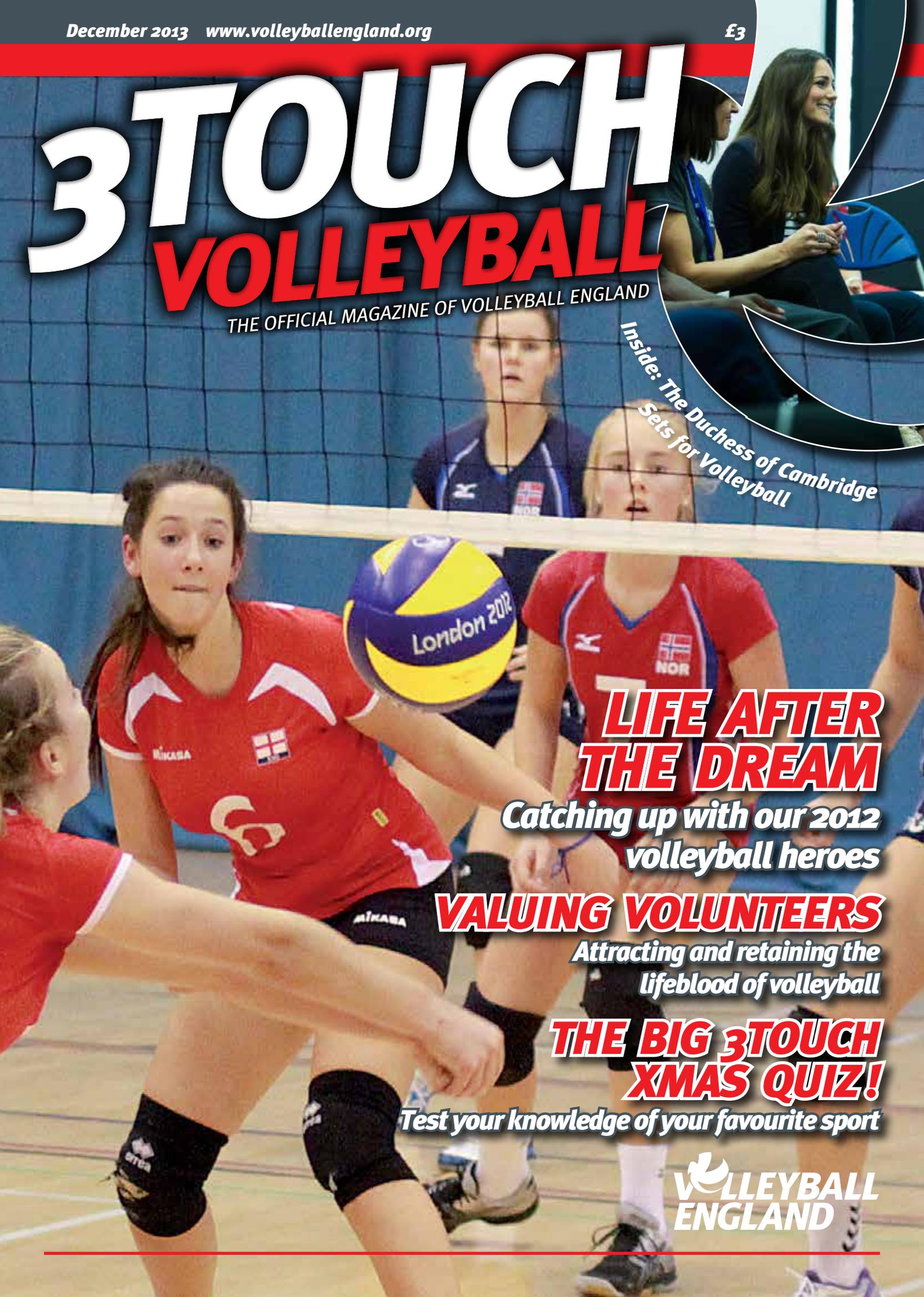


3 TOUCH VOLLEYBALL

THE OFFICIAL MAGAZINE OF VOLLEYBALL ENGLAND

Inside: The Duchess of Cambridge Sets for Volleyball



LIFE AFTER THE DREAM

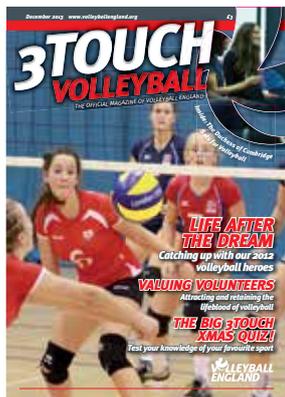
Catching up with our 2012 volleyball heroes

VALUING VOLUNTEERS

Attracting and retaining the lifeblood of volleyball

THE BIG 3 TOUCH XMAS QUIZ!

Test your knowledge of your favourite sport



Action from NEVZA U17 Championships
(photograph courtesy: Mark Pritchard)

Bimonthly - Volume 11 - No 5
ISSN 1479-0785

If you would like your news or views printed in 3Touch Volleyball, get in touch with the editor at:

Volleyball England
SportPark, Loughborough University,
No. 3 Oakwood Drive, Loughborough
Leicestershire LE11 3QF
E-mail: info@volleyballengland.org
Tel: 01509 227 722
Fax: 01509 227 733
English Volleyball Association Ltd. is registered in
England number 2023635.

Published October 2013 by

mercerprint
QUALITY COLOUR PRINTERS

Newark Street, Accrington, Lancs BB5 0BP
Email: info@mercer-print.co.uk
Designed by Andy Smyth & Vivian Ettenfield

Editorial Board:

Lisa Wainwright - Chief Executive
Gerard Van Zwieten - Membership & Marketing Manager
Mark Pritchard - Marketing and Media Officer
Kirsty Meynell - Writer
Chris Gregory - Writer
Tim Griffiths - Writer
Andy Hopper - Member

Subscriptions/Merchandise:

£3 per issue, £15 annually
Volleyball England: 01509 227 722
© Volleyball England 2013

For all queries regarding subscriptions, non-receipt and address changes, email Volleyball England at info@volleyballengland.org or write to Volleyball England at the address shown above.

Please include your affiliation number in all correspondence.

Although this is an official publication of Volleyball England, the views expressed in this magazine may not be those of the Association. Products appearing in 3Touch Volleyball magazine are not necessarily endorsed by Volleyball England.

All contributions welcomed. These should be emailed to the editor at info@volleyballengland.org, where possible, or sent to Volleyball England for the attention of the editor, 3Touch Volleyball magazine. All photographs should be captioned to identify their contents and the photographer noted to acknowledge the source.

Volleyball England Equality Statement:

Volleyball England supports the principle of equal opportunities for all participants, members, representatives and employees whilst working for, or on behalf of the EVA. It opposes all forms of unlawful and unfair discrimination on the grounds of age, colour, race, nationality, religion, ethnic or national origin, gender, marital status, sexuality, HIV status, or unrelated criminal convictions, or disability.

contents

- 3 WELCOME**
Welcome message from President Wayne Coyle and Chief Executive Lisa Wainwright
- 4 VOLLEYNEWS**
News and views from the world of volleyball
- 6 LIFE AFTER THE GAMES**
Kirsty Starmer and Tim Griffiths catch up with three GB captains a year on from 2012
- 10 MEETING IAN LEGRAND**
The GB Women's sitting coach shares his top tips
- 12 DUCHESS TAKES TO THE COURT FOR SPORTSAID**
The Duchess of Cambridge plays volleyball at the Copper Box
- 13 MAKING THE MOST OF YOUR MEMBERSHIP**
Dan Warburton on the future of member benefits
- 14 THE 3TOUCH CHRISTMAS QUIZ**
Test your knowledge of your favourite sport and win a prize
- 16 GO SPIKE!**
Top tips on getting volleyball played in your community
- 18 THE VOLLEYBALL VOICE**
News on Volleyball England Investment Zones and Volleyball Relationship Managers
- 22 VALUING VOLUNTEERS**
Charlie Orton of the London Volleyball Association on recruiting volunteers
- 24 HAVING A BALL IN CALIFORNIA**
Kirsty Starmer goes beach volleyballing Stateside
- 26 NEVZA SUCCESS**
Volleyball England play host for the first time



Welcome



Wayne Coyle - President

Things have been pretty busy since the last edition of 3Touch went to press. The NVL and Regional Leagues are up and running, with club sessions and matches in full swing. I'm delighted to see so many people attending Super 8 games, as well as all the work that clubs are doing to promote games. The standard is very competitive across the

leagues, and it's great to see so many of our London 2012 GB players – plus emerging international players – playing in the NVL.

The Volleyball England Leadership Team (Board Members, Volleyball England Staff, Commission Presidents), skillfully supported by the Commissions, have been working to create the synergy that will help deliver our strategic plan, and also

establish the strategy for the next ten years. Members across the country will get the opportunity to contribute to this process in a series of workshops in January and February, which we're calling 'The Volleyball Voice'.

A big welcome to our new members of staff in the Volleyball England Office. After a difficult transitional stage, the team is now in place and starting to drive programmes forward. Congratulations to the recently-appointed Volleyball Relationship Managers. They will be key in ensuring we meet the our agreed outcomes and targets – goals that will also attract further participants and investment to the sport.

Finally, well done to all who participated in the NEVZA U17 Championships. Players, coaches, event staff, officials, statisticians and volunteers all contributed to the staging of an excellent competition, and it was great to be staging international volleyball once again for indoor teams.

Best wishes to all for the forthcoming festive period, and for the remainder of the season.



Lisa Wainwright - Chief Executive

There are exciting times ahead. Volleyball England now has a full staff team in place to help support you, our members, and we have fully appointed our Board and Commission Presidents – so the Leadership Team is now complete. We're all answerable to you, so in January and February we're going to be travelling around

the country so you can be 'The Volleyball Voice'. A series of events will be taking place where you can meet the Volleyball England staff and Board members – and contribute to the future of volleyball by letting us know what we can do to help you make our sport even bigger and better.

We are making a real difference to grassroots volleyball, supporting successful bids for Sport England Small Grant Awards by eight clubs, worth over £80,000. The latest congratulations go to Putney Volleyball Club, who were awarded £5,466. And, more good news for the grassroots: Northamptonshire Sport have awarded us £7,800 to contribute to local coaching that Alex, our National Volleyball Centre Coordinator, will be

delivering. We're also investing in our top athletes, hosting our biggest international volleyball event for our talented youngsters, the NEVZA Under 17 Championships, with 14 teams participating. Did you know, over 4,000 people watched the event via live streaming?

If you're feeling concerned about the festive season and missing volleyball, don't worry, we're also hosting the first leg of the European League for Boys Under 20s from 3 to 5 January at the National Volleyball Centre, Kettering. England will be competing against Norway and Azerbaijan, so put it in your diary now – the sales will be over by then!

Christmas started early here, with a surprise boost to the hard-working team at Sitting Volleyball. Doctors.net.uk, the largest and most active online professional network of doctors in the UK, nominated the GB Sitting Volleyball team as an organisation its members would like to support, and have recently made a donation to us. Thank you to the doctors – this sort of help is greatly appreciated and goes a very long way. If you'd like to contribute to this fund, please get in touch – every contribution will greatly help our athletes in striving for the success they deserve.

Have a great end to 2013 and I hope to see you in 2014.

Volleynews

SITTING VOLLEYBALL ARE YOU ELIGIBLE TO PLAY?



Do you think you may be eligible to play in International Sitting Volleyball competitions or are you interested in helping develop the GB teams as a 'training player'?

Great Britain men's and women's programmes are currently recruiting for athletes to join the squads. We are looking for both 'Disability' (including but not limited to, amputations, limb paralysis) and 'Minimal Disability' (including but not limited to long term knee, ankle, hip injuries). If you are in

unsure, please feel free to get in touch.

In addition we are looking for a number of training players to help develop our training environment. Ideally we are looking for athletes who have played at National League level and would be interested in helping us to accelerate our progress. We will provide training kit and you will be able to compete in selected tournaments in the UK and Europe.

Currently we are training in the London area on Tuesday nights and at weekends at various locations.

*If you would like to find out more information please contact either;
Gordon Day (men) 07595 022517 gordon.day@volleyball.co.uk or
Ian Legrand (women) 07714 208063 ianlegrand@me.com for more details.*

JIM MUTTON AWARDED THE OBE



Jim Mutton, our Independent Non Executive Director for HE and FE and member of the Executive Board for Volleyball England has been awarded the Order of the British Empire.

Jim, former principal of Loughborough College for 19 years, will receive his OBE at Buckingham Palace on 19 December.

The Order of the British Empire recognises distinguished service to the arts and sciences, public services outside the Civil Service and work with charitable and welfare organisations of all kinds.

Jim is a great ambassador for the development of Further Education and Higher Education, has been involved in the Association of Colleges for a long time and supports our Volleyball England HEVO programme wholeheartedly. HEVO stands for Higher Education Volleyball Officer, a programme where students help us to develop volleyball further in Universities.

We congratulate Jim Mutton OBE with this award on behalf of all our Staff, Board and Members.

CALLING ALL BRILLIANT CLUBS YOUR CHANCE TO WIN £500

Do you belong to a brilliant club? Does your club have a story to tell about an innovative way it has attracted new members, or put on an excellent event? What creative skills has your club utilised to enrich the lives of its members or promote itself and volleyball to a wider audience?

We know there are fantastic clubs out there spreading the volleyball word in very special ways and we want to hear your stories. In recognition of this, each future issue of 3Touch will include a CEO Award

of £500 to be given to a club who is doing great things. Volleyball England CEO Lisa Wainwright will choose which club will be the recipient of the award and a focus on them will appear in 3Touch.

So what are you waiting for? Write in and tell us in no more than 500 words why your club should be nominated and you could have £500 to spend on your club! Email a.henderson@volleyballengland.org by January 12th 2014 for your chance to be our February winner!



VOLLEYBALL PLAYER, REFEREE AND LIFE-LONG SUPPORTER

Brian Jones

It is with sadness that we have to inform you of the death of Brian Jones on Saturday 30th November 2013.

Brian will be remembered for his enormous contribution to volleyball over many years. He started with the setting up of the Poole District League and was instrumental in getting volleyball off the ground during the late 60's.

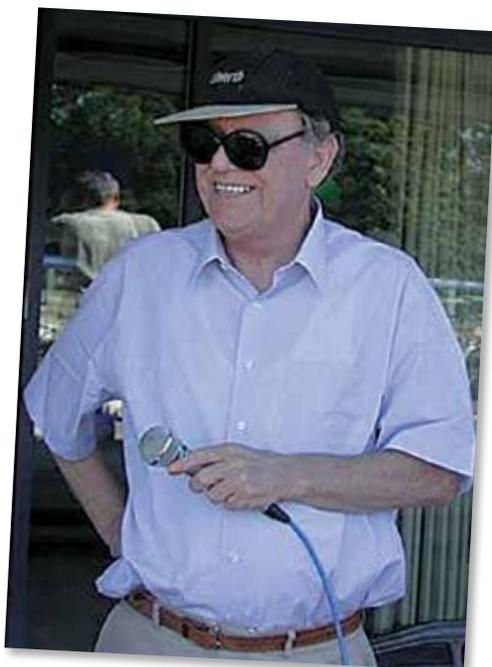
His enthusiasm and commitment were his strengths and in those early days there were not too many people who had the time to give to develop the sport.

He played during the early days and also got involved with organizing and refereeing, he along with Jeff Brehaut attended the first referee course held in Poole, the tutor was Dan Dingle and although he did not know it at the time, that course produced 2 International Referees.

Brian's Refereeing career stretched over many years and he was a respected member of the volleyball community, he had strong opinions and was not scared to voice them.

Locally he started the development of the next generation of sport people, with the setting up of a Junior section at Poole Sports Center, this produced many top athletes, but also gave many more children the opportunity to take part in sport and just enjoy it.

Brian will also be remembered for his involvement in both INVO and Tachikara

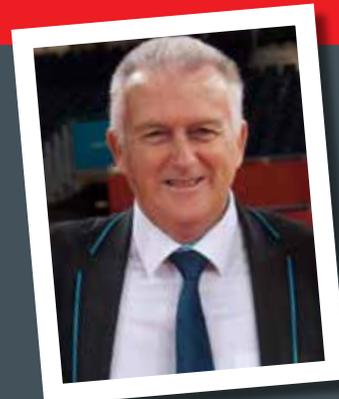


tournaments, these were vital events in our calendar and not only developed players, but referees, scorers and volunteers. A lot of these people are still involved today.

Brian helped many people along the way and without his involvement many of us would not have found the sport of volleyball.

The funeral will take place on Wednesday 18th December at 2pm - location to be confirmed.

RIO 2016 PARALYMPIC APPOINTMENT DENIS LE BREUILLY



The International Paralympic Committee has appointed World ParaVolley Sport Director Denis Le Breuille as the Technical Delegate for Sitting Volleyball at the Rio 2016 Paralympic Games, a role to which he was also appointed for the London Games.

Among a total of over forty elements to be organised and 'signed off', Denis's duties and responsibilities will cover not only the competition format and schedules, the venue and equipment, but also elements such as VIPs, catering, transport, match entertainment and presentation, TV and press arrangements, the appointment of Games Officials, accreditation, medical arrangements, and security and contingency plans.

Rio will be Denis's third Paralympics. At the Beijing Games he participated as Assistant Referee Delegate.

MANCHESTER SPORTS AND MUSIC FESTIVAL 16-18 MAY 2014 - SALFORD SPORTS VILLAGE

Bthere Events in partnership with Volleyball England and Manchester Marvels are excited to launch Volleyball tournaments at the Manchester Sports & Music Festival. This new and exciting festival is set to take place on the 16-18 May 2014 at Salford Sports Village.

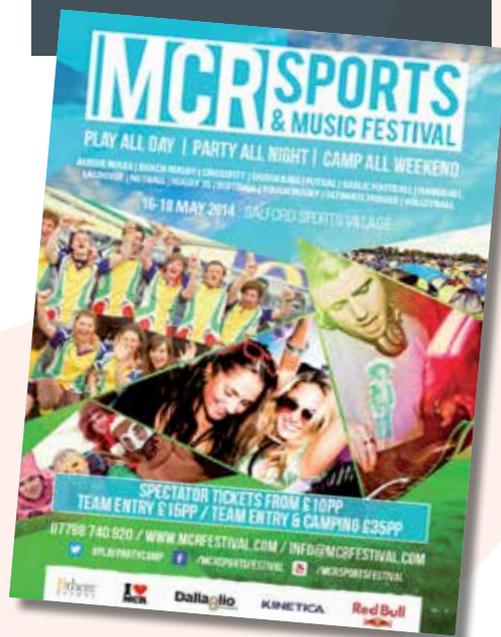
Teams are expected to enter from around the UK and Europe as the festival provides the ideal location and environment for those planning a weekend away! Team entry is now open and starts at just £15 per player for the whole weekend, please visit www.MCRFestival.com.

Once the trophies have been handed out and the fancy dress outfits are on, head to the Festival Marquee. The atmosphere will be electric and it is the perfect place to party hard after playing hard. Expect headline DJs spinning tunes until the late hours, ensuring the party never stops.

Fitting it all in could be a challenge, so the best way to experience all aspects of the festival will be to camp. The Festival Campsite is ideally located in the heart of the arena and Family & Female Only campsites will also be available for those looking for a quieter environment. Camping is priced from just £20 per person and it is advised that you book early to secure your place.

The festival Tipis are ideal for those looking to do a spot of Glamping! The Tipis are based on a native American design and will be pitched and fitted out awaiting your arrival on Friday evening.

Be prepared to play hard and party hard at the Manchester Sports & Music Festival! Tickets and team entry are on sale now, visit www.MCRFestival.com.



Keeping it Real

Promises and Practicalities after London 2012

When our last game ended, I didn't want to leave the court. It just felt like the end of such an epic period of my life, and of the journey our team had been on.

For many athletes, the Olympic and Paralympic rollercoaster starts years and years before their day of reckoning. But what happens afterwards, when the cheering crowds have gone home, the dust has settled, and they're faced with the big question of what's next?

Kirsty Starmer caught up with two of our London 2012 volleyball heroes – Maria Bertelli and Rob Richardson – to talk dreams, drive and disappointments, and to get to the heart of their post-Olympic and Paralympic experience.

Life after the dream

"I was never one of those kids who dreamed of being an Olympian – that was something for other people." Despite a successful career both in football and volleyball, Maria Bertelli has always had a 'regular day job'. As has Rob Richardson, who, despite his family's auspicious sporting achievements, particularly in cricket, fitted his training hours in around a full day in his central London office for all but three months of the pre-Olympic and Paralympic preparation.

And life after London 2012 was certainly an exciting whirlwind of activity for both athletes – Bertelli earning a position as a Youth Sports Mentor for the Sky Sports Academy and gaining the fantastic opportunity to visit schools and teach children life skills and confidence through sport. And Richardson, working in conjunction with the Dame Kelly Holmes Legacy Trust, as a Sporting Ambassador giving inspirational talks to the next generation of promising athletes. He was even fortunate enough to give David Beckham a private lesson in sitting volleyball during one such visit. "There was such huge

interest in the Paralympics from the general public," he says. "It really captured their interest and it was great to be a part of."

Richardson returned to his office job a week after the final game, but Bertelli took almost a year to get back on an even keel, combining her work for the Sky Sports Academy with work as a sports venue consultant the remainder of the time – a timeline that demonstrates the difficulty in getting back to normal after such a life-changing experience – even when you do have a career to go back to. "I also made a point of giving myself some time away from volleyball after the Games," she explains, "but over the summer of 2013 I really missed it, so I'm now back playing with Team Northumbria."

No fun(ding) on the horizon

Many of the GB volleyball athletes who didn't have careers to return to outside of volleyball found it even harder to acclimatise to life after the Games. The European and World qualifying matches kept the teams together and kept momentum for a short period, but in October 2012 when the decision not to provide funding was announced, the reality of life without that vital support hit home and the practicalities of that life – having a place to live and earning an income – came to bear. Richardson found himself emailing his coaches towards the end of his one week off after the Games to ask what was coming next. "As athletes, we live for the routine," he acknowledges, "there has to be something to work towards; to train for." Bertelli expresses similar feelings, but on the subject of the funding admits that without medals round their necks the team knew they were "up against it and that the chances of acquiring funding was slim."

The lack of funding opened up even more problems for sitting volleyball, with talented athletes who had previously been training full-time being recruited by other funded sports – a sad day for a team who had come so far, having moved up from an unranked

position to an impressive 8th place in the world rankings. Richardson admits that without funding it doesn't look good for Rio 2016, but he remains hopeful and is understanding of his team-mates' decisions to move into full-time paid positions in other sports: "It's such a tough call, but ultimately we all have to earn a living – none of us would turn down the opportunity to play professionally, in any sport, given the opportunity."

If funding was to materialise, something that the ongoing public appearances of all the volleyball athletes can only help to facilitate, Richardson believes that the GB sitting volleyball squad could reach the heights of 5th place in the world rankings – even more impressive when you consider that Iran and Bosnia – the top two teams in the world – both have professional sitting volleyball players and leagues.

It's the journey that counts

But what of those who've never known anything other than a volleyball life and who need to look to the future in a different capacity? Maria Bertelli believes that life coaching or personal lifestyle advice, a service provided to some GB athletes on retiring after London 2012, is a necessary tool for transitioning athletes and would make a real difference to the post-event experience of most competing athletes.

"It's so important to understand your own journey," she says. "At the moment, there's no real escape route for players. Players need to understand what they want, which positions they should apply for, what they've learnt, how they can use it and why a future employer would pick them."

The good news for most athletes and volunteers involved in the Games and other sporting events is that there are a lot of transferable skills. The fundraising efforts alone that the teams undertook provide

Rob Richardson

“Who would you want to coach if you could pick anyone?”

I'm fortunate enough to be able to say that I've already done it! I went to a school in London with David Beckham as the school had won one of the Sainsbury's Sports Awards. We went to promote sitting volleyball in schools, and before the cameras came in I was able to have a one-on-one lesson with Beckham to prepare him for the game – he was actually pretty good. Definitely one of the highlights of my experiences after the Games.

“What did you want to be when you grew up?”

I actually wanted to be a football agent, and still would! I remember my mum once talking to me about these 'evil people' and how no one likes them, but it didn't deter me! I even went to live in Spain so I could learn the language and enable me to manage all the top Spanish and South American players, but I came back to Britain, got a job and soon enough the language was also forgotten.

“What would be your dream job now?”

I still like the idea of being a football agent, but I would also love to get into a sports-related job, Paralympic specific perhaps.

Maria Bertelli

valuable skills and experience that anyone would be envious of on their CV – leadership skills, planning, project management, public speaking, marketing, sales and influencing skills, not to mention the resilience, determination and strength each member of the team showed to get to London 2012.

Rob Richardson is a great example of someone who's seen the benefits of his Olympic and Paralympic experience beyond the volleyball court. Targeted by a recruitment agency who specialise in harnessing talent from elite sport and the military forces for business, he was inundated by job offers after the Games – something he sees as a definite plus in the absence of sufficient funding for a full-time volleyball career: "There are a lot of skills that the players and coaching staff acquired in the run-up to the Games that simply can't be explained by adding them onto a CV, but there are also a lot of transferrable skills that need to be recognised – I became more confident in my abilities and was able to lead my team better."

Power and influence

In fact, both players believe that the skills that sport involvement provides give you an edge. And that minority sports like volleyball provide a simple way to acquire those easy-to-leverage skills that are incredibly attractive to employers, if, for no other reason, than there being so many volunteer opportunities available. As Bertelli states: "There are so many ways you can get involved in volleyball; in refereeing or as a physio, or in the set-up of development schemes or local committees. And there are lots of delegated powers permitted to those local committees, which give you a lot of scope. Because we're a small sport, you can have a big impact – whether or not you play."

And Bertelli herself has recently taken up a potentially impactful voluntary position, appointed President of the Volleyball England Schools and Youth Commission – a role that will see her look into the administration, promotion and development of specific areas of the sport.

Onwards and upwards

Despite the ups and downs of volleyball since the Olympics, Maria remains resolutely positive about the future. "I don't see why we can't have professional teams in professional leagues earning good salaries in the future – I'm not talking immediately – it will be years from now, but it is possible. Particularly so if we carry on with programmes such as the Youth Trust. It will be a significant culture shift that brings the greatest change, however."

The key, Bertelli and Richardson believe, is to provide young players with the opportunity to play at a high level in the UK. With a group of incredibly talented players that are playing in US colleges or have professional contracts, as well as the benefits to be gained by involvement in other areas of the sport, we have a great base to build from.

"If you could pick any team to train, who would it be?"

The Japanese – we did a couple of training exchanges in the lead-up to the Games – they came over here and we went over to train with them. We didn't have the height to match some of the other teams so we deliberately aimed for a speed and technical style of play – a style the Japanese teams excel at – as well as the extreme discipline.

"What did you want to be when you grew up?"

I initially wanted to be a police woman and then later on I liked the idea of being a sports journalist.

"What would be your dream job?"

Either a sports journalist or reporter, or to be an assistant coach at a top volleyball club.



Ben Pipes captained the Great Britain Indoor Volleyball Men's team at London 2012. Tim Griffiths found out what he's been up to in the time since the Games and what he's gained from his life as a professional volleyballer.

Ben Pipes



“Have you kept in touch with your team-mates?”

Since the Olympics, the team has been scattered across the world; some players taking contracts in Europe, some going back to university and others starting a new chapter. I still have regular contact with a few of the guys, and volleyball being such a small community in Great Britain, I often meet up with those who are back in the UK.

“How have you used your international experience in your current life?”

I have been working at LeAF Studio School, focusing on the Elite Athlete Academy, which aims to provide top-quality sport and support services alongside education from the age of 14 to 19. I joined the Studio School with fellow GB programme members Joel Banks, Karen Beattie and Dan Hunter and have seen it grow day by day. I have been able to use my experience with the various sports programmes. Having left home at 16 and the country at 18 in pursuit of my volleyball, I have found I can relate a lot of my experiences to the students who are coming to join our programmes.

“What have been the biggest challenges you've faced since the Games?”

For me the biggest challenge was getting used to the real world. Up until that point, as a professional athlete everything was done for me and the day-to-day worries were taken away so that I could focus on my sport. It was part of the reason that I decided to not take a contract in Europe following the Olympics. In my career I have had a lot of friends try to make the transition back to the real world aged 30 or 32 and I have seen them struggle. I wanted to give whatever my second career in life was to be a head start.

“How did you first take up Volleyball?”

I was the student at school who could always be found in the PE department, so when an invite to go and try volleyball came along it was handed straight to me. At the time Hull City were not banging on the door to sign me, so when I had quick success and an exposure to the complexity of the sport, I fell in love.

“Is there any single event or person that inspired you?”

My inspiration will always be my Granddad. The opportunities to train, play and travel that I was getting he had never even dreamt of. Before he passed away he told me that I should take every opportunity that I was given.

“You've been to many countries around the world thanks to volleyball; do you have any particular favourite?”

My favourite country to have played in was Poland. I have played with the national team and with one of my clubs and they stand out as some of my most memorable moments.

“You've played in many teams; who has been your favourite to play with? Do you have a favourite team?”

The Great Britain team is by far my favourite. In a way it is more because of the tough times that we went through than some of the highs I may have had with title races, play-offs or cup finals with club teams. When I played in Belgium I played with a Macedonian called Jovica Simovski; to say he was a character was an understatement! However, his biggest attribute was that he scored points for fun! It was great to play with a player with such a big character who could back it up when it really counted.

“What are your future ambitions?”

I want to play my part in the future of volleyball in Great Britain. Outside of that I want to get more time with my family – something that despite being back on the island I have not managed as yet.

Meeting Ian Legrand

Head Coach for the GB Women's sitting volleyball team, Ian Legrand, brought his indoor coaching skills to the sitting game and is rightly proud to have taken the GB Men's team from unplaced to the quarter-finals in the London Paralympics. Howard Thompson and Alice Ward found out what drives Legrand...



“Who is your coaching idol?”

Looking around in the world of sport, Sir Clive Woodward, who looked at the game of rugby in a different way and revolutionised the England team – which is what we are very much trying to do in sitting volleyball. Two gentlemen I would certainly like to meet in the near future are cycling's (Sir) David Brailsford (two-times BBC Sports Personality of the Year Coach Award winner, and the man who led the British team to become the most successful track cycling team in history) and Dr Steve Peters the psychologist who started his career with British Cycling and wrote *The Chimp Paradox* (a model for teaching people to understand how the mind works, in order to maximise sports performance).

I wouldn't say I have a specific role model – it's about taking bits of experience from everyone and piecing together what works and what doesn't.

“Anyone specifically from volleyball?”

Doug Beal and Anders Kristiansson, Jeff Williams and particularly Ralph Pilot. When he came over he put a lot of faith in me. Jeff Williams and Keith Trenham put a lot into the game.

“What were the factors that made you decide to transition from indoor to sitting?”

Well I consider sitting volleyball to be a discipline of volleyball rather than a disability sport, so I haven't transferred! At the end of the day, I see myself as a volleyball coach and I will coach across all formats of the game.

“What is your coaching philosophy, and has it changed with switching discipline?”

My coaching philosophy hasn't changed. There is a school of thought that sitting volleyball is specific – but you can bring lots of skills learnt in other disciplines and transfer them across. In fact, a good way to improve the technique of indoor players is to get them to play sitting volleyball.



Ian in action during his time as Sitting Men's Team Coach

“What, if any, changes did you have to make to your coaching delivery when working with people with disabilities?”

I had to change my delivery because the technical level was not as high as I have been used to working with. But that wasn't because they were disabled; it was simply because as volleyball players their technical level wasn't high. So I went back to using some of the techniques I used with the England Juniors, which was very much a similar situation. Back then I was teaching novice young guys to play volleyball, now I'm taking people with a disability and teaching them to play volleyball from scratch.

“What do you see as the main differences between indoor and sitting volleyball, and reasons behind these differences?”

The main difference between indoor and sitting is the movement. Defence and blocking are the main two areas in sitting volleyball, although the size of the athletes, court and net are all different too. Most of the time our training is spent on technical work.

Although we are competing against other disability sports for talent, one advantage we have is that sitting volleyball is the most accessible sport in the country. Taking up the sport doesn't require spending large amounts of money, so we are attractive for new athletes.

“Is the mental attitude of a sitting player different from an indoor player, perhaps due to their disability, and do they relate differently with a coach?”

Not really, I think that there are some issues when it comes to participating in sitting volleyball, as you have no wheelchair and no limbs. But the big thing is that the number of points you can make up in sitting volleyball is higher than indoor – so there is a mindset that you can always come back and win.

When I was less experienced as a coach, I always used to call timeouts every two or three points, whereas now I know if you lose a few points in a row you can come back.

“Our UKCC Level 1 and Level 2 coaching courses don't really concentrate on sitting volleyball as such, we touch on it. To what extent do you feel we should do more?”

I think with Level 1, it's about letting them know that sitting volleyball exists and opening people's eyes to the discipline. Then if people want to pursue sitting volleyball further they can, by means of a module or a bolt-on section.

We can do more for the experienced coaches, we have technology now to allow webcasts or live-streams and allow coaches to share their experiences to a wider audience.

“What is your preparation as a coach before a vital tournament or match?”

We use data volley, and have stats linked to the bench. This way, we get attack charts in real time, and we've started to send the girls video analysis and clips of practice. Predominantly it's the same sort of set-up as an indoor team has.

“As a National Coach, what type of people and players are you looking for to grow the sport and support the development of your squad?”

Ideally we are still looking for people with height. We want the same recruiting depth as wheelchair basketball, but we're a young sport and there's still a lot to do in the future with regards to recruitment. We're able to develop girls quite quickly, in six to nine months they could be national team standard, so it's important we keep pushing recruitment.

“What key components do you look for when identifying a potentially world-class volleyball player?”

Height is still the key aspect, plus a large wingspan and large hands. Ball skills and hand-eye coordination are also very important.

“Finally, what three key pieces of advice would you give to a coach considering trying sitting volleyball?”

1. Don't panic; remember you are a volleyball coach first and foremost.
2. Treat people as athletes; don't get hung up on disability.
3. Allow individual adaptation; some people can't do exactly what you want because of their disability, so you may have to cover things in a slightly different way and improvise.



Duchess on Court in the Copper Box for SportsAid

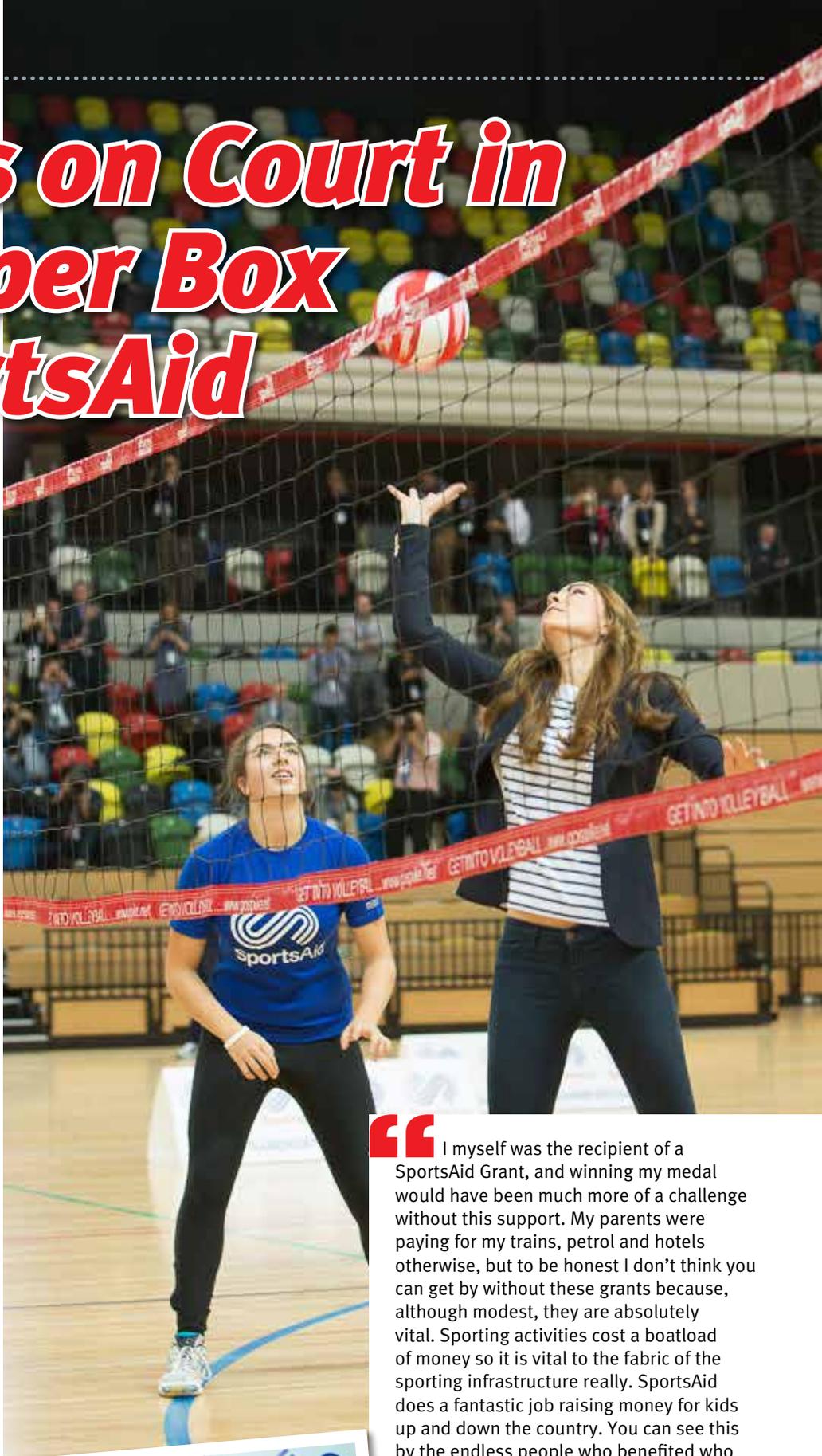
Her Royal Highness the Duchess of Cambridge joined more than 70 SportsAid athletes past and present – including several Olympians and Paralympians – at the Copper Box Arena in the Queen Elizabeth Olympic Park on 18 October, for her first engagement as the charity's Patron.

The workshop was an opportunity for the Duchess to find out more about the challenges that young athletes face and how SportsAid helps them to overcome them. During her visit, SportsAid's Chief Executive, Tim Lawler, introduced her to some of the athletes who have been supported by the charity this year, while they took part in taster sessions of CP (cerebral palsy) football, badminton, wheelchair basketball, fencing – and volleyball – represented by 18-year-old Toby French from Chelmsford.

Before leaving the arena, the Duchess took part in an impromptu volleyball game with a group of SportsAid athletes, which included England men's volleyball team member Jordan Dalrymple. The 20-year-old Londoner later Tweeted: "Incredible moment to have the opportunity to play volleyball with the Duchess of Cambridge. HRH patronage is invaluable to @TeamSportsAid."

During the media, nutrition and mentoring sessions that followed, the Duchess found out more about what SportsAid athletes like Jordan need in order to achieve their ambitions. The Duchess' visit generated huge media interest. England Volleyball Chief Executive, Lisa Wainwright, was delighted with the coverage volleyball received: "The Duchess was very obviously enjoying herself and really interested in the brilliant work SportsAid is doing to support young athletes. To see her in all the newspapers on court, playing volleyball, was a fantastic boost for our sport."

Playing volleyball alongside the Duchess was England youth team player Sophie Szyszko. Sophie tweeted: "Can't believe I met HRH Duchess of Cambridge...still can't believe I played volleyball with her thanks @TeamSportsAid."



“ I myself was the recipient of a SportsAid Grant, and winning my medal would have been much more of a challenge without this support. My parents were paying for my trains, petrol and hotels otherwise, but to be honest I don't think you can get by without these grants because, although modest, they are absolutely vital. Sporting activities cost a boatload of money so it is vital to the fabric of the sporting infrastructure really. SportsAid does a fantastic job raising money for kids up and down the country. You can see this by the endless people who benefited who want to come down today and get involved. Statistically they are very good at picking people who will turn into the next Olympic champions. The Duchess of Cambridge being a patron of such a fantastic charity is brilliant. ”

Steve Parry (speaking to Nick Butler from Inside the Games)

Photography: Courtesy SportsAid

IT'S YOUR VOLLEYBALL!

by Dan Warburton



As a member of the volleyball community prior to working with Volleyball England, membership and the way in which we interact as a 'family' of volleyball has always been something of a somewhat distant concept. Now, being given the opportunity as the Membership and Funding Officer for the organisation, I'm the one asking the questions: What do the members want? How do we ensure we cater for their needs from grassroots to elite level? What benefits are associated with being a member? What does Volleyball England actually do for the members, and how is that communicated?

These are just some of the questions that I've asked from the perspective of being a player, coach, referee and volunteer – all aspects of my 'volleyball career' that have propelled me into this role – and which I'm sure you're asking yourself also.

If you're receiving this electronic copy of 3Touch then congratulations, you are currently a member of Volleyball England, either as an individual member (clubs, coaches, referees) and 3Touch is part of your membership package, or a member of an affiliated club. For many of you this is probably the first direct contact you've received from us, but we'd like to change that – and in the future we will look to

contact you on a more direct basis. We want to create a true volleyball family, in which there isn't a divide between individuals and Volleyball England, but a sense of synergy, in which everyone involved in volleyball, regardless of their role, is working towards a combined vision.

As part of your basic membership package you currently receive...

- 1** Support from Volleyball England Head Office staff – including club development and funding advice.
- 2** Your own online membership area with individual access. Electronic 3Touch magazine (available through your online membership area).
- 3** Exclusive discounts and offers (available through your online membership area).
- 4** Free Volleyball England DBS (Disclosure and Barring Service) checks.

But we want to do more. This is an open forum, and we are inviting you to have your say as we are currently looking into several future membership benefits including:

- **Personal Accident cover – potentially linked to a registration specific for players.**
- **Smartphone applications (apps) – to offer a 'one stop shop' for all Volleyball England related activity and media (including videos, information, exclusive geo-coded offers and promotions).**
- **A marketing and media portal – through which you could access our benefits and a selection of pre-designed materials including editable poster templates.**
- **Additional general offers including discounted car breakdown cover, discounted medical/health insurance etc.**

Now it's over to you. This is your opportunity to tell us what it is you want from your membership, what support you want, and what benefits you'd like to see. Please email Howard Thompson at h.thompson@volleyballengland.org or come to 'The Volleyball Voice' – it's your volleyball and we value your input in making sure membership works for you.

1. When was Wayne Coyle elected as the new Volleyball England President?

- A:** 19 July 2013 **B:** 20 July 2013
C: 20 August 2013

2. What is the difference in net height between the Indoor Men and Indoor Women's volleyball (Senior) competitions?

- A:** 28cm **B:** 23cm **C:** 19cm

3. As of November 12th, how many players were registered in the National Volleyball League for the 2013-14 season? (You are allowed a 10% difference)

- A:** 1200 **B:** 1400 **C:** 1600

4. Acronyms in volleyball: What is a SHEVO?

- A:** Senior Higher Education Volleyball Officer
B: Standard Height English Volleyball Officer
C: Senior High Energetic Volleyball Organizer

5. What is Go Spike?

- A:** The Volleyball England's University Programme
B: Volleyball England's Schools Programme
C: Volleyball England's Adult Participation Programme

6. What is VolleySport?

- A:** Primary School Game Format
B: Recreational Program for PE Teachers
C: A new website like BT Sport

7. Since 2000, which two nations have dominated the World No.1 spot in men's sitting volleyball?

- A:** Russia and China
B: Bosnia and Iran
C: Poland and the Netherlands

QUESTION 1
Lisa Wainwright
Chief Executive



QUESTION 3:
Will Westwood
Competitions Officer



QUESTION 2
Hannah Bateson
Talent Administrator



QUESTION 4:
Amy Dennis
Young People Manager



QUESTION 5:
Sam Harding
Adult Participation Manager



QUESTION 6:
Lisa Denham
Business Support Administrator



QUESTION 7:
Richard Stacey Chapman
Sitting Volleyball
Development Manager



THE 3 TO Christmas

BIG UCH as Quiz!



QUESTION 8:
James Abbott
Talent Officer



QUESTION 9:
Howard Thompson
Membership Administrator



QUESTION 10:
Audrey Cooper
Technical and Talent Director



QUESTION 11:
Gerard van Zwieten
Membership and
Marketing Manager



QUESTION 12:
Sanjib Sahota
Major Events and Commercial Manager

8. Out of the following countries, which nations have qualified in all three disciplines of volleyball for the 2010 World Championships and London 2012 Olympic and Paralympic Games? (Circle three answers please)

A: Russia **B:** Cuba **C:** USA **D:** Japan
E: Brazil **F:** Poland

9. According to our latest Annual Report 2012-2013, how many volleyball clubs are affiliated?

A: 437 **B:** 452 **C:** 465

10. What year was the Libero specialist position introduced into Indoor Volleyball?

A: 1996 **B:** 1998 **C:** 2001

11. How many Twitter followers has Volleyball England currently?

A: Between 4000 & 5000 followers
B: Between 5000 & 6000 followers
C: Between 6000 & 7000 followers

12. Which year was Beach Volleyball added to the Olympic Games?

A: 1988 **B:** 1992 **C:** 1996



Volleyball England and Kitlocker.com have got together to offer three Kitlocker.com vouchers of £100, £50, and £25.

Just complete the quiz and send in your answers (eg. 1A, 2B, 3C etc) to info@volleyballengland.co.uk before January 10th. The three lucky winners will be announced on the website!

(All Volleyball England staff or those closely related to staff will be excluded from participation).

Spiking go spike!

Getting People Into Volleyball ...

TODAY by Sam Harding

Since the launch of Go Spike in 2011, over 36,000 people have had the opportunity to experience volleyball – leading to over 5,000 people taking up the sport as regular participants!

Over the next four years, we want to bring 12,000 new adults to the sport, to experience the many benefits that regular participation can bring. As you well know, volleyball is an incredibly fun and social game that is for everyone, with all ages and abilities catered for. So why not spread this message in your community and beyond to help grow our sport?

Go Spike provides the perfect opportunity for anyone to try volleyball in a fun, friendly and social setting. We want to encourage clubs to consider running a weekly community session, to grow their casual participation, with possible club pathways to allow easy transition to competitive volleyball if players wish to take their volleyball further.

Go Spike Big Weekend

In May we launched the Go Spike Big Weekend. It was a great success, with over 40 events taking place throughout the country as clubs encouraged the local community to take part in the free festival. The Go Spike Big Weekend will be running again in 2014, from Saturday 24 May to



Monday 26 May. We are looking to make the weekend even bigger and better than this year, so keep an eye out for information on how to get involved.

Building on Success

Building on the success of the Go Spike campaign, we want to continue working with you to shape the future of volleyball.

How do YOU see the perfect Go Spike event? A beach setting in summer with 99s on demand, or a friendly fitness session for mums to attend following the school run? Is there a perfect time or location that would help your local community to take part?

How much do you think people might pay to come along? Five-a-side leagues charge around £5 per person, per game, whilst a yoga class can cost in the region of £10 to £15. Volleyball can provide many of the benefits these activities offer at a more cost-effective price.

The important thing is to take our sport to the people. Get them excited and make it as easy as possible for them to try out volleyball. The 4Play4 set-up allows for us to maximise the use of space and set up courts in innovative ways. Creating an office league with a net in the courtyard, in the local park, leisure centre, school hall – or even in the beer garden of your local pub – provides people with the opportunity to engage with volleyball in a no-pressure environment, in their own time, whenever it suits them.

Building sessions around a theme can help create interest and bring people together, helping to create a real social drive to keep them coming back. Putting up courts around Christmas can provide a brilliant chance to bring children and their families together for an afternoon of activity, whilst building on the New Year's fitness resolution. It could bring a whole new section of the community into our sport – after all who doesn't wish to burn off a few of those Christmas indulgence calories?

The How To...

So how do you go about running a new Go Spike session?

1 Pick a place. Your local school, park or church hall could all be great locations. Try to choose somewhere central and easy to get to by as many people as possible!

2 Pick a date. Look into combining your Go Spike session with other events. School fairs, local markets or charity events will bring the community together, creating high footfall and a great chance to get people trying the sport.

3 Pick a time. If you want to attract individuals who work, or local mums, make sure you pick a time that suits them. Make it a real social occasion by ensuring as many know about it and can make it as possible. Let us know too and we can promote it on the Go Spike Twitter and Facebook pages.

4 Make it fun. Past participants at Go Spike sessions come along to have fun, get fit and try a new sport. It doesn't matter if their serve is a bit wayward ... as long as there's a smile on their face!

5 Keep it casual. Don't try to rush people into joining the club or coming to training sessions. Allow them time to enjoy volleyball as an informal social occasion and make their own choice to take up the sport. If it's fun and social they will be back for more – we promise!

So why not initiate your own Go Spike session and get more people playing volleyball? If you're interested in setting up Go Spike sessions, or would like to share your ideas for the perfect session, then we want to hear from you – email info@gospike.net or call 01509 227742.

Case Study

Brighton & Hove Business Beach Volleyball Tournament

Forget the office five-a-side team. For the past two summers, Active Sussex and the Brighton & Hove Healthy City Partnership have successfully run a beach volleyball league. With just five fixtures across the summer it provided a perfect low-commitment, social-focused, fun way to engage employees in physical activity. Removing stereotypes found within five-a-side, the use of volleyball encourages mixed teams.

Gibside National Trust

Over the summer, the Gibside National Trust made the most of the summer weather by placing a volleyball court in their grounds by the summer beer tent. As an already popular family attraction, the team at the National Trust were able to create an idyllic summer scene with families enjoying the sport together whilst relaxing in the grounds. The prime location by the outdoor beer tent meant footfall was very high and large numbers of people were able to try volleyball in a relaxed setting.



www.gospike.net • info@gospike.net

Go-spike-Get Into Volleyball

@Go_Spike

THE Volleyball



Widice

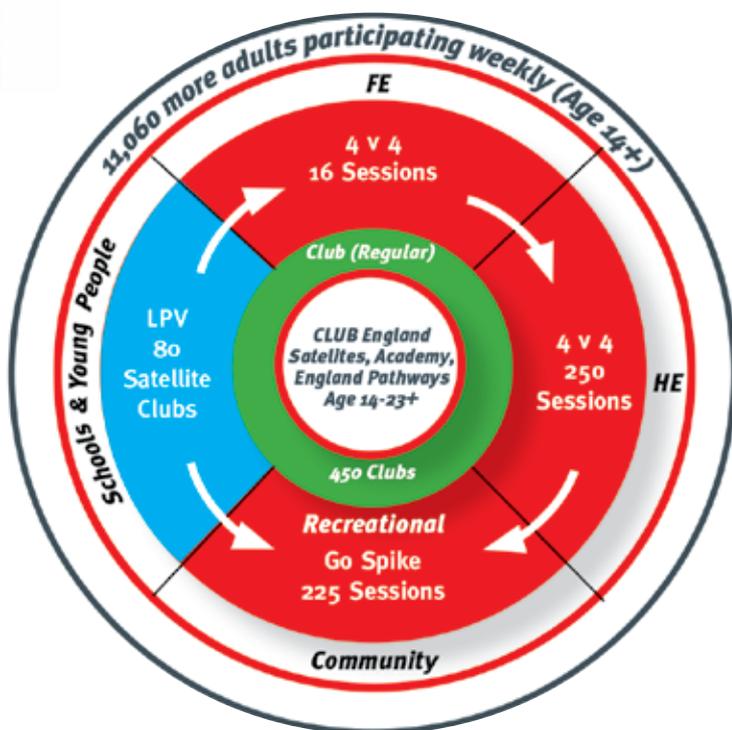
The background

Volleyball England is over 80% funded by Sport England, and in view of all the recent budget cuts across Government departments, we are fortunate that we continue to receive their backing. Most of our current funding supports the delivery of recreational volleyball and a small percentage, of around 25%, is allocated to our talent pathways, thereby contributing to our Satellite Academies and the Junior/Cadet programmes.

The change in volleyball

With the sport changing so much over the last four years, our research has shown a significantly increased interest in volleyball. Therefore, the plans for 2013 to 2017 submitted to Sport England included a large amount of information around this growing popularity and information about areas where we felt we were likely to increase our numbers more quickly. To help us understand these areas better, we organised roadshows in nine specific 'zones', where we investigated the biggest chance of an assured return on investment. Hence the title 'Investment Zones'!

Our investment is aimed at encouraging more people aged 14 to 25 into playing volleyball weekly. With Sport England's financial input, we have sufficient funds to initially support five investment zones. Working together with the local volleyball community and County Sport Partnerships, we have appointed five Volleyball Relationship Managers. Their key role is to drive our delivery plan at local level, as shown in our 'Volleyball Wheel'. The wheel represents our delivery plan for the next four years. We are very confident that the five investment zones will deliver the results. Meanwhile we will support four more zones to be ready for when we are able to secure more investment and increase participation.



Our current Investment Zones

Investment Zone	(VRM)
Greater Manchester	Steve Kerr
Teesside, Tyne and Wear	Samantha Jamieson
East London and Essex	Rachel Laybourne
Black Country and Staffordshire	Rob Payne
Dorset and Hampshire	Sophie Davis

* Volleyball Relationship Manager (VRM)

Stage 2 investment zones

Sheffield and Leeds	To be decided
Birmingham and Warwickshire	To be decided
Surrey and South London	To be decided
Derbyshire, Nottinghamshire and Leicestershire	To be decided

IT'S YOUR TURN NOW TO COME OFF THE BENCH!

Every volleyball player is always ready to respond to the above words, and that's why we are asking you to come to The Volleyball Voice!

Sport England awarded us the funding and we now want to make Volleyball England an even better organisation. We want to better serve you as a member or future member, and we want to welcome more members into the sport.

We have already made big staff changes as you can read on our website. Now we need your views, and for that we are inviting you to come to The Volleyball Voice. We would like to improve and develop

a new vision for 2024 and we want your input. We want to review our communications and you can tell us what you do or don't like about our website and social media, and what you would like to see more of. We will also be reviewing our current governing structure and our membership offer. This may affect you within your club and also as an individual. How can we all work together to grow volleyball?

The Volleyball Voice will be a new way of working, with our President, Wayne Coyle, leading the way, with professional support from staff and Board Members. All Volleyball Voice dates and venues are open to everyone. You can book your place through our website: www.volleyballengland.org/volleyball_voice_reply_form

DON'T WAIT! DO IT NOW – COME OFF THAT BENCH AND LET YOUR VOICE BE HEARD!

Volleyball Voice Tour 2014

NORTH EAST

Newcastle Wed 22nd January 2014 19.00 - 21.00

NORTH WEST

Manchester Thurs 23rd January 2014 19.00 - 21.00

SOUTH EAST

Dorking Sat 25th January 2014 10:30 - 12:30

LONDON

London Sun 26th January 2014 16.00 - 18.00

EAST MIDLANDS

Loughborough Sat 1st February 2014 10.30 - 12.30

EAST

Cambridge Sun 2nd February 2014 11.00 - 13.00

WEST MIDLANDS

Wolverhampton Wed 5th February 2014 19.00 - 21.00

YORKSHIRE

Sheffield Thurs 6th February 2014 19.00 - 21.00

SOUTH WEST

Weston-Super-Mare Sat 8th February 2014 11.30 - 13.30

For full details of venues etc please visit volleyballengland.org

Our current Local Management Groups

INVESTMENT ZONE

Greater Manchester

LOCAL MANAGEMENT GROUP LEADS

Craig Anthony – Greater Manchester Sports Partnership and Investment Zone Management Group Chair

Teesside,
Tyne and Wear

Investment Zone Management Group Chair – to be decided

Vicky Evans – Tees Valley Sport

Adam Brougham – Tyne and Wear Sport

East London and Essex

Dean Nevill – Pro-Active East London and Joint Investment Zone Management Group Chair

Dave Parry – Joint Investment Zone Management Group Chair

Linda Gaine – Active Essex

Black Country
and Staffordshire

Richard Callicott OBE – Investment Zone Management Group Chair

Simon Fisher – Black Country Consortium

Ben Hollands – Sport Across Staffordshire

Dorset and Hampshire

Roy Pankhurst – Investment Zone Management Group Chair

Sophie Burton – Active Dorset

Andy Dayus – Active Hampshire

Geoff Allen – Volleyball Dorset

Tim Nash – Hampshire (Team Southampton)

Our National Zone is located in Northamptonshire, where Alexandrina Hajigeorgieva is the coordinator of our National Volleyball Centre. The Local Management Group is led by Gary Sheppard – Northamptonshire Sport.

Profiles of the VRMs

Meet Our New Volleyball Relationship Managers



SAMANTHA JAMIESON

Teesside and Tyne and Wear

After studying Physical Education and Sport and Exercise Science, I worked as a project and event manager at Leeds Metropolitan University, before taking on the role of National Development Manager for British Weight Lifting, where I worked for over four years. My main responsibilities were to write and implement their Sport England Whole Sport Plan and manage areas of organisational development. I am a national level rugby player for Darlington Mowden Park and formerly played 'A' international rugby union for England. I am hugely looking forward to adapting and transferring my experience in network development, strategy implementation and club support learned through weightlifting to enhance the opportunities and support available to volleyball clubs and participation providers in the Tees Valley and Tyne and Wear. Born in Northumberland, I'm pleased to be returning to the North East and look forward to getting to know the volleyball community in January 2014.

RACHEL LAYBOURNE

East London and Essex

After competing in the London Olympic Games as part of the women's indoor volleyball team, I was determined to engage and inspire the next generation of volleyball players. In October 2012 I was appointed as the AASE (Advanced Apprenticeship in Sporting Excellence) Volleyball Lead at the Boswells Satellite Academy in Chelmsford and since November I have been in post as the VRM for East London and Essex.

My aim is to ensure that children, students and adults alike experience our exciting and dynamic sport of volleyball, whether sitting, indoor or beach. The challenge is to have the sustainable structures and mechanisms in place to cope with the new influx of players, coaches and volunteers.

I have had a fantastic welcome by both my County Sports Partnerships here in East London and Essex. I now can't wait to get new volleyball initiatives rolled out down here in the south east.





ROB PAYNE

Black Country and Staffordshire

Having gained sport development experience working as a Football Development Officer for Devon FA for three years and Community Sport Manager for one year, I am delighted to join the participation team and support and develop the delivery of Volleyball England's strategic plan 2013-2017.

My Volleyball Relationship Manager role encompasses delivery in both Black Country and Staffordshire. I am based within their County Sports Partnerships, which provide local insight into the region, working alongside great teams. I am also fortunate to have a steering group chaired by Richard Callicott, which contains local stakeholders who help direct the vision across the region.

My role is focused around increasing volleyball provision in the Black Country and Staffordshire – both supporting current clubs, schools, colleges and universities to develop whilst building a sustainable infrastructure to develop the area for years to come.

Sport has been a real passion of mine since a young age having played football, cricket and golf, and more recently converted into training and competing in triathlons.

STEVE KERR

Greater Manchester

Many of you will know me from my previous role as a Community Development Coach, but I've been in the sport for 13 years as a player, coach, volunteer and staff tutor. With a background in sports development, coaching and banking, I feel privileged to be joining such a dynamic management workforce.

It was fantastic to see over 80 people at the Greater Manchester (GM) Volleyball Roadshow earlier in the year, and I was pleased that GM was selected as an Investment Zone. It really goes a long way in recognising the great work being done by our volunteers and the huge potential GM has to drive up the participation of our sport.

Exciting times lie ahead with a local management group being set up to foster the growth and development of the sport, whilst checking and challenging the development plan. I'm extremely pleased to welcome Craig Anthony (NGB Development Manager for Greater Sport) as the independent Chair of the group. I see our biggest challenge around workforce development, deployment and supporting the growth of our junior and adult participation opportunities.

Obviously, I have a keen interest in volleyball, but I also enjoy a spot of golf and watching the odd sporting event. A young family keeps me on my toes and my top tip for 2014 would be smile when you wake up.

Sophie Davis has just been appointed for Dorset and Hampshire – her profile will be on our website soon.





RECRUITING VOLUNTEERS

Making the Most of Volleyball's Biggest Asset



Recruiting volunteers for your club means dipping into a pool of skilled, enthusiastic and talented people, who are ready, willing and able to contribute in ways that

really make a difference. But, as London Volleyball Association (LVA) Chairman, Charlie Orton, points out, volunteers are enthusiasts generously giving their time and commitment – not unpaid employees. A bit of planning, a good attitude and an understanding of what volunteering means can ensure that everybody benefits. Charlie shared his experience of recruiting for the LVA's vital Executive Board with 3Touch.



What many fail to understand when trying to recruit volunteer

administrators is that if you want to have volunteers working with you, then you will get volunteers. Not unpaid employees. There is usually something that they want to do, something they will enjoy doing, regardless of whether they are being paid for it. Usually it is something that they think is not being done, or could be done better – and they would like to make a difference. From my experience as the Chairman of the LVA, I've identified some key considerations when trying to identify and recruit the best available people for an executive committee.

Know what you're after

When I was recruiting new members for the LVA's Executive Board earlier this year, I was

looking for several common attributes. Firstly, I was looking for individuals who were willing to work as a member of a team, yet take action as an individual. Secondly, I wanted to see a desire to take the initiative with ideas and take action. Finally – and perhaps most importantly – I needed people with the drive to change the current situation.

Positivity goes a long way

Always try to be positive when talking to volunteers, because people volunteer to be part of a positive group who are trying to achieve.

Let people be themselves

I took a lesson from the London Organising Committee of the Olympic and Paralympic Games (LOCOG), and their preparation of the Games Makers. They were given clear



action attracts young people with great ideas. Most of the new Executive Board are young, keen and willing, but still – like most good people – very busy. Patience and trust is extremely important in order to maintain a good working relationship.

There is a lot of support needed for people new to volunteering. I had individual meetings with each of my volunteers so they could explain to me what they wanted to do, I could then explain how that would fit into the strategy I have for London. They need to have the structure of volleyball administration and even the administration of sport in the UK explained. This includes the names of organisations, key people and how they work together – so preparing a full induction pack for your club/organisation is probably a good idea.

In addition to patience, a level of adaptability will also go a long way. Bear in mind that you have to build the implementation strategy around the volunteer resource that makes itself available. A rigid plan is likely to fail, as you will need to be very lucky to get a volunteer who is an exact fit for a role, and has enough time to dedicate to it.

boundaries and a style they should look to deliver – and then encouraged to be themselves, and do the job their way. It was this freedom to be themselves and let their personalities come through that made them such a success – the human touch.

I let it be known that I wanted people to join the LVA Executive Board and that they could do what they wanted, under my leadership and guidance. They would not be alone, but they would be encouraged to try and express their ideas and take responsibility for their actions. The focus was on volleyball and making it an attractive sport to get involved with in London. This is the same attitude and approach I took to recruiting referees in London, which has been very successful.

Don't be afraid of asking, then asking again

I contacted all the London clubs, the current Executive members and anyone who I was talking to. I asked them to encourage people to stand for election, and be nominated for the Executive. Slowly but surely, names came forward. A short telephone conversation was necessary to explain what I wanted with some, and a little pressure was sometimes needed to get someone to nominate a Secretary – after all, why would a club nominate someone they could well use within their club?

Patience and adaptability

Allowing people to come in with new, positive ideas, and trusting them to take

Achievements so far

After meeting with the new volunteers, I initially had two concerns: would they develop and mould themselves and their aims to fulfil the needs of the association? And if not, did I need to cover those gaps?

So far, the gaps have not been apparent for long, and everyone is delivering. I am still very busy, but there are things happening without my direct involvement, which is a great sign of a functioning committee. I've even had further volunteers step forward! At a meeting of referees, one offered to print the London Handbook, others have asked to join the group looking after Junior Volleyball in London.

Through the hard work of the volunteers so far, we've seen awards for London volunteers, agreement on a new logo for the LVA (watch this space!), more active Facebook and Twitter pages (with a blog to follow), minor changes to the LVA website and plans for a more radical change, a Treasurer who is changing our attitude to finance, regular playing of volleyball in the Queen Elizabeth Olympic Park Copper Box Arena, a meeting organised by someone outside the Executive to discuss a Junior League, and support for our National Junior Champions to go to the ISF World Championships.

Finally, I am happy to say that I am no longer the only Executive member meeting external partners!

What is it like to be on Charlie's team?

3Touch asked volunteers Susana Pousso and Vickie Chiu...

Susana Pousso Volunteer

"I joined the London Lionhearts last year after moving to London. Shortly after



receiving team emails I received a forwarded email from the LVA expressing the LVA's need for a Treasurer. Since I had some experience in similar roles, I was new to

London, and I genuinely wanted to learn more about volleyball's role in London, I decided to apply. Charlie went out of his way to meet me so he could get to know everyone applying for the role. I was unsuccessful in my application, but I wanted to be involved with the LVA nevertheless. Charlie suggested I help with getting our volunteers recognised, by putting them forward for various awards. I helped nominate eight volunteers for the London Federation Volunteer Award. Together they have put in more than 120 years of volunteering for volleyball! It is amazing to be part of an organisation that has such committed members, and I am happy to be the one learning from all their wonderful stories of how far volleyball has come."

Vickie Chiu Volunteer

Marketing Officer, London Volleyball Association

"After receiving several emails from my volleyball club, the London Lionhearts, pleading for people to nominate themselves for the LVA, the initial lack of responses made me want to do something to help – but I hadn't found the motivation yet, thinking that someone else will volunteer.

It took our club manager saying that if nobody steps up to fill the committee positions, the London volleyball leagues can no longer function, to spur me into action. As I work full-time as a PR manager (with any spare time dedicated to playing volleyball), I thought I might be able to help increase the awareness of the sport. So far, I've felt that my contributions have been heard, and it's a truly fair and democratic environment, where your opinion makes a difference. I have no regrets, and I urge all 'on the fence' volunteers to step up and make the commitment should any opportunities arise."



Having a BALL in CALIFORNIA

Mention beach volleyball to anyone and they're certainly more likely to think of Rio or the beaches of California than Skegness, Margate or even Weymouth, but on her three-week honeymoon pilgrimage to the Californian coast, Kirsty Starmer (nee Meynell) and her new husband, Andrew, discovered that it's not so much where you go, but the spirit of beach volleyball that goes with you.

The Californian tourism posters invite you to 'find yourself'. In reality, we were more often lost than found but, in our defence, California is really big. Certainly bigger than you'd expect. It's almost twice the size of the UK. And that's just one of the 50 US states. That said, California has a lot to offer, and with as much variation in terrain and climate in that one state as you might find in the whole of Europe, we still managed to find what we were looking for – beach volleyball and an outdoorsy lifestyle – and here are our top three beach volleyball finds:

Carpinteria State Park Beach

Twelve miles south of campervan-hostile Santa Barbara we found, more by luck than good judgement, Carpinteria State Park Beach and Campground. With limited information about it, we held out little hope of a memorable evening, but Carpinteria certainly exceeded our expectations: 100 or so paces from our campervan we were met by a wide expanse of picture-perfect yellow sand and, most importantly, our first bona fide Californian beach volleyball net - unassumingly offering the best spot to watch one of the most beautiful sunsets of our holiday. While the timing of our arrival left a lot to be desired as all the players left with the light and our photography was certainly unimpressive, Carpinteria was a beautiful place to stop and provided a happy reminder of why we were carrying our trusted volleyball around with us everywhere we went, even if, on this occasion, we were playing on our own, in the dark.

Our recommendations...

DO

- Nautical Bean Coffee Shops – good coffee
- Vons supermarkets
- Ruby's Shake Shack, Newport Coast – Burger, fries and a shake as the sun goes down
- Crystal Cove State Park and Campground – beautiful hillside setting

DON'T

- Half and half milk on cereal – beware the colour coding - red is not skimmed
- Highway 1 around LA – there are no rules, there is no order

TRY

- Dwight's famous Cheese Strips on Huntington Beach – strange, but worth a try



happen the blow was cushioned somewhat by our rather impressive surroundings. Slightly further south from Huntington and off the beaten trail, Corona del Mar has an impressive number of beach courts for the size of the beach and has an incredibly relaxed vibe – the perfect place to chill out after a hard day at work. Once again we were welcomed onto the court for a game, but all too quickly it was time to move onto our next destination.

Our Californian volleyball road trip holiday had been planned before our wedding was even an idea and the wedding gave us the excuse to blow the budget, which we did as Coastal California is not a cheap holiday option. But with fuel a lot cheaper in the States than it is here, our rented Bob Marley ‘True Love’-adorned campervan carried us all the way from San Francisco in the north, through the dramatic central coast to the famous ‘SoCal’ region, along the much-celebrated Pacific Coast Highway and beyond to the Grand Canyon, Las Vegas and Yosemite before heading back to San Francisco. In mid-May everywhere we went was generally warm, with a few exceptions both up and down the temperature gauge but as true, hardy (and some would say stubborn) Brits, a few weather changes didn’t make any difference. What did make a difference however, as clichéd as it sounds, was the warmth of the people we met – something we had not really expected.

And at the end of our three weeks, having carried our beloved Mikasa around 3,000 miles of California, playing on the beach, in forests, up mountains and in deserts, when deflating the ball to take it home, we were left thinking that while the extreme conditions of playing in snowy December or in 35mph winds may be different, that feeling of camaraderie (and slight madness) is something that stays with you wherever and whenever you and your volleyball go.



Huntington Beach

Santa Monica and Venice Beach were big and brash and just not our cup of tea. But further along the coast, Huntington Beach is rather another story. More the California depicted in the adverts and posters, Huntington Beach was lively without being too much and retained an element of quirkiness that was oddly welcoming: the cool kids and surfers strolling up the promenade against the backdrop of a beachside art fair while the big Harley Davidson bikes roar past accompanied by a choir of steel drums. And then there were the volleyball courts, lots and lots of volleyball courts – maybe not as many as there might be in peak season but to those of us in the UK who get excited when we see one actual beach court, this was heaven. Add to that a board-wielding surfer who recognised Andy’s Brighton football shirt and we felt right at home. Within a few minutes of concentrated peppering we had been invited to play – who’d have thought it would be so easy – and the day passed in the midst of mix and match King and Queen play – no pressure, no stress, just a group of people truly loving to play and enjoying bringing new people into the group. Time flew by and the cold sea mist rolled in once again. Facebook details exchanged we said goodbye to our new friends. We left Huntington that day, knowing we couldn’t spend enough time there on this holiday but that we would definitely be back.

Corona Del Mar

We’d been due to meet April Ross at Corona del Mar, her local beach, for a memorable volleyball lesson, but when that didn’t

Huntington Beach Ballers

Two of our playing partners during our time in Huntington

Dominic Ramos

Beach volleyball in California brings people from all over the world together – and there are a lot of beautiful players :-)

Favourite volleyball beach in California: **Huntington Beach**

Favourite beach volleyball move: **Cut shot**

Favourite post-game snack: **Acai Bowl**

If I could be a pro player I would be: **Karch Kiraly**

Carl Graf

Not being from SoCal or having much of a volleyball background, a year in Huntington has changed my life – beach volleyball is now my activity of choice. Players are laid-back and friendly and the beaches are beautiful.

Favourite volleyball beach in California: **Huntington Beach**

Favourite beach volleyball move: **Spike**

Favourite post game snack: **Cheeseburger and fries**

If I could be a pro player I would be: **A very content man**

Volleyball England hosts NEVZA



Volleyball England recently hosted the Northern European Volleyball Zonal (NEVZA) Under 17 Championships, an event we were extremely excited to be a part of. The National Volleyball Centre in Kettering welcomed boys' and girls' teams from Denmark, Iceland, Norway, Finland, Sweden and the Faroe Islands, all competing in group stages before playing off for European glory.

The championships were a brilliant opportunity for our young athletes to gain vital experience and develop their skills against some top European teams. The U17s is an important stepping stone before they reach full senior competition, and these championships created some exciting matches in which they tested their skills. Volleyball England is hosting the Championships for the next three years – a real motivator for our younger academy members to aim towards for the future.

The overall girls' winners, Norway, and the overall boys' winners, Sweden, were deserved champions, but there were definitely no losers in this tournament. It was a show of quality and where in previous years athletes were still learning how to compete, this tournament was more about how to win. Tactically and physically, the competitors produced high level volleyball.

The English boys and girls were very competitive and demonstrated excellent indications of their future development. They were able to compete in many sets on equal levels to their opponents, challenging and attacking with skill and enthusiasm. We can already look forward to next year and expect again great quality volleyball from both English teams.



The final results were...

Girls

- 1** Norway
- 2** Denmark
- 3** Finland
- 4** Sweden
- 5** Iceland
- 6** Faroe Islands
- 7** England

Boys

- 1** Sweden
- 2** Denmark
- 3** Finland
- 4** Norway
- 5** England
- 6** Iceland
- 7** Faroe Islands





CEV

2014 EUROPEAN CHAMPIONSHIP

U20 MEN

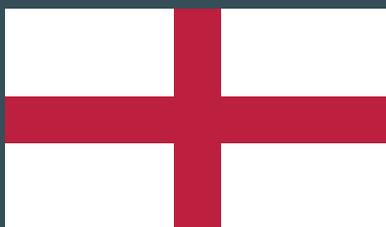
VOLLEYBALL

LIVE INTERNATIONAL VOLLEYBALL

3rd January 2014 - 16.00 - Norway v Azerbaijan

4th January 2014 - 16.30 - Azerbaijan v England

5th January 2014 - 15.30 - England v Norway




**VOLLEYBALL
ENGLAND**

Tickets available on the door
Adults £8
Concessions £4


**NATIONAL
VOLLEYBALL
CENTRE**

**FIVB/CEV Regional Volleyball
Development Centre**
Thurston Drive
Kettering, NN15 6PB

www.volleyballengland.org

HELP RAISE MORE JUST BY SHOPPING ONLINE

Thousands of stores will donate a percentage of every pound you spend with them online.

www.giveasyoulive.com/join/volleyballenglandfoundation



Give as you Live®

VOLLEYBALL
ENGLAND
FOUNDATION