The focus of this study was to determine if NCAA Division I women’s volleyball programs were in compliance with suggested current pre- and post-activity stretching practices. The study looked at certification, size of school, win-loss records, and years coaching to determine if there was a link to pre- and post-activity stretching practices of NCAA Division I women’s volleyball programs. A survey was sent to 291 Division I women’s volleyball programs; 56 (23 males & 33 females) coaches, assistant coaches, strength and conditioning coaches, or assistant strength and conditioning coaches responded. A questionnaire designed to gather demographic, professional, and educational information, as well as specific pre- and post-activity practices, were distributed via email to NCAA Division I women’s collegiate volleyball coaches. Through the use of a one way ANOVA test, it was concluded that based on school size (BCS school vs. Mid Major school), we could not reasonably determine a significant difference in pre-activity static stretching due to an overlapping confidence interval of the two types of schools. Some results seemed to conflict with current suggested practices of pre-activity flexibility. Of the 29 programs that indicated they used static stretching, 17 had winning records and 12 had losing records. Current research indicates that a dynamic stretch, not a static stretch, is more beneficial to athletes prior to activity (Faigenbaum et al., 2006; Herda et al., 2008; Kovacs, 2006; McMillian et al., 2006; Samuel et al., 2008; Yessis, 2006; Young and Elliott, 2001). Coaching certification appeared to have little to no supporting data which correlated with current suggested recommendations for pre-activity stretching protocols as both coaching specific certified coaches and certified strength and conditioning coaches had their athletes perform static stretching prior to activity. In addition, years coaching only resulted in the data that showed the more years coaching, the less likely the head coach was to conduct pre-
activity stretching. In each age category, there were coaches who allowed static stretching prior to activity which again is against current suggested practices of conducting a dynamic stretch prior to activity. Results conclude that coaches of all demographics appear out of compliance with current research; further research needs to be conducted to determine why this is.