



2019 Coach Guide

Below are some helpful tips, guidelines and rules for the upcoming 2019 Lakeshore Power League. We look forward to hosting your team and hope you have a great time!

- **Schedule:** The full playing schedule will be posted on AES and kept up-to-date throughout each weekend. The schedule will be posted no later than the Monday before each playdate. Last-minute schedule changes are always possible, and in the event of changes, your club director will be notified. Download the AES Express app for your smartphone or tablet to easily navigate your team's schedule through the event.
- **Rosters:** AAU-verified rosters need to be submitted prior to the first date of competition. Plan to arrive to your playing site early enough to check-in with the respective site director and sign your AAU-verified roster - this is required before your team will be allowed to participate. Please also update rosters in AES by Wednesday, January 2nd. This allows attending college coaches to see rosters before the event and plan their schedule accordingly.
- **Parking & Seating:** Most playing sites have free parking available. Please ensure that all fire lanes are kept clear. Each facility also has bleacher seating. Outside chairs are allowed at most facilities, but please understand that space in spectator areas will be limited. The facility staff at each location reserves the right to make individual decisions about outside chairs.
- **Food:** There are full concession stands at most facilities. There will be an area in each facility with several tables available for athletes to eat at - **no team food tables are allowed.** Athletes are permitted to bring food/snacks in a small personal cooler. **No crockpots, large or plastic coolers.** Please respect the food areas by keeping your space clean, taking care of all trash and alerting facility staff to any clean-up issues.
- The first weekend of league play will be used to determine seeding. After, teams will be placed into festival-style brackets of eight teams; the top 3 teams in the bracket will move up to the next bracket, the middle two teams will stay in that same bracket and the bottom 3 teams will move down a bracket.
- Warm-up times for teams playing their first match of the day will be 5-4-4. All subsequent match warm-up times will be 2-4-4. Warm up balls will be provided at each facility.
- Coaches may designate two liberos before each set. The libero is allowed to serve in one serving position.
- Below are the addresses for each playing site. Please pay attention as the location code may be slightly different on AES:
 - **MSA Fieldhouse:** 5435 28th Street Court SE, Grand Rapids, MI 49546
 - **MSA Woodland:** 2100 28th Street SE, Grand Rapids, MI 49508
 - **MSA Sports Spot:** 3701 32nd Street SE, Grand Rapids, MI 49512

