



Coaches Checklist for School Intramurals

Chris Michalowski, Traverse City, Michigan

1. Please show up at the school before it lets out (very important!), so that the kids are not wandering the halls and will have supervision immediately. Kids should go straight to the gym after school and you should be waiting in the gym. (They may bring in a snack to eat).
2. Make sure that you have all of the needed equipment. This will include:
 - Nets
 - Racquets
 - Balls
 - Poly-Spot Markers
 - Tally Counter
 - Whistle
 - Score Sheets
 - Line-up and plan

The equipment above (except for whistles and score sheets, lineup/plan) will need to be dropped off and picked up with a schedule set by the instructors. There are not enough to go around for every school.

3. Set up the correct number of:
 - Nets
 - Racquets
 - Balls per Court
 - Poly-Spot Markers

The courts will be the three volleyball courts that run perpendicular to the length of the gym. Center the nets on each court. See diagram.

4. Get the kids organized as quickly as you can (Squads).
5. At the beginning of each week, you will have a lesson/league plan that will give you:
 - A warm-up guide for the kids
 - Announcements
 - League schedule for that particular week

Go over the schedule while they are in their squads and get the kids organized as quickly as possible.

The Warm-Up

It will consist of:

- Stretching (explain the benefits)
- Movement drill (suicides, shuffle drill, team relays with or without racquets and balls....etc)
- Champs of the Court
- Anything you feel would be a **SAFE** exercise for the players to perform before you start playing the matches.

The Matches

- Matches will be played on the courts that you have set up in the gym.
- Matches will consist of 12 minutes
- Before you start to play matches, stress to the players:
 - A. Players who are not playing should wait **BEHIND THE BACK LINE (Basketball sideline for safety)** and collect balls while they are not playing. They need to stay on their court.
 - B. Player on the court should stay close to the poly-spot markers and **should not cross over** on their partner's side or on the court next to them.
 - C. Players need to keep the ball inside the lines of the court in order to score points for their team
 - D. After 4 points have been played, hand off the racquet to the next 2 team-mates waiting to come in.
 - E. When time is up, players will need to:
 - Shake hands with their opponents
 - Pick up any loose balls
 - Get a drink
 - Go back to their squads quickly

Other Notes:

1. We will try to get one parent from each team there to help watch over the kids.
2. If you need help, the parents can assist you. Do not hesitate to ask them
3. Principals are concerned with safety, so please keep the kids in line and let them know that you expect their attention throughout the league or they will be asked not to participate anymore.
4. Please call Mick at 231-645-0143 or 231-941-9914 with any questions.