



VOLLEYBALL PROGRAM

Frequently Asked Questions

2025–2026 Season

Thank you to every family who shared questions and feedback about our volleyball program. The responses below reflect our program’s mission: to give every child an opportunity to experience athletics in a Christian atmosphere that builds self-esteem and athletic skills while working as part of a team. We hope this document brings clarity and reinforces how much we value this community.

GAMES & SCHEDULING

Q Why doesn’t my child’s team have more home games?

A We love hosting games at SEAS — and we know you do too! Unfortunately, the number of home games we receive is not within our control. At the start of each season, every CGSAA school submits its gym availability. Our Gym Coordinator and Administration work hard to maximize our availability, and we request as many home games as possible. The CGSAA then schedules across all schools based on everyone’s availability. We don’t always receive a game every time our gym is open. Our Athletic Director pushes hard to secure at least one home game for every team, and we’ve been fortunate in recent years to host both basketball and volleyball tournament games — something we hope to continue.

Home game scheduling is determined by the CGSAA, not by SEAS.

TEAMS & ROSTERS

Q Why can’t my child’s team limit its roster or hold tryouts?

A Our program’s mission is to give every SEAS student an opportunity to participate in athletics — not just our top players. The CGSAA and SEAS Athletics are intentionally not designed to be a “club” experience. Per our mission: “The Athletic Program exists to give every child an opportunity to experience athletics in a Christian atmosphere that builds self-esteem and athletic skills while working as part of a team.” If your family is looking for a more competitive, limited-roster experience, we fully support and encourage pursuing a club team in addition to playing for SEAS. Many of our serious athletes do both, and it can be a wonderful combination.

Club participation is encouraged alongside school athletics — the two are complementary, not competing.

Q How are teams split when there are multiple teams at the same grade level?

A This is one of our most frequently discussed topics, and we want to be honest: there is no perfect answer, and the CGSAA has no universal policy. Every school handles it differently. At SEAS, we do not permit A & B splits until 7th grade. Even then, it is at the discretion of the Athletics Committee, with input from coaches. Going forward, team splits will involve input from Administration, the Committee, and Coordinators to ensure parent and coach bias is not a factor. We rely on our mission statement to guide every decision.

A/B splits are not permitted before 7th grade. All decisions are made by the Athletics Committee.

Q Can two teams combine for the end-of-season tournament?

A Combining two teams for tournaments is permitted in certain situations, but it is never automatic or required. Any combination must be approved by the coaches of both teams and the Athletics Committee. We take this decision seriously – winning a tournament is meaningful, but our mission always comes first. The Committee and coaches review each situation individually, and a decision to combine for the end-of-year tournament may not be made until at least halfway through the season.

PRACTICE & DEVELOPMENT

Q Why does my child only have one practice per week?

A SEAS has one gym and 25 practice hours per week to share across all sports and grade levels. As participation has grown dramatically in recent years, so has the number of teams — making gym availability increasingly complex. Our school administration has worked hard to maximize available time, including asking the parish to use other facilities. Our current policy ensures every team receives at least one hour of gym time per week. Middle school teams are allotted two practices per week; developmental league teams receive one. Grade level priority applies: 8th grade receives first selection, then 7th, 6th, and so on. We understand every team would benefit from more time, and we will keep working within these constraints until an additional gym is built.

Practice frequency is determined by gym availability and grade level priority.

Q Are off-season practices or training sessions allowed?

A There is no formal policy prohibiting off-season practices or training, but they must never be mandatory — we encourage all student-athletes to participate in multiple sports throughout the year. If any off-season activity takes place off-site, the SEAS name, image, and likeness may not be used. We want to be clear: SEAS volleyball is not intended to function like a club team. For families interested in additional training beyond the CGSAA season, we encourage seeking out a club program — and we're happy to point you in the right direction. We are also fortunate to have coaches who host SEAS-only camps before the season begins, and we encourage every player to take advantage of those.

Off-season training is welcome but must never be mandatory, and the SEAS name may not be used for non-school activities.

COMMUNICATION & CONDUCT

Q What can we expect in terms of communication and conduct standards this season?

A The Athletics Committee requires that coordinators meet with all coaches before each season begins. Going forward, this pre-season meeting will be paired with clear, direct communication to parents outlining expectations for players, parents, and coaches alike. Before the start of every season, coaches, players, and parents will be asked to review and sign a Code of Conduct document. This ensures there is no ambiguity about what is expected of everyone involved in our program. Questions or concerns should be directed to the Athletic Director or Volleyball Coordinator.

A signed Code of Conduct is required from coaches, players, and parents before each season.

VOLUNTEERING & CONCESSIONS

Q Why are parents required to line judge or volunteer at concessions?

A The CGSAA is a not-for-profit league that runs entirely on volunteers. While they are able to cover scorekeepers and referees, every school is expected to provide line judges for each match and staff their own concession stand. Not having a single parent volunteer to line judge would be embarrassing — and we're proud that this has never been an issue for SEAS. For concessions, all families of student-athletes have the option to either volunteer their time or pay an opt-out fee. That fee is used to compensate others who step in when volunteers aren't available. Serving in this way is a small but meaningful part of supporting the program your child loves.

Every family is required to volunteer one shift or pay the opt-out fee. The fee supports the program directly.

— SEAS Athletic Department • 2025–2026