



## SWVA Newsletter September 2020 Issue 352

Not much volleyball around at the moment but we do have a few on line events for you this week, and IBB Polonia London are on TV twice this week, details below:

**This Thursday (1st Oct)** 7pm please join me online for an open chat on anything volleyball, test your connection for the events on Saturday, I also have a couple of video clip I will see if I can share.

SW Volleyball Open Chat: <https://www.gotomeet.me/SWVAMeeting/sw-volleyball-open-chat>

**This Saturday (3rd Oct)** will be the next SWVA online committee meeting, 10:30 to 13:00, within the meeting we have arranged the following events for you to join.

11:30 to 12:00 - Volleyball England Update - The Game Plan, The National League - Cup Competitions: Stewart Thorpe will be joining us to give an update and to answer your questions.

12:00 to 12:30 - Spice up your Training Sessions - SW Squad coaches will present a selection of their favorite drills.

12:30 - 12:40 - Covid has seen a number of rule amendments, SW Ref Administrator Chris Semmens will run through the required changes, for when volleyball is allowed to restart.

These sessions are open to anyone, players, coaches, referees, volunteers and parents etc, more info below and joining details:

SW Volleyball Meeting: <https://www.gotomeet.me/SWVAMeeting/sw-volleyball-meeting>

Regards

Dave Reece

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## **IBB Polonia London on FreeSports TV**

Do not miss the David and Goliath clash tomorrow night (**29th Oct**) as IBB Polonia London Volleyball Club take on Italian giants Trentino Volley Srl in the CEV Champions League and Serbian champions OK Vojvodina on Wednesday (**30th**).

Both matches will be shown at 10pm UK time on FreeSports (Channel 64 on Freeview, 422 on Sky, 553 on Virgin, 64 on TalkTalk, and 64 on BT).

## **English champs to take on Italian giants in Champions League**

English champions IBB Polonia London are in for a huge test on their second campaign in Europe's Volleyball Champions League as they come up against former winners Trentino in their opening match.

IBB Polonia have been drawn in Pool F of Round 1, meaning they will face the Italian giants Trentino as well as Serbian champions OK Vojvodina.

The matches will be played in Trento, Italy, at the end of September. The Londoners will come up against Trentino on 29<sup>th</sup> September and OK Vojvodina on 30<sup>th</sup> September.

In total, 18 teams have been split into six different pools for Round 1 of the Champions League, which is organised by the CEV. The winner of each pool then proceeds to Round 2.

To boost their ranks and build on their Champions League debut in 2019, the club are looking to make some superstar signings. The first to be announced is Marcus Nilsson, a 37-year-old opposite who has a wealth of experience at the top level of professional volleyball. He picked up a Champions League medal in 2013 with Russian side Lokomotiv Novosibirsk and was picked as the competition's MVP in 2009 and 2013.

You can read more at: <https://www.swva.org.uk/news/ibb-polonia-london-on-freesports-tv>

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## Junior Training 2020-21 Update



We live in an ever changing world at the moment, for England, U18 volleyball is not currently restricted so we are looking to run our 31st October Junior Training session.

Our normal venue in Exeter has not yet fully re-opened, so the sessions may well be moved to a different venue. What we do know is that you will need to keep the date free, once confirmed we will need you to book on line and most likely pay on line.

More details will follow once we have sorted everything out, so please keep a watch on the SW web site.

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## **The Game Plan – The National League – Cup Competitions**



There are many things happening with Volleyball England at the moment and with the national program. To answer your questions on the National League, Junior & Adult Cup competitions and the recently launched "The Game Plan" initiative, we have invited Stewart Thorpe to our SWVA Meeting this Saturday.

Stewart will be available from 11:30 to 12:00 to give a rundown on what's happening and to answer any questions that you may have. This is open to everyone, players, coaches, volunteers etc, so please join us on line. For GoToMeeting details, see above or email [SWVA@swva.org.uk](mailto:SWVA@swva.org.uk)

If you have specific question for Steward, please email before hand:

## Spice up your Training Sessions



One of the best ways to add new drills or to spice up your training sessions is to borrow drills from other coaches. We have asked our SW Squad Coaches if they could present a few of their top Covid compliant drills at this Saturdays meeting.

Each coach will be presenting a selection of their Drills online, from their training sessions or their warmup routines. Five coaches will be taking part and the session will run from 12:00 to 12:30 this Saturday.

Once again this is open to everyone in the SWVA region (SW Eng, S. Wales, CI), players, coaches, volunteers etc, so please join us on line. For GoToMeeting details, see above or email [SWVA@swva.org.uk](mailto:SWVA@swva.org.uk) .