

Delta Region Volleyball News



**Delta Region
Volleyball**
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From the Commissioner...

Why do you play volleyball? If you ask adults this question, their typical answer is "because I enjoy playing with my team-mates" or "it's great exercise."

Volleyball is perceived as a lifetime sport and, while still being competitive, adult volleyball players have learned their life does not change based on wins & losses.

Consider now the average junior volleyball player. For most "travel" or "elite" team members, the dedication required to participate in a J.O. volleyball program means they are allowed to have few additional outside interests and must "specialize" in their sport. Few players can also be multi-sport athletes while retaining their academic excellence. The words "sacrifice" and "dedication" are used to describe their sport...why are their responses so much different than adult players? Whatever happened to "fun?"

If you have been a student of the current weekend event called a junior volleyball tournament, you've seen it all, ranging from elaborate buffet tables for teams to over-zealous fans screaming at officials. Junior volleyball has become the single-biggest activity (both in time and money) for many families. Are the players aware of this intensity? Ask any player about the quality of their trip home after her team went 0-6 one weekend. Privileges are lost; shopping money isn't available. Mommy and Daddy are grouchy. The trip home may be punctuated by a play-by-play analysis of the weekend or the exact playing times for each player—not exactly a pleasant journey.

Why do players stop participating in sports? "Because it was no longer fun" is the usual answer followed by "my coach was an idiot and made me mad." Adults sometimes suck the life out of children's activities. Parents blame the coach. Coaches blame the parents. The kids quit playing.

Responsibility falls equally on all parties:

- Athletes have a responsibility to give parents and their coaches respectful feedback—in the correct place. This is a great life lesson.
- Parents must keep their children's lives in balance with reasonable expectations.
- Coaches must understand the amount of influence they have over their athletes—far greater than they imagine.

Play the game. Respect the sport. Make it your goal for the 2008-09 volleyball season to be FUN! See you in the gym.

Commissioner Joe Williams

BOYS ALLOWED TO PLAY IN GIRLS 12 DIVISION

At the recent Delta Region Board of Directors meeting, it was decided to allow Boys ages 11 and under to play (born on or after September 1, 1997) with or against girls in the 12-year-old division for the upcoming 2009 season. Teams may consist of coed teams (boys and girls) or all boys' teams, and can compete in girl's 12-year-old divisions only. Boys age 12 will not be allowed to play.

It is the Boards hope that this might increase the awareness of boy's volleyball within the region and encourage local boys to become involved in the sport. The goal would be to see regional Junior Olympic boys teams form and compete throughout the nation as our girls teams have.

Note: This age definition is used by domestic club programs in the Delta Region. Boys or coed teams will not be allowed to play in the Delta Region Qualifier.

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USA VOLLEYBALL JUNIOR OLYMPIC AGE DEFINITION

For use during the 2008-2009 Season

18 and Under Division:

Female Players who were born on or after September 1, 1990 or players who were born on or after September 1, 1988 and a high school student during some part of the current academic year

17 and Under Division:

Players who were born on or after September 1, 1991

16 and Under Division:

Players who were born on or after September 1, 1992

15 and Under Division:

Players who were born on or after September 1, 1993

14 and Under Division:

Players who were born on or after September 1, 1994

13 and Under Division:

Players who were born on or after September 1, 1995

12 and Under Division:

Players who were born on or after September 1, 1996

Boys playing in the Girls 12s Division must be born on or after September 1, 1997. This definition is used by domestic club programs in the Delta Region only. Boys and coed teams will not be allowed to play in the Delta Region Bid Qualifier.



Meritorious Service Awards Announced



The Robert Lindsay Meritorious Service Award is presented each year to recognize individuals in each USA volleyball region who have made significant contributions to volleyball at the local, national or international level.

The Delta Region recipients for the 2007-08 season are:

Lee Dewey– Fort Smith Juniors BJ Golden-Little Rock Juniors

Fred Gramlich-Arkansas Juniors Maureen Haney-Tupelo Juniors

Ammar Rizvi-Memphis Juniors



Coaching Education a Priority With the Region

At the recent Delta Region Board of Directors meeting, it was decided that Coaching Education should continue to be a priority for the region. With the huge success the region experienced in 2006 with the CAP I coaching clinic, the Board elected to subsidize once again a USAV National level CAP I and CAP II coaching clinic to be held in Jonesboro, AR on December 6 & 7, 2008. To encourage junior clubs to send their coaches for accreditation, the Region BOD voted to reimburse the full "early-bird" tuition cost for all Delta Region coaches upon completion of their CAP accreditation requirements. *This is a value of \$290 for CAP I accreditation and \$430 for CAP II accreditation.* The deadline for early-bird registration is November 25, 2008. For additional information check out the Delta Region website at www.deltavolleyball.net.

The CAP I Clinic would be for all coaching and teaching levels, especially coaches who have had no or limited formal coaching education courses. All coaches must start with Level I to progress through the CAP Accreditation Program system. Presented content will be on-court and in-classroom (hands-on learning). The emphasis of CAP Level I is on teaching the skills of the game. Sessions include but are not limited to practicum in Teaching the Fundamental Skills (with Cadre feedback), Motor Skill Learning Theory, Coaching Principles/Foundations, Developing the Coaching Philosophy, the USAV Code of Ethics, Legal Duties, Drill Design and Implementation, Practice Preparation and Execution, Basis Offensive/Defensive/Serve Receive Organization Systems, etc. Additional Module topics may vary. Length of the clinic will be 13 to 16 hours in a 2 day format, plus follow-up work at home; Day 1 is 10 hours of core course instruction (Saturday, 8:30AM-9PM); Day 2 is 3-4 Elective Module topics in 1-1.5 hour long sessions (Sunday, 8AM-4PM).

The CAP II course is open to all CAP Level I accredited coaches of all coaching/teaching levels and experience, including those who have taken and passed the Level I Home Equivalency Test and met all other CAP Level I requirements. The emphasis of CAP Level II is on organizing and developing team play. Topics include but are not limited to Developing Guiding Principles, Developing Team Systems of Play, Building the Serve Receive Offense, Team Building; Effective Communication and Trust, Building Team Defense: Blocking and Floor Defense, the Challenge of Developing Out-of-Systems and Team Drills-Teaching the Systems. Additional Module topics will vary. Length of the clinic will be 15-18 hours in a two day format, plus follow-up work at home; Day 1 is 10 hours of core course instruction (Saturday, 8:30AM-9PM); Day 2 is 4-6 Elective Module topics in 1-1.5 hour long sessions (Sunday, 8AM-4PM).

All registrations must be made through the USAV National Office. To attend, a Delta Region coach must have already registered for the 2008-09 season and have attended an IMPACT course. (You may renew your membership NOW by registering online at www.deltavolleyball.net)

An IMPACT Clinic will be held on Friday night, December 5 at 5:45PM in Jonesboro prior to the start of the CAP Clinics. The non-refundable fee for this clinic is \$20 for Delta Region members. After you attend this clinic you will be eligible to stay over and attend the CAP I clinic held on Saturday and Sunday.

CERTIFICATION

REMINDERS

FOR THE 08-09

VOLLEYBALL SEASON!



BACKGROUND SCREENING:

It is the policy of the Delta Region that any adult who intends to register, affiliate, and/or participate with a juniors' volleyball club, team or sanctioned Juniors event will be screened. This includes Club Directors, club administrators, team reps, coaches, chaperones, trainers and Junior tournament officials. Background screenings are effective for two years.

IMPACT CLINICS:

It is a requirement of the Delta Region that each team have a coach that is IMPACT or CAP certified. A schedule of IMPACT clinics will be posted on the Delta web site as soon as they are confirmed.

REFEREE REQUIREMENTS:

It is a requirement of the Delta Region that each team have at least two certified officials by February 29, 2009. A complete list of the requirements is listed on the Delta web site. To serve as a "Provisional Referee", the candidate must complete a written examination with a passing score of 70%, attend annually a Club or Regional official's clinic and watch the Referee Video supplied by the region office.

SCOREKEEPER REQUIREMENTS:

It is a requirement of the Delta Region that each team have at least one certified scorekeeper by February 29, 2009. To become a "Provisional Scorekeeper" the candidate must attend a Club or Regional clinic annually and pass a written exam with a grade of 80%. To become a "Regional Scorekeeper" the candidate must serve as a Provisional Scorekeeper for two consecutive years, attend a Regional Scorekeeping Clinic, submit two completed score sheets to the Region office, receive a grade of 90% or above on the on-line Scorekeeper test.



REGISTRATION INCREASE IN DELTA REGION FOR 2008 SEASON



The Delta Region saw a significant 17% increase in memberships for the 2008 Season. Total individual membership reached 2073: for a total of 22 Junior Clubs and 182 teams. Here are the 10 largest clubs based on the number of members registered:

1. Memphis Metro: 304
2. Ozark Juniors: 272
3. Fatchmo: 216
4. Fort Smith Juniors: 215
5. Memphis Juniors: 199
6. Little Rock Juniors: 141
7. Arkansas Juniors: 129
8. Delta Force: 105
9. Club Net: 72
10. Lady Blazers: 57



The Region also had 3 Adult Men's teams register in 2008. Welcome Little Rock Air Force Base, Ozark Volleyball Club and Arkansas Roadkill.

Independent Referee membership rose to 19!

Delta Board of Directors Chosen

Recent elections were held for the three open positions of Delta Region Board of Directors. Nine candidates were nominated for the open slots. "High participation in our board elections is another indication of the commitment of our volleyball club leadership to improve the sport of volleyball in our region." stated Joe Williams, Regional Commissioner.

Elected to serve the Board as Executive Members for a three year term were: Fred Gramlich (Arkansas Juniors), Brad Schultz (Little Rock Juniors) and James Collins (Fort Smith Juniors).

The newly elected board members will join existing Executive Board members: Vice Commissioner, Juraj Okolicany (Memphis Metro), Jenny Kirk (Ozark Juniors), Samantha Lambert (Memphis Juniors) and Commissioner Joe Williams (Arkansas Juniors). Serving as advisory Board (non-voting) members: Joanie Williams (Delta Region Office Manager), Karen Waack (Ft. Smith JRS), Keith Hutchison (Jackson Juniors). Keith Hutchison was also appointed to the position of Regional/National Referee Coordinator.

The newly elected Board took office at the annual Delta Region Board of Directors meeting held August 16 in Jonesboro. Minutes of the meeting can be found on the Delta Region website @ www.deltavolleyball.net.

SIGNIFICANT CHANGES TO REGISTRATION FOR 08-09 SEASON!

Registration Opens October 15!

The On-Line Registration system will be up and running on October 15, 2008 for any individual wishing to renew their Delta Region membership. The 07-08 membership will expire on October 31, 2008. You might notice a couple of changes when you go to register this season:

CHANGE IN FEES: The individual membership fee has been increased this season to \$40.00 along with the Background Screening Fee to \$17.50. With the increase, the Delta Region Board decided to eliminate the \$30.00 team fee. Effective for the '08-'09 season, there will be no team fees collected.

CREDIT CARD ACCEPTANCE: As you will notice when you go to register this season, you will have the option of paying with a Visa or a Master Card. Yea!

MEMBERSHIP ACTIVATION IMMEDIATE: Good News! If you use the credit card option and choose to include the appropriate identification, the membership is active at that time. You will no longer have to wait for me to activate it. You will be allowed to print your membership card immediately. Just make sure you choose the right Club when selecting the Club to join. *Note: Adults pending background screenings will have this noted on their membership cards.*

COLLECTION OF FEES AND FORMS ELIMINATED: Any Club member that chooses to use their credit card & to put in the proper ID will no longer have to give the Club Director the Waiver and Release of Liability form or the USAV membership fee.

TRYOUT MEMBERSHIP: Since you are a member immediately upon registration when you use your credit card, you will now be able to print your membership card and take it with you to every tryout. Don't worry about the Club you choose. I can change it from my end when you make your Club selection. Make sure you print the Medical Release form and take it with you, too.

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NATIONAL TOURNAMENT SITES DETERMINED

Miami, Florida will host the 2009
USA Volleyball Girls' JO Championships
Friday, June 26-Sun, July 5, 2009.

*Adult USA Open Championships
will be held in Minneapolis, MN
Saturday, May 23-Saturday, May 30, 2009.*

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The Agony of Deparent by John Kessell, USA Volleyball Director of Beach Volleyball, Disabled, Education and Grassroots

As I watch parents and coaches agonizing over defeat, and in the rapture of victory, I think two key things are missing.

1. The parents need help in enjoying all matches; losses as well as victories.
2. We are good at the lessons of winning, but we simply do not learn enough from losses or temporary setbacks.

The fact that so many seem to forget, but an essential, key fact that is true in the hundreds of thousands of volleyball matches played world wide each day...is simple. Half the teams playing...lose...or for those wanting percentages, all matches result in 50 percent of the teams in each contest ending up as the loser. So...

- Focus on what you can control, - your own actions, not that of others.
- Do your best to be the best you can be, and focus on that task.
- Congratulate the winners sincerely - respect for your opponents by all in a program, parents included, and the effort they bring to the game, is what makes each player better.
- No despair, blaming, excuses, or whining
- Remember, it is a GAME, teaching lessons of life, and life after the loss starts as soon as the final whistle blows.
- The Chinese proverb says so much – Winning and losing are temporary; friendships last forever.



You can read more of *The Agony of Deparent* by visiting www.usavolleyball.org (Education/Publications)

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