

On May 21, 2018, at 12:04 PM, Shane M Martin <Shane.Martin@k12.nd.us> wrote:

Mr. Fetsch (NDHSAA Executive Director) and Mr. Kevin Morast (NDHSAA Assistant Director):

I have attached a recommendation to the Board of Directors from my Head Volleyball Coach Mrs. Cindy Keplin in which I am in total support of in regards to the High School Volleyball limitations of games using the set guidelines.

When visiting with other WDA and EDC members, the spirit of the contest limit/rule in volleyball is to enforce a guideline in which teams cannot play more than 20 individual games in a season. With that being said, my coach has expressed concerns over the past few years concerning tournaments. She does not see the tournament play as beneficial to our program nor is it a requirement. So, in turn, why can't we just play 20 individual contests as long as we are meeting the requirements of our WDA conference which is double round robin play.

We would like to play 20 games instead of 18 singles and 2 tournaments. This will alleviate burn out for our girls and allow us to play 2 non conference games that are close in proximity allowing for less travel and less financial burden on us. We already travel over 100 miles for every game and the financial burden of two tournaments (hotel costs/ meal allowance/bus driver/fuel) is becoming an obstacle in our volleyball budget.

This proposed allowance for us to just play the 20 games would be very beneficial. I believe under the spirit of the rule, we wouldn't be doing anything out of the ordinary, we would just be adding the following terminology to the regulations:

18 and 2 tournaments or not to exceed 20 individual contests

Please take this under consideration at your next board meeting. This would be for the upcoming 2018-19 season. We would like to play Devils Lake (80 miles away) in two non conference games if possible.

Thank you,

Shane M. Martin, Ph.D., CSCS  
Athletic/Activities Director  
Title IX Coordinator  
Turtle Mountain Community School  
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(701) 477-6471 ext. 3224

May 21, 2018

To whom it may concern,

My name is Cindy Keplin and I am the Varsity Volleyball coach at Turtle Mountain Community High School and this will be my 9<sup>th</sup> season at the head coach at TMCHS. I would like to propose to you being able to utilize a 20 and 0 schedule. Right now the NDHSAA currently recognizes an 18 and 2 or 16 and 3 schedule but has no mention of what I am proposing. I have spoken to 4 other WDA head coaches and yet they say that they haven't heard of it being done it has never been requested before but seem to think it wouldn't be an issue since it is meeting the game criteria.

My reasoning for proposing this is that my team already has to travel hundreds of miles for each contest. My athletes play volleyball almost every weekend because of the distance between home and away games being as far north as we are in Belcourt, ND. This means that my volleyball players are playing volleyball 6 times a week from mid-August to mid-November and it is making for very long seasons. Removing two overnight weekends (tournaments) from the schedule will greatly help with the costs associated with traveling and burn out rates of my players.

I also don't feel asking varsity players to play 3 or more matches in one day is mentally or physically suitable in my opinion. I have been coaching for over a decade and have seen this at not only TMCHS but other schools I have coached at. It is very taxing on players to have to play that many matches in a day and I don't feel that tournaments really promote healthy environments for varsity level athletes. Volleyball is the only sport other than Golf that asks varsity level players to play in tournaments with several matches played in one day. Schedules between games, ensuring athletes are consuming proper nutrition and not over exerting themselves is a major concern and more often than not I have athletes that walk away from these tournament weekends injured.

I would ask that you would consider allowing my team to remove the two overnight weekends of tournaments from my schedule so that we can play two non-conference matches that would be better suited for my athletes and my budget.

Best Regards,

Cindy Keplin

TMCHS Head Volleyball Coach