



## Feburary 2020 / Issue: 346

Hi << Test First Name >>

Plenty of news around at the moment so time for the Feb newsletter

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.

Summer tournament dates are becoming available, if you have an event not listed, then let us know.

To subscribe to the Newsletter, please go to the SWVA web site: [Subscribe](#)

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

Regards

Dave Reece

SWVA

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

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**SW Champs 2020 Entries – Open 7th March  
at 10am**



This year's SW Champs entry procedure has now been confirmed by the SW committee. A maximum of 28 teams can enter the SW Championships and places will be allocated in two rounds until the event is full on a first come first served basis. Existing South West and National League teams will be given priority under Round One. All other teams within the SW region can enter under Round Two.

**Round One:**

- Round One will open at 10am on Saturday 7th March for all SW League and VE National League teams.
- Clubs can enter up to two teams per gender from their existing NVL and SW League teams.
- All entries will be via an online form on the SWVA web site (first come first served).
- Once received, payment details will be emailed shortly afterwards (BACS, Paypal or Cheque), payment must be received before Round Two opens to confirm your place under round One.

**Round Two:**

- Round Two will open on Saturday 14th March at 10am, for all teams located within the SWVA region from the SW, NL, Local, BUCS and SW Crown Services programs.
- Clubs limited to a max of two qualifying teams per gender under round one, can now enter a third or fourth qualifying team if required (note all teams entered must be playing this season in NVL, SW, Local, BUCS or Crown Services competitions).
- All Places not confirmed under round One (i.e. payment not received) will be reallocated, team can re-apply under round Two.
- Payment details will be emailed shortly afterwards (BACS, Paypal or Cheque), payment must be received within one week of receiving the email to confirm your place.

Please note that this tournament is the South West's elite competition to find the best team in the region. Teams are therefore expected to select their players from their current registration lists and the organizers reserve the right to apply sanctions to the club for future events for obvious transgressions.

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# SW Beach Team Assistant Coach Required

We currently have a vacancy in the SW coaching team for an assistant coach to help run the Boys SW Beach team plus a couple of volunteers to help out. You will be working with our head coach, Denise Austin and other members of the SW coaching team. If you are interested, please have a read of the info below and submit your details, the closing date is the 31st March 2020.



## Inter Regional Beach Championship Program

In the SW we promote open training sessions available to all, squad selection, match training and where possible pre event competitions for the teams. We also promote travelling, eating and staying together to build the team spirit for the final event.

More information and application form, see: <https://www.swva.org.uk/join-the-beach-team>

## Guernsey – Referees Required



Guernsey Volleyball are hosting the annual inter insular against Jersey on Saturday 28th March. We were wondering if there would be anyone willing to come over and referee these matches for us please?

If the price for travel and accommodation is within our budget then we will pay for this for the person.

Many thanks,

Jen Lindfield [gvasecretary@hotmail.co.uk](mailto:gvasecretary@hotmail.co.uk)

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## Cardiff Volleyball Futures Coaching clinic

The date has been changed to Sat 28 March, Univ South Wales Sports Park, 10am to 1pm.

For male and female players born 2006 or younger, who are relatively new to the game or complete beginners.

For teachers, coaches, parents etc that are keen to learn how to best introduce volleyball to this age group in a fun and interactive way

Free to attend.

Please register (players/coaches) with Kate by email [Kate@KateFalkner.com](mailto:Kate@KateFalkner.com)

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## My IRB Experience – Tom Falkner Ham

*Each year we ask a number of our young athletes to report back on their experience, today we focus on Tom Falkner Ham who was selected to represent the SW at last summer's Inter Regional Beach Championships.*



Tom Falkner Ham (2nd from the left)

This was the first year the inter regional beach competition took place and I was lucky enough to be selected to represent South West England. It was held at the beach centre in Cardiff. The beach courts in Cardiff have only been there a few years and it's an awesome setup already. It used to be a bowling green and now they've turned it into 6 beach volleyball courts!

The competition was over 2 days and there were 8 regions from across England and Wales. The competition was a good standard and there was quite a few England international players playing. The strongest team in both the men and women was London. They were very good and ended up winners of the whole competition in both genders.





My partner for the competition was Dan Huggins. He was the defender and I was the blocker. We had never played together on beach and this was the first time. Our first game we played against a pair of wildcards in the tournament who we beat with confidence. It took us this game to get used to each other and how the other person set and passed etc. After the first game it just got better and better and we then won all of our games on the Saturday apart from losing against London which was a tough game which we lost 2-0. This meant that we were through to the quarter finals on the Sunday.



We finished on Saturday at around 6pm. We then went to Cardiff metropolitan university halls of residence as this was our accommodation for the night. It was only a 5 minute drive from the beach courts which was ideal after a tiresome first day. All of the food was provided at the beach centre so we eat there which saved us going out for food in the evening and morning.

The next day we went for breakfast at the beach courts before playing our first match. This was the quarter finals and we played South East. We beat them 2-0 and our second seeds also won their game so we didn't have to play a golden set thank god! This meant we were into the semi finals who we played against West Midlands.

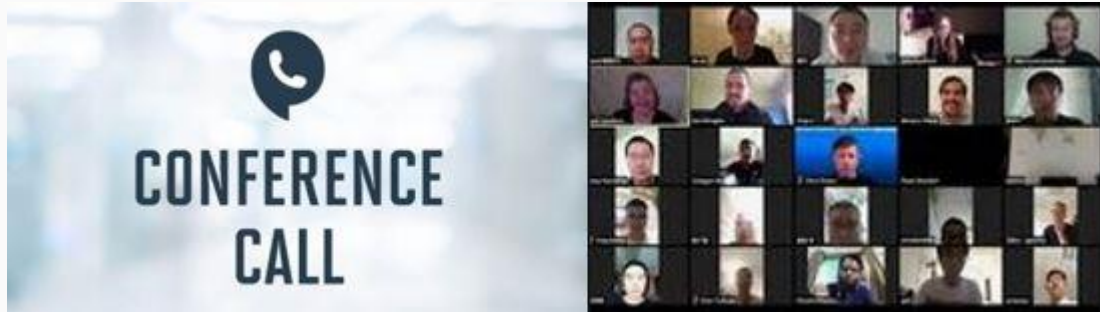
West Midlands were a strong team but we managed to beat them 2-0 but our second team lost against their second team so it had to go to a golden set. This is up to 15 points and only 1 set. We played the pair we beat 2-0 and we were 11-14 down in the golden set. We then managed to pull it back to 15-14 and then it went to 15-15 and then we took the set 17-15 so it was a great win for us! This meant we were through to the final to play London.

In the final, we won the first set against London quite comfortably. Then London got their act together and won the remaining two sets which was a hard loss for Dan and I. Our second seeds lost their game 2-0 which meant we were runners up of the competition. This was a great experience overall and a lot of beach volleyball was played. It was also very well organised!

Tom Falkner Ham

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# SWVA Meeting Moves Online to beat Storm Dennis



The SWVA Executive meeting went online for the first time in 50 years this weekend as storm Dennis swept across the region. It was a fairly late call to make the change from our normal Weston Super Mare meeting venue and a few of our regular members were unable to join us for various reasons.

We were also joined by Sue Storey, Volleyball England's new CEO and Gill Harrison (Technical & Talent Coordinator) who were able to give us an update on VE business and the ongoing work with the developing Volleyball Futures program.

The conference call facility gave us the opportunity to open up this part of the meeting to SW members who would not normally attend, we therefore invited all SW Coaches to join us and to speak directly with Sue and Gill on VE's issues and the ongoing coaching program.

Initial feedback is that the conference call worked well and the correct option given the weather situation. The option to open up part of the meeting to SW members was seen as a positive move and one we should look at again. It was proposed that we should look at doing this again for the 2021 February meeting, this will be discussed at the next meeting.

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## Would you like to attend the CEV Coaches Convention?





Volleyball England is looking for 2 coaches of junior players to represent England at the CEV Coaches Convention.

More than 100 coaches and PE teachers from European federations take part in the event, which is held in Kranjska Gora, Slovenia, between 12<sup>th</sup> and 14<sup>th</sup> June.

Similar to last year, when it was organised for the first time, the Coaches Convention will be linked to a CEV school project, with the following topics being covered:

- How to present volleyball to beginners.
- How to make the transition from modified volleyball games to regular volleyball.

The chosen England representatives must be active junior volleyball coaches and be registered with Volleyball England. At the convention, you will be an advocate for junior volleyball in England so you will need to have a good understanding of the 'Let's Play Volleyball Programme'.

In return, you will be expected to share what you learn locally and nationally.

You must be able to travel out during the day on Friday, 12<sup>th</sup> June and return late evening on Sunday, 14<sup>th</sup> June. The CEV provides accommodation, meals and local transfers between Ljubljana Airport and Kranjska Gora. Volleyball England will arrange flights, but you will be responsible for travel expenses, including airport parking.

If you are interested, [click here to complete the application form](#) before the deadline on 9<sup>th</sup> March. The successful coaches will be informed by Friday, 13<sup>th</sup> March.

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## Our Exeter Ladies Challenge Experience

*Each year we ask a number of our younger players to report back on their experiences in the SW. This years will be the 25th anniversary of the ELC event so we ask the 2019 Plymouth University girls for their comments.*



#### [Player 1.](#)

Being allowed to play in the Exeter Ladies Challenge, gave our team a chance to practice and play together at the end of the season. The other teams at the tournament made it fun and challenging to play against them. Due to the wide variety of teams, there was a fun atmosphere throughout the whole day with teams supporting each other whilst playing against each other competitively. It was nice to see players from all ages playing together and to see the young and upcoming volleyball players of the south west playing volleyball at such a level. Also a huge congratulations to the boys from south west who won the tournament. They were to play against.

#### [Player 2.](#)

This was my first time participating in a volleyball tournament, exhausting yet thrilling, I really enjoyed the day and would definitely participate again. Playing timed games against players of all ages and abilities, from those local to the area to as far as Bristol, meant every game was different. One of the teams we

competed against in the early stages were the tournament winners, South West boys. The game was very competitive and the timed element meant every point counted and added that extra pressure. And when you're not playing, your team becomes a refereeing team, so there is no chance of getting bored across the day.



#### Player 3.

Standard of Exeter tournament was really good, all teams had good performance. Our team started off really well but eventually lost to the south west boys team, which went onto win. The day went smooth and was really well organized , everyone seemed to have fun and our team genuinely enjoyed playing together again against good teams.

#### Player 4.

We played a respectively right amount games for a days tournament and considering a team dropped out it still didn't effect the days organisation. Each of our games were so close and the deserved winners of the day were South West boys which we had a very close game with. Furthermore, showing the high level of play by each team. A really enjoyable day, highly organised by Dave and Rachel held at Riverside leisure centre.

#### Summary:

The standard and organisation of the tournament is at a high standard with all teams being at a similar ability whilst most importantly having fun. The winners of the day SW boys under 15's ended up at the top after a close finals with PMVC ladies but were the deserving winners in a nail biting finale. Big thanks to Dave and Rachel for a great fun filled day of volleyball that is inclusive for all abilities.

Karis Lang



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## Registration opens for Volleyball Futures' Easter youth camp



Promising young athletes can now register to join Volleyball Futures' Easter camp.

Held at the National Volleyball Centre, Kettering, the 2-day programme is open to players who have a British passport and were born in either 2006, 2007 or 2008. The girls' event takes place on the 10<sup>th</sup> and 11<sup>th</sup> of April while the boys' session runs afterward during the 12<sup>th</sup> and 13<sup>th</sup>.

Led by expert junior volleyball coaches, the camp supports the development of young athletes through training that covers the volleyball fundamentals in serve, service reception, attack and defence. There are workshop sessions on nutrition, antidoping and keeping a balanced lifestyle too.

It also allows players to experience a national camp environment and is the ideal stepping stone for those who are looking to join the National Talent Pathway. Hot lunch and a Volleyball Futures t-shirt are included in the £70 entry cost.

Gillian Harrison, Technical & Talent Coordinator at Volleyball England, said: "Our Volleyball Future's camp is essential for young athletes who are looking to develop their game.

"Players from all over England in this age category will travel to Kettering for this camp. When you combine that with the top-class coaching and training on offer, you can understand why it's a must-attend event."

The Volleyball Futures camp takes place on the same weekend as the England Cadet Girls and Cadet Boys camps. Therefore, players who are already involved in the Cadet camp will be unable to join the Volleyball Futures event.

Bookings must be submitted by 23rd March. [Please click here for more information and to a register.](#)



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## New 6MB Scoresheet Upload Limit

We had previously set the maximum size for a scoresheet upload to 3MB but as phone and tablet cameras become better each year, a number of people have struggled to keep below this limit, we have therefore increased the limit to 6 MB.

From: <https://www.swva.org.uk/upload-scoresheet>

To upload a copy of your scoresheet, take a photo (jpg) or a scan copy of your scoresheet, keep as a jpg file or convert to pdf and upload via the form.

### Upload your scoresheet before leaving the sportshall using a portable device



- Take a photo with a tablet, smart phone or camera (min 5MB camera required)
- **DO NOT CROP or ADJUST the IMAGE** (as this will compress the image)

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## 1DayMore4Volleyball challenge



## Set for 29th February

Volleyball clubs across England are being called on to join fellow fans in Europe for one giant celebration of the sport.

The CEV, the European governing body for volleyball, is once more attempting to capitalise on the leap year by asking the community to organise mass participation events in their area for Saturday, 29<sup>th</sup> February.

And, as extra encouragement, there are special prizes – including Mikasa volleyballs, Champions League Super Final tickets and sports shirts – for the most creative and well supported events.

Organisers hope this spike in activity will raise the sport's profile and inspire more people to take it up.

Currently, there are more than 9,900 scheduled games for leap year day at 2,100 venues across Europe – that is close to 140,000 participants.

Sue Storey, Chief Executive of Volleyball England, said: “1DayMore4Volleyball is a great excuse to get down to your local court if you haven't been for a while. And if you're hosting or attending an event, why not bring a friend along with you?”

“When this event was organised in 2016, almost 50,000 people took part and early records indicate it could be even bigger this year.”

Aleksandar Boričić, President of the CEV, said: “Our aim is to increase participation and to account for as much exposure and visibility as possible, thus making sure that volleyball goes viral on social media.

“As the name suggests, it is all about ‘one day for volleyball,’ where our sport will be taking centre stage and inspire, especially the younger ones, to play the game and live a healthy lifestyle.”

If you are organising an event, please use the hashtag #1DayMore4Volleyball and to tag Volleyball England's account: [@VBallEngland](#), on Twitter.

[Click here to register your event and to find out about all of the #1DayMore4Volleyball prizes.](#)

From VE

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## When to Cheer and When Not to...

*An item of interest that first appeared in issue 115...*



### Do you know when it's appropriate to cheer and when it isn't?

One of the main responsibilities of a Cheerleader is to promote Club spirit and good sportsmanship. Your goal should be to involve the fans with your enthusiasm and zeal, but it is also important to know when it's appropriate to cheer and when it's not. As a Cheerleader, you should be a role model that leads the crowd in a positive way, shows respect for the other team's players and fans, and that always displays proper etiquette.

## When to Cheer

When your team is introduced or comes out on the court or field. You should also clap when your opponents team is introduced.

When time-outs are called, during half-times, quarters, or periods.

When your team has made an exceptional play or dive.

When a player is leaving or coming into the game.

When an injured player gets up.

When your team is on offense or defense, do an appropriate cheer.

When the game is close.

When your team scores.

## When Not to Cheer

When a player is injured.

When your team commits a foul against the other team.

When either team is in huddle.

When a team makes a mistake or is penalized.

When the opposing team's band is playing.

When signals are being called.

When you hear negative or insulting chants from the crowd or fans.

During important announcements.

While the other squad is cheering.

Other Points to Remember

Don't block the view of the spectators with stunts during the game. Save them for time-outs, between sets etc.

Make sure you know when your team is on the offense or defense during the set.

It is a nice gesture to welcome the opposing team.

Show tact if your team is ahead and act gracefully if they are behind.

Cheerleading should be a positive experience, so set a good example. Always act with integrity, fairness and the leadership qualities that Cheerleaders are known for.

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## Calendar

### FEBRUARY 2020

- 29th Feb – JuVoTo Nr.5 – Wellsprings LC, Taunton, 1-5pm

### MARCH 2020

- 14th Mar – SW Squads – Riverside LC, Exeter 11-6pm
- 28th Mar – JuVoTo Nr.6 – Wellsway LC, Keynsham, Bristol
- 28th Mar – Volleyball Futures Coaching Clinics – Cardiff – [www](#)

### APRIL 2020

- 4th Apr – SW Squads (Selected 12) – Riverside LC, Exeter, 11-6pm
- 18th Apr – Junior SW Mini Champs, Taunton, 1-6pm
- 19th Apr – Exeter Men's Challenge – Exeter – [www](#)



- 26th Apr – Exeter Ladies Challenge – Exeter – [www](#)

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**Blue = Indoor / Green = Grass / Orange = Beach Tournament / Red = Events / Pink = Juniors /  
Purple = Junior Grand Prix**



*If you are hosting an event in the South West region, which is not listed here, please contact the web administrator, via the contacts page to have it included.*