



April 2020 / Issue: 348

Hi <<First Name>>

Its time for the April newsletter, obviousley not a lot of on court action at the moment, however the work of SW Volleyball continue so a few updates below.

Congratulations for our SW League winners, details below and if you tune into any Sports TV Channel at the moment, you will see match replays listed as "Match Classics", "Retro", "The Best of". Well, we can do that as well, so below we take a trip down memory Lane and look at some of the matches we featured in past newsletters of teams that have since folded - more next month.

We have not been able to reach everyone so far about the new newsletter mailing list, so please forward on and pass around your club etc.

Click to [Subscribe](#)

Regards

Dave Reece

SWVA

Past Newsletter: <https://www.swva.org.uk/newsletter>

2019-20 SW League Winners

Today should have been the last day of matches for the SW League 2019-20 and it is a real shame that we have not been able to complete the league program. Given that all teams completed over 70% of their matches, with a few having completed all their games, it also seems a little unfair if we do not award any honours for this season, so I put a proposal to the SWVA Committee last weekend, which has now been approved.

The 2019-20 honours will be awarded as follows:

SW Ladies League:

Winners – Taunton Kidz; Runners-Up – Torexe



Taunton celebrating their 14th straight league victory in this years program (from Taunton FB)

SW Men's League

Winners – Exeter Storm; Runners-Up – Cheltenham & Gloucester



Exeter Storm celebrating their win at this year's EDVA Tournament

Player of the Match Awards

SW Ladies – Laura Kumala – Royal Wootton Bassett and Mijke Van Der Zee – Torexe who both had 6 nominations each

SW Men – Ridvan Karacay – Exeter Storm with 8 nominations

Brief rationale for the awards.

SW Ladies

Torexe and Taunton were the top two teams at the end of the completed matches and could not be caught by any team below them. Based on the likely outcome of the remaining matches and the fact that Taunton won both of the head to head matches between Taunton and Torexe, the title this year goes to Taunton.

SW Men

Exeter Storm despite not completing all their fixtures had already secured enough points to win the league, which left a decision between Cheltenham & Gloucester and Lydney Lynx for second place. Although there was a mathematical possibility for Lydney to overtake C&G, based on the likely outcome of the remaining matches and the fact that C&G won both of the head to head matches between the two teams, C&G have been awarded the runners-up place for this season.

We are currently sorting out the trophies and will organize presentations of the awards when we know more about when the social isolation restrictions will be lifted and what summer events will take place.

I hope that you are all managing to stay safe and well during these strange times and that we will get back to playing as soon as it is safe to do so.

Regards,

Rachel

SW Junior Coaches Head to Slovenia



Tim at work running the SW JuVoTo Bristol event

In February we began the search for 2 coaches of junior players to represent England at the CEV Coaches Convention. After assessing 19 applications, we're now in a position to announce who has been chosen. Although, because of the coronavirus, it is difficult to know whether the convention will go ahead as planned in Slovenia between 12-14th June, if it does, our representatives will be Tim Clifford and Dave Gunter.

Tim Clifford, of Bristol Spikers and Bedminster VCs, said: "I'm absolutely thrilled to be chosen to represent England at the CEV Coaches Convention. It's a big honour to be picked. It will be great to go and listen to other coaches, their ideas, views and different approaches to coaching at grassroots level in different countries.

We have 10 coaches in our development programme across our Senior & Junior clubs plus 4 schools & their respective teachers here in South Bristol. It will be invaluable to take the coaching ideas and strategies learned back to those environments.”

Dave Gunter, of Wessex VC and the South West Girls' U17 regional squad, added: “I’m really excited to have been selected to represent Volleyball England at the CEV Coaches. Convention.



As a coach, I work extensively with juniors as well as tutor coaches and teachers so having the chance to learn new techniques, get new ideas and see different approaches on how to introduce volleyball to juniors, which I will be able to personally apply but also pass onto others, is hugely exciting. I really believe that coach and teacher education in this area can have a massive impact on the growth of our sport.”



Dave at work with the SWU17 2019 IRC Champions

Congratulations both!

From VE Website

SW Georgia McGovern is heading to the USA



Georgia McGovern, has been offered a place at the prestigious Claremont McKenna College in the United States after being recognised for her talent in volleyball.

With 60 appearances for England Junior Volleyball and more recently selection with the England Seniors, Georgia's offer to attend a highly regarded US West Coast College is a natural step for the gifted student.



Georgia, part of the SW 2019 Inter Regional Champions Winning Squad

18-year-old Georgia recently finished her five-year England Junior Volleyball career at the Northern European Volleyball Association (NEVZA) Under 19 Championships, helping England secure 5th position at the event in Finland. She was recognised as the best setter of the entire competition and voted on to the all-tournament dream team; the first ever English woman to be voted in at U19 level.

Georgia was subsequently selected to play for England Seniors squad in the Novotel Cup in Luxemburg. England came second in the tournament, losing only to the hosts. She continues as part of the England Senior squad, as well as playing for Bristol Volleyball Club in the National Super League and Taunton Junior Volleyball Club.

Georgia has accepted an offer from Claremont McKenna College (CMC) to study and play volleyball for them. CMC is one of the highest selective liberal arts colleges in the United States by acceptance rate and is often known as the Ivy League in the West. Claremont McKenna Scripps is one of the top ranked volleyball teams nationally in its division.

From and more info at: <https://www.tauntonschool.co.uk>

SW Awards 2019-20 Volunteer Nomination Forms

The South West Volleyball Association appreciates the importance of volunteers in our sport and the huge contribution they make.

The Annual Awards go a little way to recognise their contribution and we hope that clubs and members will nominate those who they believe have put in their time and energy to assure the future development of volleyball.

Award categories:

Awards

Doreen Dingle Administrator Award

Bert Williams Referee Award

SW Coach Award

Commitment to SW Volleyball Award

SW Contribution to Volleyball Award (U25)

2019 Winners

Cliff Ball

Daniel Sarnik

Dave Gunter

Ros Sutherland

Immy Dawes

The deadline for all nominations is 10th May 2020. Please use the nomination form link below or download a paper copy:

- <https://www.swva.org.uk/annual-awards-form>
- [SWVA Volunteer Awards 2020 blank nomination form](#)

2019 Doreen Dingle Award for administration – Cliff Ball



Cliff has been a long-term administrator with the South West VA and Wiltshire VA plus recent work on the National scene with Children and Young Persons development.

Cliff Ball (left) receiving the Doreen Dingle award from SWVA Representative Tim Clifford

2019 Bert Williams Referees Award – Daniel Sarnik



Dan is a regular referee at the SW Champs and has been progressing through the NVL structure with recent Division One Matches and the SW Champs Men's Final.

2019 Coaches Award – Dave Gunter



Dave has given a tremendous commitment to coaching over the last few years with the South West VA, Wessex VC Juniors & Senior teams, VE Staff Tutor and Southampton Solent University.

2019 Commitment to SW Volleyball – Ros Sutherland



Ros Sutherland has been one of longest serving members of the SWVA coaching team as well as decades of development work for the sport in the region and her local East Devon area.

Ros Sutherland receiving the SW Commitment award from SWVA Chairman Dave Reece

2019 Contribution to SW Volleyball (U25) – Immy Dawes



Immy has been assisting and coaching junior sessions in the SWVA and the Academy of Beach Sport during the last 10 years. Managing a range of athletes and supporting them on their journey through the sport.

Immy Dawes receiving the SW Contribution award from SWVA Representative Tim Clifford

Trip Down Memory Lane



Tune into any Sports TV Channel at the moment and you will see match replays listed as “Match Classics”, “Retro”, “The Best of”. Well, we can do that as well, so lets take a trip down memory Lane and look at some of the matches we featured in past newsletters of teams that have since folded.

In the list below we start with Devon Women and congratulations to Laura (No 10) above who became a mum for the first-time last week.

From Issue 221: Devon Women v Portsmouth 2007

EVA Womens Division 2 Match (16-09-2007)

Devon (White Knee Pads) v Portsmouth (Black Knee Pads)

Video Sponsored by: Portsmouth VC

From Issue 230: Plymouth Men v Reading 2008

Plymouth Activate is a team that has been turning heads this year and attracting quite a bit of local interest in the Southwest. They are currently on route one for promotion in the EVA National League, from Division 3 West to Division Two. As well as an unbeaten league record they are also through to the National Shield Final.

Plymouth Activate (White)

1. S. Allen / 2. M. Whaley / 3. M. Cox / 4. D. Taylor / 6. K. Greczynski / 7. S. Roger / 8. A Potter / 9. C. Taylor / 10 D. Luckraft / 11. C. Teoh / 12. D. Gillard

Reading Aces 2 (Black)

1. M. Colebourne / 4. R. Brown / 5. M. Scutt / 6. J. King / 7. C. Codorean / 9. M. Razinger / 12. A. Mant / 14. P. Parsons

From Issue 225: Team Bath-Wessex Ladies v Warwick Riga 2007

We have an excellent match for you to watch over the holiday period, the EVA Division 1 top of the table clash between Wessex-Team Bath and Warwick Riga (watch out for the power hitting of Lucy Boulton No. 12).

Wessex-Team Bath (Blue – Yellow)

1 S. Smith, 2 V. Palmer, 4 L. Herbert, 6 H. Beown, 7 S. Lewis, 8 J. Rogers, 9 S. Mullin, 11 V. Oefamda, 10 L. Smith, 12 L. Boulton.

Warwick Riga

1 C. Haederli, 2 S. Loven, 5 L. Purcell, 6 M. Percyer, 9 A. Meister, 10 J. Werdich, 12 A. Smith.



From Issue 228: GB Women v Denmark 2008-01-06

2008 Novotel Cup Final (06-01-2008)

Denmark (White/Red) v Great Britain (Dark Blue)

The result was clearly shown in the faces of the GBR squad, as they were victorious over Denmark in the final of the 2008 Novotel Cup. If one could measure the size of the smile in setter's Jo Morgan's face, after the match, you can realize that that was the measurement of her first tournament win as a starting setter for GB. This was reemphasized by the 'electricity' and 'determination' in of each one of the players who

were a part of this triumph. Team GBR avenged two five game losses to Denmark this past summer and showed that they are starting to learn about playing international volleyball.

The match was an amazing 2 hours and 13 minutes long with the second set lasting 31 minutes, player of the tournament for the GB Squad was right side, Rachel Laybourne and most improved player was setter, Joanne Morgan. The set scores were: 25-22; 27-29; 25-20; 21-25, and 15-9.

The team resumes their training with Intra-squad matches on Feb 22 and Feb 29 which will help to prepare for Israel's visit in March and the European Qualifier against Albania in Sheffield on May 8th.

Video & Report provided by: BVF Lorne Sawula

SW U15 Boys Coach Position Available for 2020/21



Come and join the team...

Our current SW U15 Boys Head Coach is standing down after this years Inter Regional Championships and hence we have a vacancy for the 2020/21 program.

All training sessions currently take place at the Riverside LC in Exeter or Wellsway LC in Bristol, both double court facilities, once a month. The sessions are split e.g. Girls then Boys, so there will be an opportunity to get involved with all squads.

For anyone who is interested, there is also the opportunity to attend this year's Inter Regional Championships in May with the current squad as our Assistant Coach can not now make the date.

Basic job descriptions are as per the list below, in addition to this all SW Squad Staff need to be a registered member of Volleyball England, either via their Coaching / Refereeing membership or as a registered Player, everyone else will need to register as a volunteer member.

- [SWVA Job Description Head Coach](#)
- [SWVA Job Description Assistant Coach](#)

All sessions are run under our SW Junior Volleyball Club and everyone working at these sessions must act with respect to the Volleyball England Child Welfare Policy & Guidance documentation. A copy is available at: https://volleyballengland.org/about_us/safeguarding_club_welfare/policy_and_guidance

To apply or just to register an expression of interest, please fill in the [application form](#). Any questions or if you would just like to know more, please contact Jurek Jankowski (jurek.jankowski@gmail.com)

Help for volleyball clubs impacted by the coronavirus



To support clubs through this uncertain period, the Hub team has pulled together key resources and examples of best practice in areas such as finance, communications, and facility hire, which can be explored below.

While we are working hard to tackle emerging challenges, we do not have solutions to all the problems being experienced. If there is an issue not addressed below and you need some support, please contact membership@volleyballengland.org and we will do our best to overcome it with you.

FUNDING

Undoubtedly one of the biggest areas of concern for clubs at this time. With costs such as venue hire continuing yet membership fees being frozen, we understand the dire financial situation some clubs are facing. It is worth acknowledging here that the insurance clubs receive by affiliating to Volleyball England does not cover losses caused by the coronavirus.

So, what options are available to help plug or reduce the size of this gap?

Sport England: A package of up to £195 million has been announced to help Sport England partners, clubs, and community organisations cope with the short and long-term impact of the pandemic. The two areas of this fund that are likely to be most relevant to clubs are the following:

- **Community Emergency Fund (£20 million):** for clubs and community organisations – including those not currently supported by Sport England – to bid for grants between £300 and £10,000 if they are experiencing short-term financial difficulty as a result of the coronavirus. Sport England used the following to illustrate who can apply: “A specific example might be a grant to support a local boxing club pay costs for their facility when no activity is taking place”.
- **Sector stimulation (£55 million):** To support and stimulate the sport and physical activity sector during this period of restrictions, fund new and innovative ways to keep people active and – when the period of restrictions is over – to help organisations get back to business and adjust to a different environment. Details on this fund are set to be released in the coming weeks.

Further details: www.sportengland.org/how-we-can-help/our-funds/community-emergency-fund

If you have received Sport England funding and were working on delivering projects or events prior to the coronavirus pandemic, it is worth noting that from 17th March for a period of 3 months, Sport England has introduced significant flexibility to some conditions attached to that support. For more information, please discuss this with your point of contact at Sport England, contact funding@sportengland.org or 03458 508 508.

Government support: New funds as well as several business support measures have been announced by the government. The Sport and Recreation Alliance has compiled a great overview of these changes on its website: www.sportandrecreation.org.uk/news/politics/covid-19-business-support-measures-faqs

Charities Aid Foundation: A fund has been set up to help smaller charitable organisations with grants of up to £10,000. This fund is limited to organisations which had an income of £1 million or less in their last financial year and are either: UK registered charities; registered with Companies House or the Public Mutuals Register as a charitable or not-for-profit entity; or are unregistered entities and social enterprises.

Further details: www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund

Ask members to continue to pay their fees: It is important to recognise that some members will not be in a position to but, if you approach them in an open and honest way, you may find some will be happy to continue to pay to help with club finances. An alternative way of approaching this could be to start a

fundraising page on a platform such as JustGiving. On that site, [Chipping Norton Rugby Club](#) has raised £1,325 while supporters have donated £2,185 to [Southampton Gymnastics Club](#) in recent weeks.

Need some further funding guidance? Email fundingsupport@volleyballengland.org

HEALTH AND WELLBEING

Echoing the rallying call of Tim Hollingsworth, CEO of Sport England, exercise is now more important than ever before and clubs can play a vital role in keeping people active.

As a starting point, on our website we've started to compile a [helpful list of volleyball-inspired drills, workouts and exercises](#) that you can share. This includes links to a [series of free-to-access videos](#) from 'The Art of Coaching Volleyball' – a leading online resource.

If you give them a try or perhaps put together your own routines, it would be great if you can share them with the community by tagging @VBallEngland and using the hashtag #StayInWorkOut or #digginginthegarden on Twitter. Alternatively, please email our communications team: communications@volleyballengland.org

Staying at home for a prolonged period, perhaps in isolation, may have an impact on the mental health of your club members, particularly those from another country who might have less family and friends around them. As well as encouraging them to exercise, which has a big impact on how we feel, staying connected by reaching out and talking to members can help.

COMPETITIONS

On 16th March, Volleyball England made the difficult decision to cancel all camps, competitions, and courses until 20th May. On 31st March, this period of cancelled activity was extended to the end of June.

As a result of this decision, the 19/20 season of the National Volleyball League was left with many games left unplayed while competitions such as the Sitting Grand Prix were not completed. Volleyball England's Competitions Working Group is aiming to make a fair and transparent decision on how these competitions will be concluded by the end of April.

The methodology for this decision can be applied to regional and local leagues but it will not be mandated.

The million-dollar question as to when competitions will return is difficult to answer. Ultimately this will come down to when the government allows it.

COMMUNICATIONS

With no matches or training, it can be difficult to know what to share with members on websites, newsletters, and social media. Nevertheless, during this extended period of inactivity, it is important to keep those communications going to avoid members becoming disengaged.

Some clubs have recorded videos of creative home workouts or challenges while others have used this period of isolation to reflect on memories or learn from others. In the place of training, why not organise a team meeting over video chat to see how everyone is getting on?

If you're in need of some inspiration, head to the Volleyball England social media channels or website or email the communications team: communications@volleyballengland.org.

Sports clubs are also influential in their communities, so please encourage people to stay safe and to follow government guidelines too.

VENUES

A number of clubs have asked us for advice on breaking free from contracts with their facility providers. Our advice would be to talk to your venue, see if there's something mentioned in your contract and, if there isn't, honestly broach the subject with them. Your venue is essential for your club's sustainability so we wouldn't advise you to break ties.

Sport England is also working with local authorities and the organisations who run their leisure facilities and have been supporting them to access the government support which is available.

TRAINING AND QUALIFICATIONS

We're currently working with CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) on developing digital versions of the referee and coach courses.

SAFEGUARDING

If you're able to move some club activity online – for example training sessions/workouts – the NSPCC's Child Protection Unit has issued some useful advice for you to read. You might already have them in place, but it's worth revisiting and potentially revising or reminding members about how they use social media, codes of conduct, parental consent and other processes.

Find out more: thecpsu.org.uk/resource-library/best-practice/remote-teaching-and-coaching

Maintenance and Cleaning Your Mikasa Volleyballs

**The maintenance method for laminated balls
(Synthetic leather / Natural leather type)**



V200W

Laminated ball (Synthetic leather / Natural leather type)

This is a type of a ball of which the panels are laminated onto ball's carcass. Mostly, the panels are used for volleyball and basketball.

Applicable products : MVA200 / BQ1000 etc.

Ball care after using the ball

- Please wipe the surface of the ball with a soft cloth.
- If you are unable to remove dirt easily, please wipe the ball with a moistened cloth.
- If you are unable to remove dirt with water, please wipe the ball with a cloth moistened with a water-diluted mild detergent.
- If you use mild detergent to clean the ball, please wipe off any remaining detergent thoroughly to ensure that it does not remain on the ball surface (detergent may cause ball discoloration)
- If you use water to clean the ball, please wipe the ball afterwards with a dry cloth.
- Please dry the ball out of direct sunlight in a well-ventilated place.
- If the ball has been soaked in rain, please wipe away moisture and dirt using a cloth, then dry the ball out of direct sunlight in a well-ventilated place.
- Please do not wipe the ball with solvents such as benzene. (This may damage the cover material)

When the ball gets wet

Panels for a laminated ball are bonded by glue on the ball's carcass.

The excessive moisture and heat to the ball brings a decrease of adhesion force, and the panels may peel off or may have discoloration.

- If you use water to clean the ball, please wipe the ball afterwards with a dry cloth.
- Please dry the ball out of direct sunlight in a well-ventilated place.
- Please do not use the dryer to dry the ball out.

Precaution

- Please avoid leaving balls in a place that is exposed to direct sunlight.
 - Please avoid storing balls in hot or humid places.
 - Please store balls in a well-ventilated place.
 - Please dry balls regularly in a well-ventilated place out of direct sunlight.
-

The maintenance method for a stitched ball (Hand-stitched /Machine-stitched)



VLS300

Stitched ball (Hand-stitched/ Machine-stitched)

This is a type of a ball of which each panel is stitched over the ball's carcass. Stitched balls are categorized into hand-stitched and machine-stitched.

Applicable products : VLS300 / FL555-WBK etc.

Ball care after using the ball

- After use, please remove any dirt or sand that may be lodged in the ball stitching part, using a rush or similar tool.
- Please wipe the surface of the ball with a soft cloth.
- If you are unable to remove dirt easily, please wipe the ball with a moistened cloth.
- If you are unable to remove dirt with water, please wipe the ball with a cloth moistened with a water-diluted mild detergent.
- If you use a mild detergent to clean the ball, please wipe off any remaining detergent thoroughly to ensure that it does not remain on the ball surface (detergent may cause ball discoloration)
- If you use water to clean the ball, please wipe the ball afterwards with a dry cloth.
- Please dry the ball out of direct sunlight in a well-ventilated place.
- If the ball has been soaked in rain, please wipe away moisture and dirt using a cloth, then dry the ball out of direct sunlight in a well-ventilated place.
- Please do not wipe the ball with solvents such as benzene. (This may damage the cover material.)
- Please remove air after use, if the same air pressure remains in the ball after use, the ball may expand or distort.

Precaution

- Please avoid leaving balls in a place that is exposed to direct sunlight.

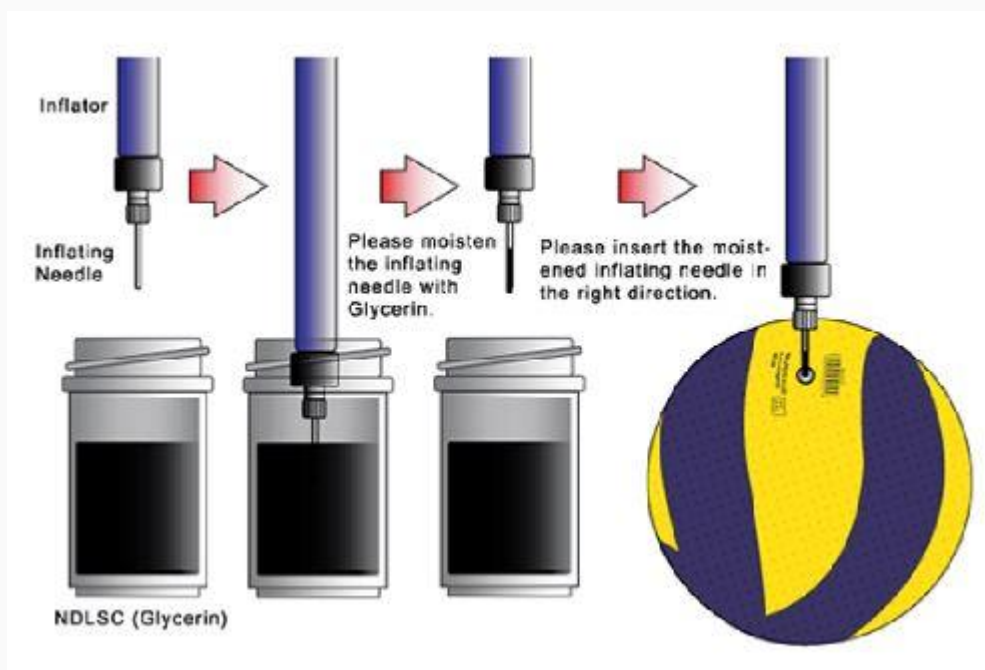
- Please avoid storing balls in hot or humid places.
- Please store balls in a well-ventilated place.
- Please dry balls regularly in a well-ventilated place out of direct sunlight.

Precautions for inflating

A word of caution when inflating the ball, please always moisten the inflating needle with Glycerin (NDLSC) before inserting it into the valve.



Inserting a dry needle may damage the valve and cause air leakage.



from: <https://mikasasports.co.jp/e/support/maintenance/>

How to rewatch VE's coronavirus support webinar for clubs

Webinar protocol

Club Support Webinar - Coronavirus

Your microphones will be muted

Please turn off webcams (no offence) to help with the quality of the audio

padlet

Share your questions and thoughts through Padlet using this link
<https://tinyurl.com/u9kv5vx>

There is a 20 second lag from us speaking

Live event Q&A

Featured My questions Most recent

Moderator 5:12 PM
Welcome everyone

Moderator 5:12 PM
To write your thoughts click on this link - <https://tinyurl.com/u9kv5vx>

Anonymous 5:22 PM
I have a Club member who suggests triangulars to finish off the season. Is this being considered?

Carol 5:28 PM
Evening all

Fabio 5:35 PM

Ask a question

Volleyball England

Thank you to everyone that joined us for the coronavirus support webinar for clubs on 25th March.

In total, more than 120 people tuned in with dozens of questions asked – we hope you all found the information useful.



The webinar was set up to allow:

- Volleyball England to, where possible, answer questions, talk through its priorities during this uncertain period and explain how it can support clubs
- Clubs to share the difficulties they are facing and let Volleyball England know what help they require
- Clubs to share best practice so they can learn from each other.

If you were unable to attend, or would like to watch it again, a recording has been made available on our YouTube channel: <https://youtu.be/mqJpaQ86DuI>

[If you would like to download the slides from the webinar, please click here.](#)

[Click here to view the 'Padlet' set up to allow clubs to share thoughts and further questions.](#)

This was the first webinar we have ever organised and we'd appreciate your feedback. If you have any comments, please email communications@volleyballengland.org

From VE website