parties can calmly discuss the concerns, no sooner than after the 24-hour cooling off period.



# Online Registration



Players are not registered and cleared to practice until the following have been completed:

- Rockford JO Volleyball Registration Form, waiver, and payment, all accessed through the registration link and part of the registration process.

## ROCKFORD AREA ATHLETIC ASSOCIATION

SERVING ROCKFORD, CORCORAN, GREENFIELD AND SURROUNDING MINNESOTA COMMUNITIES

*The Registration "JO Volleyball Registration" is not currently available.*

# Payment



## Player Fees:

- \$350 paid online through Sports Engine during registration
- May pay in full or break into 2 payments

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