

Faculty / Coach; Jayme Frazier

Email - fraziej@linnbenton.edu Please email for office hours.

Class Time: Monday / Wednesday 2:00-4:00

Starting Date: **(Wk 1) Monday March 28 through (WK 9) Wednesday May 25 (last class day for this class) Four tournament dates will fulfill required course time.**

This course is designed for student athletes who plan to compete in Spring intercollegiate athletics. The course will provide each student with an opportunity to improve skills, fitness and strategy required for collegiate volleyball. Students will additionally practice team skills required for competition. This course is one (1) transferable credit.

Course outcomes include recognizing and describing the importance of consistent and effective intense participation as well as analyzing personal strengths and weaknesses with goal setting for improvement.

Requirements of course:

1. Follow local /college guidelines for covid hygiene (if necessary).
2. Daily participation in this course is Monday / Wednesday 2-4 pm. Course time will be two (2) hours each day x 18 dates (flexibility given for illness related absence)
3. Preparation for class including set up and take down of net system.
4. Specific warm up / cool down protocol to be followed so as to assist in preventing injury. Discuss with coach and follow through with athletic trainer if any injury occurs during any workout. Follow injury treatment protocol including healthy roster notifications.
5. Should students need to be quarantined, alternative assignments will be delivered which may include non-physical assignments / activities as physical workouts may be contraindicated. Follow state, college, NWAC, CDC protocols for Cov 19.
6. Returning Fall students will also be participating in a team study table session following Monday and / or Wednesday class from 4-5:30. Additional activities will be included as the term progresses; ie.. acupuncture, hazing discussion, mental health seminar, ind. ed plan discussion, 4 tourn. on Saturdays related to intercollegiate scrim., golf fundraiser, HOF, Blue Gold event

Grading protocol and points:

1. Participation points: 16 days (2 hours) x 5 points = 80 points
(2 of 18 not in the total and may be used in cases of absence due to illness)
 2. Fitness assessment / Goals analysis 10 points + 10 points
- TOTAL: 100 points**

Students will be graded on the following A-F option with 90% and above = A, 80%=B, 70% = C.

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in this class, please contact your instructor as soon as possible to discuss your needs. If you think you may be eligible for accommodations but are not yet registered with CFAR, please visit the [CFAR Website](#) for steps on how to apply for services. Online course accommodations may be different than those for on-campus courses, so it is important that you make contact with CFAR as soon as possible.

Dates for Scrimmages in Spring 2022 season:

To my knowledge, all places may have spectators. These are very informal and rarely do we have officials. We will wear a warm up shirt or likely our gray jersey.

1. Saturday April 9th at Corban
2. Saturday April 16th at Linfield or George Fox - Time / location TBD.
3. Saturday April 23rd at Pacific University - Plan for all day event.
4. Thursday April 28th - Hazing information 3:30-4:30 with Women's basketball
5. Saturday April 30th - NO ACTIVITIES
6. Saturday May 7th - Mini tournament vs SOU & WOU at Western Oregon University. 10:00 am and 11:30 am approx. match times.
7. Saturday May 14th - NO ACTIVITIES
8. Friday May 20th - Alumni Golf Fundraiser - will need most of team to volunteer for the afternoon to meet and greet at Diamond Woods Golf Course - should be fun afternoon.
 - Saturday Hall of Fame Event: I will have a few of you attend this event to meet and greet.
9. Wednesday May 25th - last indoor vball class 2-4 pm
10. Tuesday May 31st - Blue Gold event to be held in AC Gym. Time TBA but expect evening around 5:30 ish - Final Sand volleyball class today 1-3 pm
11. Wednesday June 1st - final weights class for team.