

# 3 TOUCH VOLLEYBALL

THE OFFICIAL MAGAZINE OF VOLLEYBALL ENGLAND



## COACHING QUALIFICATIONS

*Why they matter*

## NAMIBIA

*The changing face  
of African Volleyball*

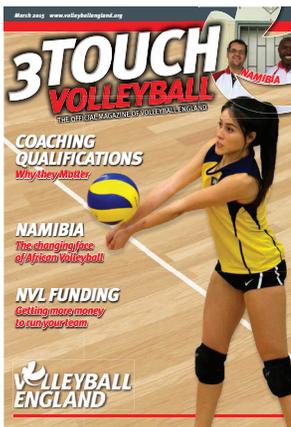
## NVL FUNDING

*Getting more money  
to run your team*

  
**VOLLEYBALL  
ENGLAND**

#thisgirlcan





Cover photo  
Action from Student Cup Finals  
Photo: Sandy Tolhurst  
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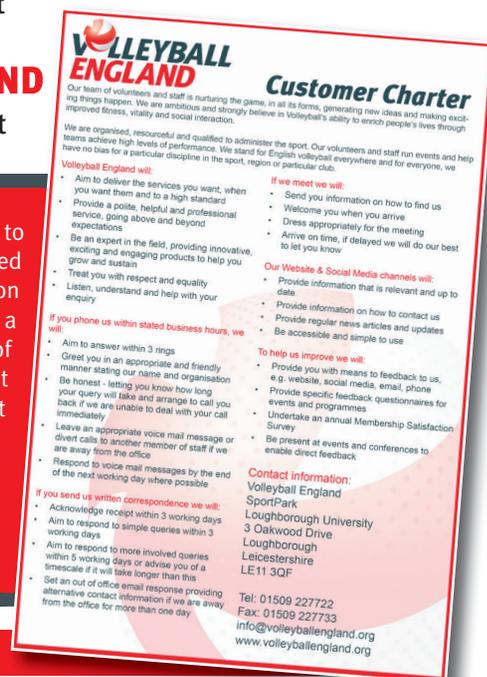
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Get ready for this year's event

Volleyball England is committed to customer service and its continued improvement. To this end the organisation has produced a Customer Charter, a document which puts the importance of customer service levels at the forefront of the way volunteers and staff carry out their duties.

You can download the charter here <http://volleyballengland.org/~media/docs/Customer%20Charter.pdf>

[www.volleyballengland.org](http://www.volleyballengland.org)



# Welcome



**Geoff Allen**  
President

## **PRESIDENT'S UPDATE**

### **Welcome to 3Touch.**

Over the six months I have been President, I have seen the tremendous amount of work so many people do to enable everyone to play volleyball, whether it's coaching, refereeing or organising our sport. If you are learning to play or already compete in a league, at any level, why not think about all the people who have taught you the game, organised your team, refereed your matches, staged your competitions ..... and thank them?

We're coming to the climax of the main indoor season. Championships, cups and relegation battles will all be decided over the next few weeks. I've seen quite a few matches myself and some of the play has been outstanding. If you get the chance, go along to the National Finals at the National Volleyball Centre in Kettering on 28th and 29th of March or another big match, even if you're not involved with a team, and watch some exciting volleyball. Hopefully I'll see you there!

Best Regards  
Geoff Allen



**Will Roberts**  
Development Director

## **GUEST'S WELCOME**

### **As Development Director, elected to the Board at the AGM, I am the latest volleyball family member invited to write this foreword. What a privilege!**

Being aware of the overriding themes of this edition, I wanted to write something hopefully useful and interesting, but you can be the judge of that...

I've been 'in the sport' for as long as I can remember. From the two-year-old whose Dad took a team to the 1984 ISF World Schools Championships in Israel (they came in 4th!), leading into playing, coaching, volunteering and working in the sport. It's in my blood!

As Head of Sport at Youth Sport Trust, it's the development of sport and opportunities for young people which drives me. I am so fortunate to be part of a highly motivated and successful organisation which deeply believes that sport changes lives and that sport and PE offer a unique vehicle to develop creativity, aspiration, resilience and empathy in young people. My role is to channel this through competition and clubs, developing young people's potential via sport.

In my Volleyball England Board role, I meet with Participation Director Rohan West every fortnight or so, and maintain regular contact with Commission Presidents Charlie Orton and Maria Bertelli. My key aim is to support our staff in the successful development and growth of the sport, whilst providing constructive critique. The overall objective for us all is to improve every volleyball participant's experience.

Rohan and I have debated how to define success: Are development and growth both the same, mutually exclusive, or awkward relations? What constitutes a healthy, strong volleyball community? Can it be autonomous and sustainable? How can the governing body assist the volleyball community? My club is 35 years old this year. With Volleyball England's help, I want it to survive at least another 35 years!

Coaching support to develop volunteers is vital, as is initiating relationships with partners and creative, entrepreneurial thinking. We need to be ambitious, drive in our agreed direction and develop the sport together. Strategy 2024 sets the tone, with the governing body role-modelling this behaviour. I see it as a massive positive – it's our sport, let's own it and take it forward!

I would also like to close with a quote; some words of wisdom from Winston Churchill:

**"A pessimist sees the difficulty in every opportunity. An optimist sees the opportunity in every difficulty."**

Best Regards  
Will Roberts

**NVL NATIONAL VOLLEYBALL LEAGUE**

**Volleyball England is calling for applications from new teams wishing to enter the National League for 2015-16.**

**Download an application form from the website. The deadline for applications is 31st March 2015.**

**If you have any questions please do not hesitate to contact Laurence Shenker on l.shenker@volleyballengland.org or 01509 227722**

# Volleynews

## Terrell Jordan **YOUNG COACH RECEIVES ROYAL RECOGNITION**

**Name:** Terrell Jordan

**Age:** 19

**Occupation:** Greenhouse Sports Volleyball Coach at Ernest Bevin College

I've been actively involved with volleyball for about seven years, playing - and more recently coaching - at Ernest Bevin College. I first started coaching in 2011 before I enrolled on a coaching apprenticeship called Coach Core with Greenhouse Sports and the Royal Foundation in 2012. During the apprenticeship, I first realised that this was something I wanted to do in the long term.

The Coach Core Programme is a mixture of nationally accredited qualifications and work placements which gives young people a unique opportunity to gain the skills, experience and confidence to become the next generation of coaches.

After a few months of workshops, practical training and volunteering, Greenhouse Sports employed me on a year-long apprentice contract with their charity, based at the school where I studied and played volleyball, Ernest Bevin College. Whilst at college I was also working full-time at the school as an assistant volleyball coach to Ashley Trodden, the current head coach at Ernest Bevin College. What I appreciated most from Ashley was the mentoring he provided during my apprenticeship, not only in volleyball but in all areas of the coaching field, from admin to social skills and ways to build healthy professional relationships with staff and participants.

Towards the end of 2013 my mentor at Greenhouse Sports told me about the National Young Coaches Academy led by Youth Sport Trust, which proved to be one of the best experiences of my life so far. At the camp I was eased out of my comfort zone, having always been quite shy and introvert in larger social environments. The knowledge that everyone there was in the same situation lifted my previous sense of anxiety and allowed me to make the most of the camp. I took so much away from the camp, helping me to go on to do great things.

My most memorable experience of the NYCA, other than being in an amazing team of young coaches and staff, was being chosen to receive the Adaptability and Compassion Award. Receiving this award humbled me and helped shape my coaching philosophy but also helped me grow as a person.

In February 2014 my coaching apprenticeship came to an end, equipping me with all the necessary skills and qualifications to be a successful coach. Later that year the time came around for the next Youth Sport Trust Talent Camp at which I was offered a role as a young mentor. I had been waiting patiently for the opportunity to do this and wasn't going to pass it up! Being a mentor at the camp was an unforgettable experience and one that I will hold dear for the rest of my life. It was a great feeling being able to share my experience and seeing all of the young coaches grow throughout the coaching camp was worth its weight in gold.

14 January 2015 was the greatest possible beginning to the year for me as it was my Coach Core Graduation at St James's Palace. This day was the pinnacle of all the hard work I had put in over the last three years. Being able to share it with all of my Coach Core colleagues and mentors, and Prince Harry and Carmelo Anthony among other special guests, made it the proudest day of my life.

Although it is mainly all my own hard work, determination, sweat and tears that have got me to where I am today, I recognise that it was the support and belief of others that aided me on my path to success. Greenhouse Sports offered me this incredible opportunity at the right time in my life, when I needed some direction, and working with the team at Greenhouse Sports for the last few years has been life-affirming. Without this charity I am unsure what I might be up to today and it feels great to give others the benefit of my experience and talents.



L to R HRH Prince Harry, Terrell Jordan & Carmelo Anthony.



Photos: (top left & right) courtesy of The Royal Foundation (bottom) Youth Sport Trust



## Volleyball Voice **UPDATE**

**At the time of publication we have completed our Volleyball Voice Tour. This is a series of events to find out what is important to our members and to hear your views and new ideas.**

The Volleyball Voice events have been well received and are a very important component in shaping the strategy for the next ten years. Thank you to all those who have taken the time to attend one of the events. We hope you feel involved and as excited as us about the future of volleyball in England.

<b>4th February</b>	<b>London University of East London</b>
<b>7th February</b>	<b>South West Exeter</b>
<b>8th February</b>	<b>South East Ashcombe</b>
<b>22nd February</b>	<b>East University of Essex</b>
<b>2nd March</b>	<b>North East Gateshead</b>
<b>3rd March</b>	<b>North West Warrington</b>
<b>4th March</b>	<b>Yorkshire</b>
<b>11th March</b>	<b>East Midlands Loughborough</b>
<b>12th March</b>	<b>West Midlands Walsall</b>



***“IT GAVE ME SOME GOOD INFORMATION AND CONTEXT AND A LOT OF THINGS WERE AIMED AT HELPING MY CLUB.”***

***“Thanks to all the presenters at the NW Volleyball Voice. I found the evening very informative and useful and thought you did a very good job of demonstrating what Volleyball England is doing centrally and how areas/clubs can benefit from the initiatives emanating from head office.”***



***“I WAS AT THE VOICE II ON TUESDAY AND THE SESSION WAS VERY GOOD.”***



# Volleynews

## International Courses **NOW OPEN FOR BOOKING**

Volleyball England is pleased to announce the dates for its first two 2015 international courses and technical seminars:

- FIVB Outside Serve / Hitter
- FIVB Setting

The two technical seminars are taking place at the FIVB/CEV Development Centre, Kettering (ENG) on 4th – 6th June 2015 and will be running at the same time. They are aimed at coaches and players who are looking to gain a deeper knowledge of two key technical areas of the game.

CEV President André Meyer says: “We are pleased to see the Kettering FIVB/CEV Development Centre yet again putting on a fantastic programme of events for coaches

and players from the European Volleyball community and it is hoped further afield. These seminars are a great place to gain advanced technical knowledge that will be beneficial in developing top players and making better coaches. The latest techniques, theories, skills and drills will be delivered by internationally recognised tutors with the latest sport-leading knowledge, which will help to drive volleyball in Europe to greater heights.”

Geoff Allen, the President of Volleyball England adds: “This is yet another exciting year for the FIVB/CEV Development Centre here in England. We are really looking forward to hosting the seminars and welcoming people from all across Europe and beyond.”

Mr Allen continues “The 2014 courses were a great success and this year’s programme will not only see more coaches being able to access world-leading knowledge but also the players. I would like to wish all delegates an enjoyable stay in England and hope you can make a real difference to the teams you are involved with.”

There will be more courses announced from the Centre soon.

**For more information contact Volleyball England by email [coaching@volleyballengland.org](mailto:coaching@volleyballengland.org) or call + 44 1509 227730**

Full details of the courses can be found on the Volleyball England, CEV & FIVB websites.

## 2015 AWARDS NOMINATIONS OPEN



**So much of our sport’s success is down to the dedication, hard work and enthusiasm of our volunteers, coaches, clubs and, of course, players. We want to recognise the commitment they make every year with our end of season celebration .... The Annual Awards Evening!**

Awards will be presented on the evening of Saturday 25th April, during the Super 8s Finals Weekend, at the National Volleyball Centre, Kettering. The Annual Awards evening is always a special opportunity to celebrate nominees across a number of categories and is a great chance for the entire volleyball community to get together all in one building, let their hair down and celebrate another brilliant year. The evening will include a three-course meal, award presentations and disco.



This year we have added a few new categories and nominations are now OPEN  
The categories are:

- Young Coach of the Year
- Children’s Coach of the Year
- Participation Coach of the Year
- Performance Development Coach of the Year
- Young Volunteer of the Year
- Volunteer of the Year
- Long Service Award
- Young Official of the Year
- Referee of the Year
- Services to Refereeing
- Club of the Year
- Play of the Year (will be voted by the public)
- HEVO of the Year
- Event of the Year



Nominations can be made by anyone within the volleyball community and the process takes only a few minutes. So why not nominate someone in your club or team to publicly acknowledge their achievements and thank them.

**The nominations are open until 20th March and can be made using the link on our website.**

# VOLLEYBALL RELATIONSHIP MANAGER UPDATE



RACHEL LAYBOURNE

**The Somali community is under-represented within sport in the London Borough of Tower Hamlets. The Ocean Stars Project's main aim is to focus on ensuring we have inspiring leaders from the Somali community to direct activities for younger children, in the hope that this will encourage them to be more active in the future.**

An application was made by the Tower Hamlets Youth Sport Foundation (THYSF) to the Youth Sport Trust to run one of their 'Connecting Communities' projects which is aimed at increasing sport participation in some of the UK's most deprived areas.

The project began in September 2014 and is funded for one full year. The funding included the potential leaders obtaining a UKCC Level 1 Coaching Award. These leaders would then head up a group of 8-11 year olds from various primary schools in Tower Hamlets, and would also recruit 11-19 year olds for a second session, where a more qualified coach would lead. The girls selected to steer the group have been keen volleyball players from Central Foundation Girls' School and, therefore, selected volleyball as the sport they wanted to lead. Ayan, Shukri and Khadra are the three girls that run the sessions and have helped in recruitment and administration of the project. The leaders were selected via THYSF's 'Stepping Stones' which is a borough-based scheme where young people can take their first steps into community sports participation, as both participants and leaders.

The main issues with the project were the recruitment of primary school children. Numbers were low to start with but picked up eventually when children were transported to and from the venue. The venue and session times to suit different children had to be carefully considered as well as the times suitable for leaders to run the sessions.

**Thanks to this fantastic project, we now have 30+ under 11's taking part in weekly sessions and 12 qualified Level 1 Coaches. For further information please contact [r.laybourne@volleyballengland.org](mailto:r.laybourne@volleyballengland.org)**



Shurri



Khadra



Ocean Stars U11 Team Member



Ayan



Ocean Stars U11



# DORSET AND HANTS VOLLEYBALL RELATIONSHIP MANAGER UPDATE

## *Priestlands Show the Way!*

Priestlands School in Lymington is home to a very successful Volleyball Satellite Club for girls. This Satellite Club delivered by New Forest & Lymington Volleyball Club was formed in September last year with support and funding from Sport Hampshire & IOW and Volleyball England. The club has 30 to 40 participants turning up every week to play volleyball, which is a fantastic retention rate. One of the reasons for the club's success according to the main deliverer Justin Whitbread, Head of PE at Priestlands School as well as an experienced volleyball player, is down to the female focused approach. "The girls-only sessions give them confidence to express themselves in a setting with which they are comfortable. The sessions allow

them to play a new sport with their peers whilst developing and learning new skills."

The Volleyball Satellite Club which runs every Tuesday evening is open to girls aged 14-25 within the local community and has already managed to engage almost 100 participants. As well as attracting pupils from Priestlands School the club has also managed to reach out and attract a number of pupils from nearby Arnewood School.

Robyn English, a Year 7 pupil from Priestlands School who regularly attends the Satellite Club, when asked why she attends every week responded: "I like the challenge, love volleyball and it's really fun. I now play twice a week and enjoy playing a sport I love with my friends."

There's plenty for all participants of the club to look forward to for the remainder of this academic year, with various local volleyball events coming up in the summer. They include the Sport Hampshire & IOW School Games volleyball event and the district multi-sports event, where Priestlands School entered as many as 18 volleyball teams for boys and girls last year.

***If you are in the Dorset or Hampshire area and would be interested in becoming a Volleyball Satellite Club or would be keen to introduce or develop volleyball activity within your school or college, please don't hesitate to contact me on [m.simmons@volleyballengland.org](mailto:m.simmons@volleyballengland.org)***



# VOLLEYBALL

## NORTH EAST

### RELATIONSHIP

### MANAGER UPDATE



**Name: Claire Shorting / Age: 33 / Activity: Volleyball**

**Claire is a full time teacher, wife to Mark and mum to Jack, Ryan and Heidi. She took up volleyball in 1993 and has taken brief sabbaticals from the sport to raise her three young children. Claire tells us more about how she manages keeping active alongside work and family life.**

“I have to be super-organised which can sometimes be difficult. But if you enjoy doing something then you make time to fit it in. Also it is important to have a good work/life balance. I am fortunate that I work in a good school and am able to plan and organise my teaching, have time to play volleyball and also spend quality time with my children.”



Claire Shorting

#### **How did you first get into volleyball?**

I went to Ralph Gardner High School in North Shields, which is no longer there. My PE teacher, Paul Rycroft, was the North of England coach at the time and ran volleyball clubs at lunch time and after school. Because my big sister played I looked up to her and the older girls and wanted to be like them! So I went along and have loved it ever since.

#### **How long have you played?**

I started playing for a ladies local team (Wallsend Ladies) when I was 15 so that would make it 18 years. In this time I have played Local League and National League for teams in the North East and North West.

#### **What do you think of the “This Girl Can” campaign?**

I think it’s great that we are targeting girls to be more active and try new activities. I think for a few years there has been a perception by some adolescent girls about sport making their hair messy and spoiling their makeup! The more we can do to encourage girls’ participation in sport, the healthier and happier our nation will be.

#### **Monkseaton only has a women’s team, do you think that is more appealing to women?**

Yes definitely as I have had numerous emails from women saying they feel rather nervous about starting a new sport or they haven’t played volleyball in years and feel a bit silly starting again. It puts their minds at ease when I explain we are a ladies team of all ages and we always have a good giggle at every training session. Nobody ever feels intimidated and we are very supportive of one another. I think our good team morale always makes our sessions appealing to woman wanting to join.

#### **What would you say to any women out there who are thinking of taking up volleyball and/or another sport?**

I think no matter what age you are it is always good to try something new, to meet new people and make yourself fitter and healthier. There are so many opportunities out there that do not cost a fortune and there’s no excuse not to get involved.

#### **How do you find inspiring girls through PE as a teacher?**

We have some fantastic facilities and PE has changed massively since I went to school

in terms of what we can now offer. Girls have the opportunity to play such a vast range of sports and are also able to learn about the health benefits and have an input into what they are taught. There are so many local links to different clubs that we as teachers can encourage our girls to go to. Also we often ask our girls what motivates them and have had consultations about what sort of PE kit they feel more comfortable in. These little changes have inspired our girls to become more active. I always feel proud when I find out my students play for a local team or have progressed onto County and National standard. Also it is lovely to hear from ex-students who are still involved in sport.

#### **Any thoughts on Beach Volleyball’s perception?**

I think many people are surprised when they see how many players participate in Beach Volleyball. We are fortunate to live near the beach and most nights during the summer months you will see volleyballers playing on the beach from the different clubs in our area. People are often surprised that you can play on the beach with any type of clothing (you don’t just have to wear a bikini!).

#### **What would you say to any women thinking of becoming a sports coach?**

Coaching is a very rewarding job. Your role is so much more than just coaching. You are a leader, motivator, counsellor, educator and much more. You have the ability to inspire people to achieve and instil a passion into them that can last a lifetime. I think over the next few years we will see many more top women coaches.

#### **Final words...**

**Life’s too short to be sat around doing nothing! Grasp it with both hands, stay fit and be healthy.**



STEVE KERR

# GREATER MANCHESTER VOLLEYBALL RELATIONSHIP MANAGER UPDATE

**A year has passed since I last updated our readers about the Year 2 plans for the Investment Zone. In March 2014 I gave a summary of all the new Go Spike volleyball sessions we hoped to launch. An ambitious 10 recreational sessions were targeted, in order to help grow our sport. As I sit and reflect on the work to date, I'm pleased to tell you that no fewer than 12 Go Spike sessions are up and running. Let me introduce you to some of our newest activities...**

The year started well with newly qualified FIVB coaches Phil Chanin and Howard Ainsworth launching Go Spike sessions at City of Salford VC and Manchester Marvels VC. Intervolley, Vspocks Eccles, Oldham Tamaraws and The Factory Youth Zone also received funding and support to develop a recreational programme for their clubs and communities.

A legacy competition was run to recognise volunteers' commitment and determination to grow our sport. Huge congratulations to Arek Herod (Intervolley), Amik Fargo (Vspocks) and Josh Dayco (Oldham Tamaraws) who all received an Olympic Volleyball from London 2012 on behalf of their clubs.

I've been out and about across Manchester witnessing all the great new work and can honestly say that our volunteers and coaches have created a buzz in their new Go Spike sessions. Alexandra Ziolkouska, who was motivated to take part in her first Go Spike session in February with Intervolley, told us that volleyball appealed to her because she prefers team sport to visiting the gym. Alexandra went on to tell us that she loved the friendly atmosphere and was enjoying the social aspect of the session.

Across the borough, Allan Frew from Northern Jump has only been playing volleyball for a few months and he can't get enough of it. When I asked him what his motivation is for trying the sport, he simply replied: "It's fun, fitness, social and competitive all wrapped into one session!"

What's so great about talking to participants across Manchester is that you really get a feel for why people are enjoying our sport. Out of the 20 people I

interviewed, over 80% have told me they want to play more often and they want more opportunities to compete. Greater Manchester ended 2014 by delivering six new sessions that attracted over 170 people into our sport. Many of these new groups and players have already joined the Greater Manchester Volleyball Leagues and I hope we can attract more teams in preparation for the 2015-16 season.



Growth within our sport never stops, and it was a busy festive period planning an additional six new sessions to be launched by February 2015. Although these sessions are still in their infancy, I'm confident that they can become sustainable, attracting more people from their respective communities.

With focus on female participation becoming a hot topic, and the added bonus of Sport England's 'This Girl Can' campaign, all Go Spike sessions are actively encouraging female participation. There are new sessions being launched at Northern Jump VC and an entirely new programme based at Urmston Grammar School.

Working with Sporting Equals and UKIM we have been able to offer a volleyball 'Community for All' programme, which enables young Islamic participants aged 14-25 to take part in volleyball. I'm particularly looking forward to seeing how this develops in the next few weeks and with "Citizen

Khan" star, Abdullah Afzal, in the session anything could happen!

Finally, Howard Ainsworth and Paul Leward are providing the inspiration for two out of three new sitting volleyball sessions being developed in Manchester and Tameside. Active Tameside are also featured in the roll-out of sitting volleyball as part of their Titans' session for young people and adults with a disability at Copley Leisure Centre.



An estimated £12,000 has been secured and used to develop these programmes as Go Spike sessions start to grow across the Greater Manchester area. A huge thank you goes to all our coaches, clubs and activators who are inspiring new people to take up our sport and extended thanks to our funding partners, GreaterSport and Sporting Equals.

**If you're reading this article and would like to get involved, please contact me at [s.kerr@volleyballengland.org](mailto:s.kerr@volleyballengland.org). For more information about Go Spike and for details of all the above sessions, please go to [www.gospike.net](http://www.gospike.net).**

# BLACK COUNTRY AND STAFFS VOLLEYBALL RELATIONSHIP MANAGER UPDATE



**ROB PAYNE**

**Hannah is a Dudley College student who has recently completed the Student Activator Course and wants to start coaching volleyball in schools through a Sportivate project.**

**Lucy is a second year student at Dudley College who started playing volleyball last September.**

**For further information please contact [r.payne@volleyballengland.org](mailto:r.payne@volleyballengland.org)**

**What attracted you to volleyball?**

I first saw volleyball watching girls play at London 2012. It caught my eye and when the college (Dudley) started running sessions I wanted to give it a go. I like it because I find myself improving each week so it's easy to get better.

**What attracted you to volleyball?**

I did endurance last year and saw some girls playing volleyball so thought it would be an easier option and a bit of fun! Over the last five months I have learnt to enjoy volleyball, especially being with friends and playing against others.

**How regularly do you play?**

I started going along to the Tuesday college session and I am now going to train in the women's rec. session at Wombourne later.

**How regularly do you play?**

I play every Tuesday in the college session and have stayed on for the club session (Wombourne Volleyball Club) for the last three weeks. It's great to have a club to play for outside college.

**How easy was it to pick up volleyball?**

I have found volleyball easy to pick up, but it becomes challenging in competitions. I am really competitive so I enjoy a challenge and always want to win. I find volleyball good to play with different abilities so it's easy to come along and give it a go.

**How easy was it to pick up volleyball?**

I found it easy to start playing volleyball in the group; I enjoy playing in a team environment. I think my skills from other sports have helped me to learn volleyball.

**Have you done previous physical activity/do you play other sports alongside volleyball?**

I used to play football but gave up because my interest in volleyball grew. It's something new and different and I enjoy the challenge of improving.

**Have you done previous physical activity/do you play other sports alongside volleyball?**

I used to go running for fitness and also played football. I no longer do either as I find volleyball more fun and easier to play.



# COACHING QUALIFICATIONS

## • WHY ARE THEY IMPORTANT? •

**Richard Harrison,**  
**President, Coaches Commission**



“A certificate or licence from an approved coach education programme ensures quality in the coach development process. Properly structured educational coursework and demonstrated on-the-job mastery of that material to merit the award of a certificate or licence benefit everyone in sport.” (*Coach Certification and Recognition, International Sport Coaching Framework Version 1.1 2012*)

Although the above statement is recent, the same principle has been a part of Volleyball England since it was formed in 1968. A programme of coach education, both qualifications and support through workshops and clinics, has been in place since that time.

It is also a principle followed by most sports in the UK – 33 sports including volleyball have an endorsed UK Coaching Certificate.

The qualifications listed below are supported by a number of workshops and clinics – volleyball-specific and more generic, such as those offered by sportscoachUK.

### **Lifelong Learning**

The UK Code of Practice for Coaches is very clear in stating the responsibilities of coaches:

**“To maximise the benefits and minimise the risks to performers, coaches must attain a high level of competence through qualifications, and a commitment to ongoing training that ensures safe and correct practice.”**

It's not the qualification itself that is important – it's the learning process that the coach goes through to achieve it. This is what is recognised by other sports, government, education, local authorities, by parents and by players and by Volleyball England's Coaches Commission. 'A Parent's Guide to Effective Coaching' from sportscoachUK backs this up: "A useful indicator of how motivated and committed coaches are lies in the amount of time they devote to their own development within coaching. This includes having the right level of qualification as well as time spent attending workshops and clinics and in other forms of learning." We will ensure that our coach education system continues to provide new coaches and existing coaches with the right knowledge and skills to follow their chosen coaching career and be effective in their coaching role. We are creating a Coach Development Model which provides a developmental structure or 'pathway' of qualifications and formal and informal continuous development that enables coaches, teachers, leaders and activators to serve their participant group effectively.

### **What Our Coaches Say:**

**Paul Kaerger, coach at the University of Leicester, with teams in local leagues and BUCS. Completed the UKCC Level 2 Course in 2014**

“The course has been excellent in helping me to challenge myself and in making sure I reflect on how I can better influence my players' performance. It was also good for my confidence. As coaches, we often work in isolation, so getting feedback that I am broadly on the right track was good news. The practical hints and tips from Steve and Jefferson were brilliant. They have helped me create much more vibrant and dynamic sessions.”

**Ross Cope, Coach at Volleyball England's Academy at Newcastle-under-Lyme College and assistant to Ant Viggars at Newcastle Staffs Volleyball Club with the Under 18s**



“The Level 2 course has further inspired my love for volleyball and coaching in particular. I feel the course has set me up for further education in coaching volleyball and many happy years coaching. My practice as a volleyball coach has improved ten-fold since the course.”

### **Volleyball currently has three levels of qualification:**

#### **What the qualified coach will be able to do:**

- Level 3** **Plan, implement, analyse and revise annual coaching programmes – ideal for those coaches who are leading teams or overseeing the teams at a club. This is the senior head coach at a club.**
- Level 2** **Prepare for, deliver and review coaching session(s). This will normally be a series of 6-10 coaching sessions in any one sequence. This is usually the head coach of a club.**
- Level 1** **Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision. This is normally a coaching assistant.**

**Kevin Abbott, Coach at Ipswich Volleyball Club, coaching Ipswich VC beginners, women's and men's teams as well as at University Campus Suffolk for their Most Active Students campaign.**

"The Level 2 course has been great, and it's not even finished just yet!! I feel more confident as a coach, learning how to progress volleyball drills to suit player abilities. I've had three coaching sessions since the start of the course and they have all been successful as I've had positive feedback from players from each session without even prying for it."



**Rachel Laybourne, former GB player and coaching the women's team at Boswells Volleyball Club**



"Although I have been involved in volleyball for over 17 years, I am relatively new when it comes to the art of coaching. Over the past couple of years I have had the pleasure of coaching a variety of teams and in doing so gained some valuable experiences, all of which have challenged my knowledge, thinking and coaching style. As a result I am really looking forward to the Volleyball England Level 3 Coaching Course in April as it will hopefully address some of the areas I need to work on."

**Maria Bertelli, former GB player and coaching the men's team at Darkstar, Derby**

"Over the last couple of years my role as an athlete mentor and my step into coaching has been extremely rewarding, learning new skills, helping others and sharing my own experiences. I now want to take that further and develop as a coach. It's a very different perspective from playing, a different challenge. I now realise how good coaches make it look easy! I am looking forward to the Level 3 Course in April, in particular exploring the coaching process and coaching philosophy, areas that intrigue me."

**Coaching Diary of Events**

**Annual Coaching Conference: Sunday 6th June. National Volleyball Centre, Kettering.**

Our annual coach development day will be offering different CPD opportunities for all our registered coaches. Invitations will be sent out in the coming weeks, along with the schedule.

**Beach Volleyball Course: 23th/24th May**

Just announced! This is a two-day beach course available to all registered coaches and players, led by beach expert Denise Austin. Further details are coming soon.

**Volleyball England Level 3 Coaching Course: 11th/12 th April and 25th/26th April**

Just the last few places remaining! Volleyball England's highest level course and open to all registered Level 2 Coaches who are coaching competitive teams and seek more technical courses and to gain tactical understanding of the modern 6 v 6 top level game. Further information:

[https://www.volleyballengland.org/getintovolleyball/coaching/courses/ve\\_level\\_3](https://www.volleyballengland.org/getintovolleyball/coaching/courses/ve_level_3)  
[http://www.volleyballengland.org/getintovolleyball/coaching/courses/fivbcev\\_](http://www.volleyballengland.org/getintovolleyball/coaching/courses/fivbcev_)



**FIVB Technical Volleyball Clinics: 4th/6th June 2015, National Volleyball Centre, Kettering**

We run a series of courses each year which are FIVB endorsed and have coaches attending from Europe and beyond. This year we have two seminars running at the same time: Outside Hitter/Serve Seminar and a Setting Seminar. These are aimed at coaches who want a technical in-depth master class on key performance areas of the game, delivered by FIVB's senior tutors. For further information, go to: [http://www.volleyballengland.org/getintovolleyball/coaching/courses/fivbcev\\_courses](http://www.volleyballengland.org/getintovolleyball/coaching/courses/fivbcev_courses)



# NAMIBIA

## LEADERSHIP WILL DRIVE CHANGE...

*I was fortunate to be selected by UK Sport to be one of 12 CEO's to undertake a CEO Leadership Programme for two years - and all fully funded! Part of the programme was to support the International Inspiration Programme and I was delighted to be asked to join a visit to Namibia. I have never been to Africa before so I held no expectations but just wanted to learn and support the project if I could.*

Four of us travelled to Namibia: Nigel Holl, CEO Scottish Athletics, Rhian Gibson, CEO Welsh Gymnastics and David Cole, Chief Operating Officer from UK Sport and overall sponsor of the programme.

After an eleven hour flight from Heathrow via Frankfurt we landed in Windhoek, the capital, which to be fair resembled a number of places I've visited before. Just as in any small town in England, I saw beautiful gardens, cafes, shops and an abundance of taxis. We were collected at the airport and escorted to our hotel, passing the odd inquisitive baboon on the way!

One of my requests to UK Sport was to meet with the Namibian Volleyball Federation to see how they operate and establish whether we could form any partnerships for mutual benefit. Therefore I spent an interesting day with Namibian Volleyball. I met with Gunter Rust and Joel Matheus, General Secretary and President respectively. They showed me around their freshly painted office, noting the donated 'antique' computers and printers in the corner! They don't have much, but what they do have is huge ambition and great skills on their board. They then took me around a number of venues they have plans for. The context being, they have no facilities to play volleyball, other than millions of tonnes of beautiful sand I guess!

The first of the facilities is in Katatura, a huge concert arena now unused but with



enormous potential and viewed by Joel as Namibian Volleyball's future competition venue, with vital support to add a roof and floor required! The next set of facilities, very similar to England, were some old disused tennis courts close by their offices. They plan to clear them and install some posts. In Namibia volleyball is predominantly played outdoors so this is an ideal area. It just needs some hard work and the necessary posts. The final site for future development is within a school where they already have basketball and netball programmes. Through the torrential rain, I could just about make out their vision! With its location on the busiest road from Katatura to Windhoek, the sport would easily be seen and even though volleyball is the number three sport in Namibia, visibility is key.

I then had the pleasure of meeting the Namibian Volleyball Federation Board – all volunteers – with a budget of £1,000 per annum! And to meet James Verrinder, one of our volleyball coaches from Cambridge, now living in Namibia and leading beach volleyball. He has set up his own company "Timeout Beach Volleyball Academy", with thanks to Denise Austin!

Namibian Volleyball had already utilised much of our work from the Volleyball England website, congratulating us on our strategic plan and indeed our structure,



something they have employed and are currently on a tour of Namibia establishing their regional bodies. To date they have travelled 3300 kilometers!

It was such a motivating meeting, so much energy and 'can do' attitude. It really was a pleasure to meet them.

Some of the realities of living in Namibia came much clearer, however, as we then toured the township. Lack of funding and facilities seemed to blur into insignificance when learning that the country has 38% HIV, with a significant number of children living with one grandparent due to this. They are also faced with huge alcohol problems, people receiving only one meal a day, at best, and children with no shoes, not to mention trainers. It was refreshing, therefore, just to hear the ambitions and plans of the Namibian Volleyball Federation.



I also met with a number of key officials in Namibia: The High Commissioner Marianne Young, who loved 3 Touch! The Deputy Minister for Sport, Hon. Julieta V. Kaventuna, and I spent a day with the Namibian National Olympic Association (NNOC), followed by an evening with the members of the NNOC (all the national sports). I was so proud that during the evening as well as a presentation by UK Sport, Joel the President of NVF laid



out his vision for the sport of volleyball. Can you imagine The British Volleyball



Federation presenting to all our British Olympic Association Members? It was so heartening to see volleyball being respected for the size, scale and professionalism which it has in Namibia. As I say, after just a week of being with Namibian Volleyball I felt so proud ... but there is much, much more to do!

The week was drawing to a close and we had the opportunity to visit Swakopmund, the coastal resort, which is really beautiful. Sand Dune 7, I am sure, could host the FIVB World Championships alone!

Reflecting back, Namibian Volleyball is not too far from where we were just 20 years ago. Yes there are more significant societal challenges but I have full confidence in the team they have in place to lead the sport.

***We are now looking at ways we can support each other in conjunction with UK Sport, from attendance at our coaching/technical courses, work placement opportunities and possible HEVO exchanges...more to follow, but to anyone visiting Namibia, do drop in and see our friends at Namibian Volleyball. They really are lovely people and will genuinely welcome you. Even better, take a few balls and some kit too – a little goes a long way in Namibia!***

**LISA WAINWRIGHT**



# STUDENT CUP

## ALL THE ACTION FROM LONDON

**University of East London, SportsDock played host to two days of enthralling competition that saw Bournemouth (Men) and Durham (Women) both defend their Student Cup trophies.**

Champions Durham impressed with a commanding straight sets victory over Essex, 2-0 (25-10, 25-19) in the Final, after both teams had seen off some highly competitive opposition to get to that stage. Bournemouth overcame a spirited UEL side in an explosive match, 2-1 (25-20, 25-27, 16-14) to be crowned Champions. Both games were played in a competitive spirit and were a shining example of student volleyball. A special mention should go to Essex and UEL for their valiant efforts and for making the Finals a great spectacle.

In the women's competition Durham swept all before them to clinch consecutive Student Cup titles, they were pushed closest by a well organised UEL team who had home advantage, however Durham showed that they are true Champions by winning when it looked like they could be down and out. In the men's competition Bournemouth had an impressive record reaching the Final, dropping their first set in the competition in two years in the Final.

The Most Valuable Player (MVP) awards went to players from the winning Universities: Erin Anderson (Durham Women) and Phil Smith (Bournemouth University).

The event saw 32 of the top university and college teams from across the country battle it out for the title. As is tradition, the men's and women's Irish Varsity winners were invited to take part, with Galway-Mayo Institute of Technology representing the men and University College Dublin representing the women.



Pic: Paul Adams

### Day 1

With a very competitive first day of competition, Bournemouth qualified fairly comfortably from Men's Pool A. In Pool B, Durham qualified as the top team, edging out Essex. University of East London topped Pool C, playing in the competition on home soil. LeAF Academy ran out victorious in Pool D, with Leeds University edging the other teams in the pool to qualify in 2nd place.

Durham eased to top spot in Pool A, with UCL also progressing to the top 8 knockout phase. University of East London were the victors of Pool B, with University College Dublin ending as runners-up after a close fought battle for 2nd place in the pool. Bournemouth University topped Pool C to progress forward, while Essex went through to the top 8 after winning pool D.

### Day 2

Day 2 started where Day 1 left off, with the battle for the highest possible place ensuring that a huge level of intensity was maintained. University of East London vs University of London was the pick of the Quarter Finals, with UEL claiming a 2-0 victory in a closely fought match (25-22, 26-19). In the other Quarter Finals Bournemouth beat Sheffield, Durham edged out Leeds and Essex booked their place in the Semi Finals with a win over LeAF Academy.

The pick of the Women's Quarter Finals was the match between Essex and University College Dublin, with Essex claiming a hard fought 2-0 victory. In the other Semi Finals Durham beat Liverpool, UEL beat Sheffield and UCL beat Bournemouth, with all matches going to the victor fairly comfortably.

The Women's Semi Finals were contested between Durham & UEL and Essex & UCL. Both of these matches proved to be highly entertaining. UEL pushed Durham all the way, eventually losing 2-1 (19-25, 25-11, 15-8). In the other Semi Final, Essex demonstrated that they meant business by beating an excellent UCL side 2-0 (25-23, 25-21).

The Final saw Durham demonstrate a master class against Essex, smashing their opposition off the court with some superb hitting. The holders, who were led to victory by MVP Erin Anderson, were simply too strong for an up-and-coming Essex side. UEL backed up their strong play with a focused performance in the Women's 3rd/4th playoff in which they narrowly beat UCL 2-1 (16-25, 25-21, 15-5).

In the Men's Semi Finals, Bournemouth and UEL proved too strong for Durham and Essex respectively. Durham went on to claim victory in the Men's 3rd/4th playoff in a competitive game, which both teams should be proud of.

In the Men's Final, Bournemouth took on UEL in a clash of holders versus home team. Just like the Women's Final, it was a close fought match. Bournemouth University edged UEL in a fierce contest, with both teams having opportunities to take the match, but Bournemouth's experience shone through as they fought back to win despite trailing by a couple of points most of the way through the 3rd set.

Bournemouth's MVP Phil Smith did a magnificent job of blasting his way past the UEL block, aided by setter Michael Vellutato who guided his team's attack. Following the performance UEL should hold their heads up high and surely this result will spur them on to want to go one better next year.

Congratulations should go to all the teams who competed during the two day event. They all demonstrated that volleyball is an incredible team sport, and that student volleyball is going from strength to strength. The final word however should be to congratulate the Champions from both the Women's and Men's Competition, who retained their titles from last year. Many congratulations to Bournemouth University and Durham University.



Pic: Tom Molloy



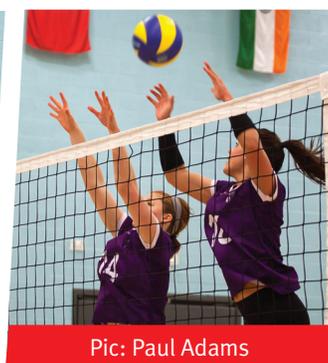
Pic: Jeffrey Graham



Pic: Sandy Tolhurst



Pic: Paul Adams



Pic: Paul Adams

*Full results from the Competition can be found here.*  
**Final Standings**

**Men**

- 1st** Bournemouth University
- 2nd** University of East London
- 3rd** Durham University
- 4th** University of Essex
- 5th** LeAF Academy
- 6th** University of Sheffield
- 7th** University of London
- 8th** University of Leeds
- 9th** Galway-Mayo Institute of Technology
- 10th** University of Liverpool
- 11th** Cambridge University
- 12th** University College London
- 13th** Royal Holloway University
- 14th** University of East London 2
- 15th** Warwick University
- 16th** Cardiff University

**Women**

- 1st** Durham University
- 2nd** University of Essex
- 3rd** University of East London
- 4th** University College London
- 5th** University College Dublin
- 6th** University of Sheffield
- 7th** Bournemouth University
- 8th** University of Liverpool
- 9th** University London Union
- 10th** Kings College London
- 11th** Newcastle University
- 12th** Southampton Solent University
- 13th** Bradford University
- 14th** Royal Holloway University
- 15th** University of East Anglia
- 16th** Nottingham University

# JUNIOR PARTICIPATION INCREASES THROUGH LET'S PLAY VOLLEYBALL

## What are Let's Play Volleyball (Satellite) Clubs?

Let's Play Volleyball (Satellite) Clubs are extensions of volleyball clubs in new venues, usually held at a secondary school or college. They are run by the volleyball clubs who bring their expertise to places where young people already meet, which offers young people more opportunities to participate in sport.

## Sport England's Vision

By 2017 every secondary school will have been offered a satellite community sports club on its site, with each club having a direct link to at least one National Governing Body.

With an investment of up to £48.5 million in the five years running up to 2017, there will be more 14-25 year olds taking part in sport for at least 30 minutes every week, as well as reducing the number of people dropping out altogether.

## Why do we need Satellite Clubs?

Satellite Clubs make it easier for young people to stay in sport, or start playing for the first time, and provide a stepping stone to a community club or regular participation in sport.

## Where are the Let's Play Volleyball (Satellite) clubs?

In Year 1 (2013/14) there were 43 LPV Clubs set up. In Year 2 (2014/15) to date this has increased to 57. The clubs are spread all across England (see map), and there is a good distribution across the regions (see table). The number of clubs where the main target group is aged 14-16 years has led to a rise in participation in volleyball.



Sport with facility support from Carmel RC College and has enabled the club to 'kick start' the delivery of the session. A holistic volleyball programme for young people has been implemented throughout the year which combines consistent opportunities to train under the instruction of club coaches, play games against other LPV (Satellite) Clubs and also access Let's Play Volleyball leadership awards. In addition to this, coach education funding has also been made available to support the hub club in training new coaches. These coaches help to manage the transition of young players from the LPV (Satellite) Club to the hub club junior environment.

Volleyball England's capital investment programme has enabled the installation of a long net slider system to maximise the capacity of the facility and to provide a suitable venue for LPV (Satellite) Club festivals in the west of the Tees Valley.

The LPV (Satellite) Club session consistently has over 20 young people attending. A number of participants also take the opportunity to attend additional volleyball engagement events with Team Northumbria Super 8 teams at Sport Central, Newcastle, where current Super 8 players and coaches provide fun and challenging training sessions. These training sessions are followed by the opportunity to watch Super 8 NVL games between some of the highest performing teams in the UK!



Going into the second year of delivery, the LPV (Satellite) Club is now financially sustained through the bank of reserves built up from participant subs in Year 1. The young leaders trained via the Let's Play Volleyball leadership awards will not only help support the delivery of the LPV (Satellite) Club but also support the Tees Valley Sport School Games Finals. Huge congratulations to Haughton Volleyball Club on developing and sustaining this new volleyball opportunity for young people in Darlington!

Total Number of Participants	Volleyball England	County Sports Partnership
2013/2014	547	486
2014/2015	889	91 (data not fully available)

## A typical satellite club participant:

- Enjoys sport but is not a member of a club
- Has been put off because they can't commit to training and playing schedules
- Is restricted by travel or the price they can pay
- Just wants to enjoy sport as a social activity with friends

## Haughton Volleyball Club at Carmel RC College, Darlington, County Durham

Established in May 2014, Haughton Volleyball Club has built strong relationships with Carmel RC College and The Education Village to develop a successful Let's Play Volleyball (Satellite) Club based at Carmel RC College in Darlington. The LPV (Satellite) Club funding is provided by Volleyball England and Tees Valley



**VK Barnett at Southgate School, Enfield, North London**

In autumn 2013 London Sport (then Pro Active North London) approached VK Barnett to be part of the satellite club intervention. One of the schools highlighted was Southgate School where there was already an established lunchtime volleyball session. Funding was provided by London Sport with in-kind funding through equipment by Volleyball England.

Southgate School LPV (Satellite) Club was a great success from the start, carrying on from the school lunchtime sessions. It ran (and still runs) from 6.00 pm to 7.00 pm on a Tuesday and now attracts up to 40 participants from years 6-13 (23 girls and 17 boys), coming from 13 DIFFERENT SCHOOLS!!!

Sean Poole heads the sessions with the help of an assistant coach, which proves invaluable. The format uses four badminton courts with a long net across the hall. This enables the coaches to work with different ability groups on different courts, usually finishing with 4-a-side 'ability inclusive' games. Judging by the numbers that turn up every week the formula works, so much so that the beginners are quickly integrated into the other ability groups.

*The success of the programme has enabled the following:*

- eight participants transitioned to the hub club (VK Barnett) and not only train there but regularly play in teams in the Hertfordshire League
- two attended the recent Youth Sport Trust 'Talent Camp' in Loughborough and have completed their UKCC Volleyball Level 1 Coaching Course
- one is now assisting coaching at the beginners sessions
- one has started an apprenticeship in coaching and is initiating a volleyball session at the primary school where he is currently on work experience
- ten have undertaken the VE Young Leaders & Young Officials Courses
- five are now offering volleyball as one of their assessed activities at A-Level

VK Barnett now runs another four LPV (Satellite) Clubs in North London across Enfield and Barnet. The club's main tip for success is choosing the right venues. In each of the LPV (Satellite) Clubs there has been an enthusiastic teacher representing the schools who has been right behind the idea from the start and is willing to learn new things and work together with the hub club coach to make the club a success. Southgate School is the prime example of just what can be achieved by good collaboration. The Head of PE had the vision to see just how much benefit the school would get from the Satellite Club intervention and was instrumental in getting the hub club reduced rates for hire of the sports hall, which made it economically viable to expand the LPV (Satellite) Club.

**How can your club get involved?**

If your club currently works with schools or you have a junior section which you feel will benefit from being involved in the LPV (Satellite) Club's intervention please contact your Volleyball Relationship Manager or the Young People Manager on 01509 227722. If your club currently does not have a junior section and you are interested in setting one up you can also get in touch as there are a number of other options to create a junior section.



# Let's Play Volleyball



# MVL NATIONAL VOLLEYBALL LEAGUE



***We recently highlighted the amazing news that the volleyball family had reached a historic milestone, bringing in one million pounds of external funding which was used for Club, Athlete, Referee and Area Association Development.***

Now it's time for you to take your slice of the pie! Applications are open for new teams to enter the National Volleyball League (deadline 31 March 2015) and your club can make an application of up to £10,000 to the Sport England Small Grants Programme to help support new NVL teams!

Brendon Hollands was a successful recipient of the funding and received £6,531 in order to allow the Surrey Orcas Ladies (National League Ladies Division 1) to train regularly, but also to purchase new volleyball posts, padding and equipment.

After contacting Ian Poynton (Membership and Funding Officer), John and Fabienne Goalen and Vera Kenyon made a successful application to the Small Grants Fund. This gave Richmond Volleyball Club a grant of £8,592 to set up a new NVL team in Division 3 South.

As you can see this is a great opportunity to access funding to help your club/team start its new venture in the NVL!

***If you are intending to make an application, please contact [Ian Poynton](mailto:i.poynton@volleyballengland.org) [i.poynton@volleyballengland.org](mailto:i.poynton@volleyballengland.org) or call 01509 227711.***

***Applications do take eight to twelve weeks to assess so we would encourage you to make a start as soon as possible.***

***Please note that your club will need a constitution, bank account and evidence of its income and outgoings in order to apply.***



# NVL FUNDING EXAMPLE

<b>Item</b>	<b>Description</b>	<b>How have you calculated this?</b>	<b>Amount (£)</b>
<b>Administration</b>	<b>team manager expenses, printing, postage, match day expenses</b>	<b>time to manage project</b>	<b>100</b>
<b>Transport/Travel Costs</b>	<b>travel to 6 away matches</b>	<b>mini-bus costs</b>	<b>720</b>
<b>Hire of Facilities</b>	<b>match day venue hire</b>	<b>3 home fixtures for 7 hours each</b>	<b>1,050</b>
<b>Coaches' Fees/ Expenses</b>	<b>coaching fees for training sessions</b>	<b>£15 per hour</b>	<b>900</b>
<b>Hire of Facilities</b>	<b>venue hire for training</b>	<b>30 x 2 hour sessions</b>	<b>2,700</b>
<b>Equipment Hire/ Purchase</b>	<b>removable volleyball posts and net</b>	<b>Sportset</b>	<b>800</b>
<b>Equipment Hire/ Purchase</b>	<b>12 sets numbered shirts and shorts</b>	<b>£45 each</b>	<b>540</b>
<b>Equipment Hire/ Purchase</b>	<b>ball cart</b>	<b>Sportset</b>	<b>130</b>
<b>Equipment Hire/ Purchase</b>	<b>12 Mikasa MVA200 balls</b>	<b>Sportset</b>	<b>632</b>
<b>Coaches' Fees/ Expenses</b>	<b>Level 2 Coaching Course</b>	<b>Volleyball England website</b>	<b>450</b>
<b>Other: Registration of 12 Players</b>	<b>registration fees for EACH player for NVL</b>	<b>£20 per player x 12</b>	<b>240</b>
<b>Other: Team Registration with VE</b>	<b>registration fees with VE</b>	<b>£330</b>	<b>330</b>
<b>Total Amount</b>			<b>8,592</b>



## Youth Sport Trust

**Volleyball England was represented by 41 young people during the Youth Sport Trust Talent Camp in December 2014. The camp, which lasted for four days, saw coaches, officials, and athletes brought together for a unique learning experience that promoted individuals to share experiences from their sports and their roles within it.**

Team Volleyball was made up of 24 coaches, 5 officials, 10 athletes and 2 young mentors (Daisy Kirk and Terrell Williams) who were back again, having previously attended 2013 talent camp. The talent camp was a huge success, with the sportspeople taking part in everything from early morning circuits to a fantastic Christmas dinner. Throughout the four days, the atmosphere was electric, and the volleyball representatives conducted themselves superbly.



Day One kicked off with the Official Opening Ceremony, headlined by GB Heptathlete Katarina Johnson-Thompson. The action-packed day focussed on developing a philosophy, working towards dreams, emotional intelligence and team-building.

# 4 DAYS. 7 SPORTS. 24 COACHES. 5 OFFICIALS. 10 ATHLETES. 2 YOUNG MENTORS

Katarina Johnson-Thompson was just one of a host of big names attending the talent camp, with athletes, coaches and referees from a variety of sports inspiring the future stars, including Maggie Alphonsi MBE (Rugby Union), Casey Stoney (Football), Mike Mullen (BMX), Jeanette Kwakye (Athletics) amongst others.



Day Two focused on honesty and ethics, and included a unique live observation of a Loughborough University basketball game, which allowed the participants of the camp to analyse the behaviour of a great coach, a hard-working group of athletes and the officials present. This proved to be an invaluable experience, which was the highlight for many at the camp.

Day Three looked at social media training, and the responsibilities of young sportspeople when dealing with social media. This included a fascinating talk by Premier League Referee Jon Moss. Team Volleyball also looked at their own support networks and who could be utilised in order to maintain progress within the sport.

On the final day there was still enough left in the tank for some more early morning circuits! The representatives from Team Volleyball and the other sports then enjoyed a final day of reflections and Christmas dinners, before the Closing Ceremony featuring Education Secretary Nicky Morgan and Baroness Sue Campbell from the Youth Sport Trust.

The icing on the cake of an excellent event was volleyball coach Rob Bellamy of

Newcastle Staffs VC receiving the Talent Camp “Team Maker” Award – a fantastic achievement. “It feels humbling to receive this award. There are a lot of great coaches, officials and athletes at this camp, so it’s an honour” he was delighted to say. This was a great triumph for Rob as well as a positive reflection upon volleyball as a sport, particularly having all these 38 individuals going out and impacting on their local communities. The young people will be displaying much more than just proficiency in what they do but also promoting the right ethics, values and most of all showing their hunger to always learn more.

Excited for the surprise athlete @VballEngland @YouthSportTrust #TalentCamp #TeamVolleyball #DreamGen



At the end of Day Four, Team Volleyball made their way home, having amassed new friendships across a number of other sports, along with new knowledge and, if Twitter is anything to go by, a phone full of the latest selfies! The representatives of Volleyball England proved, as expected, to be a tremendous bunch of motivated young individuals and we would like to thank them wholeheartedly for all their hard work and enthusiasm over the four days.



Photos provided by attendees of the camp

**QUOTES:**

***“I feel that doing this I have developed a lot as a coach and learnt a lot about how to improve my sessions to get the best from my players.”***

***“I have learnt a lot of useful skills and concepts.”***

***“She learnt a lot about herself and her barriers as well as learning about officiating in her sport. I am very grateful to you and your mentors for the work you did with her.” (Parent)***

***“I would like to take this opportunity to thank you and your colleagues for the most amazing experience – he came back a different person.... more disciplined and focused than ever and with a greater motivation to exercise and do well in his chosen sport.” (Parent)***

The immediate impact of the camp will be the 24 young coaches and 5 young officials now upskilled as well as being active and delivering nationwide, thus increasing the profile of young people within volleyball.

The camp also acted as a starting point for a new Young Coaches and Officials Programme for Volleyball England, with the camp offering a step onto the coaching and refereeing pathway.

The next steps for these young people include follow-up events throughout the year with remote learning tasks. There will also be peer to peer workshops and opportunities to develop locally, as well as the chance to practise the skills and philosophy they have learnt at national competitions, including the upcoming Inter-Regional Championships being held in London in May.



Who is in your support network? Now for a session all about TEAM YOU #TalentCamp @YouthSportTrust @Iborouniversity



View more photos and videos

Huge congratulations to Rob Bellamy the winner from @CastleVb on the Harry Mills team maker award!!!! #RoleModel



View more photos and videos



Volleyball England @VballEngland · Dec 20  
#TeamVolleyball are all back together for a big prep session on analysis, observation and feedback! @YouthSportTrust



# THE GO SPIKE BIG WEEKEND IS BACK AND IS BIGGER THAN EVER!!

**The 2014 Go Spike Big Weekend was the most successful yet, but 2015 will see not one but TWO Go Spike Big Weekends!**

Two Go Spike Big Weekends = Twice the Fun! So why not throw open your club doors this May and August to the Go Spike Big Weekend? This is a golden opportunity for you to show your community why volleyball is the best sport to play this summer.

whole day or a multiple-day event! It really is just what's best for you!

The Big Weekend provides an ideal outlet for all of this and a Come and Try event over the Big Weekend should be low-cost and simple to run. The Volleyball England Go Spike Campaign will assist you with ideas, support and practical advice to help plan your day.



## Calling the Volleyball Universe!

The aim of the Go Spike Big Weekend is for clubs and facilities in England to put on an exclusive Come and Try event or activity over the Bank Holiday weekend of Saturday 23rd - Monday 25th May. Events can take all forms including sitting, beach, grass, indoor or water volleyball. Why not even try a new discipline of volleyball, or just show your community what a great, social, fun and friendly place your club and facility is?

**The second 2015 Big Weekend will run over the August Bank Holiday from Saturday 29th - Monday 31st August.**

Around 50 events took place in 2014. It would be great to have 80 in 2015! There are 60 Come and Try opportunities taking place during the May Bank Holiday and 20 over August Bank Holiday. And Event Organisers, you are welcome to run both a May and August event! A Come and Try Event can vary from a couple of hours, to a

## So what are the benefits of being part of the Big Weekend?

- More people – Whether you wish to increase your members or recruit more volunteers, how does growing your club help you? Could you find your next star player or develop a new section of your club by introducing a different type of volleyball? The aim of the Big Weekend is to ensure as many members of the local community as possible attend your Come and Try session.
- Higher profile – Clubs that host an event will benefit from marketing, social media and PR support. All Event Organisers will receive a FREE Event Organiser's Pack





**We will ensure as many people as possible know about your event, including local and regional press. Your event will also feature on the Go Spike and Volleyball England website.**

• Think Outside the Box - We all know volleyball can be played anywhere at anytime so why not take your Come and Try event to a different location? During the 2014 Big Weekend, volleyball took place in sports centres, parks, beaches as well as National Trust properties. Is there anywhere more unusual or iconic where you can make volleyball take place? The Volleyball Relationship Managers within the Investment Zones are here to offer localised support and guidance and would be more than happy to assist you to set up a Big Weekend event. Their contact details can be found at the bottom of the page.

which will contain a Volleyball England Banner that can hopefully be used again to promote your future events, Go Spike Ball, Go Spike Game in a Bag, Go Spike Big Weekend T-Shirts, Posters and Flyers. Along with this, an Event Organiser's Toolkit will be available containing useful information on how to promote your event within the local community. The key tips can also be used to help increase your club profile following the Big Weekend.



## What's Next?

OK, so you are eager to run a 2015 Big Weekend event but what comes next? Firstly, Thank You, the Big Weekend will only be a success due to your enthusiasm and drive to share the word of just how great volleyball is.

To register to be part of the National Go Spike Big Weekend, please go to [www.gospike.net](http://www.gospike.net) and click 'Register Here' on the Go Spike homepage. We will then be in touch with support on how to create your event. **For further advice please call: 01509 227722.**

Don't forget to follow us:

**@Go\_Spike, #GoSpikeBW15**

### Volleyball Relationship Manager Contact Details:

Rachel Laybourne, East London & Essex – [r.laybourne@volleyballengland.org](mailto:r.laybourne@volleyballengland.org)

Rob Payne, Black Country & Staffordshire – [r.payne@volleyballengland.org](mailto:r.payne@volleyballengland.org)

Samantha Jamieson, Teesside & Tyne & Wear –

[s.jamieson@volleyballengland.org](mailto:s.jamieson@volleyballengland.org)

Mark Simmons, Dorset & Hampshire – [m.simmons@volleyballengland.org](mailto:m.simmons@volleyballengland.org)

Steve Kerr, Greater Manchester –

[s.kerr@volleyballengland.org](mailto:s.kerr@volleyballengland.org)

# go spike!



# DO YOU PLAY RECREATIONAL VOLLEYBALL?

BECOME A **go spike!** MEMBER AND SAVE!

## FOR ONLY £5

YOU GET ALL THESE  
GREAT MEMBERSHIP BENEFITS

 <b>10% OFF</b> merchandise <small>Available via Volleyball England shop</small>	 <b>15% OFF</b> itsu grocery <small>Available on itsugrocery.com</small>	 <b>15% OFF</b> car hire <small>Available on europcar.com</small>
 <b>50% OFF</b> Initial treatments and 10% off subsequent treatments	<b>15% OFF</b> The online Physio World Shop <small>Available on Physioworld.net</small>	

**PLUS:** Exclusive Access to Pre-Sale Tickets for Volleyball England Events, Exciting Volleyball News, Go Spike e-news and Electronic 3Touch Subscription, Volleyball England Staff Support for Development Projects, Registration, Membership Services and Benefits

For more information visit  
**www.gospike.net**  
or call Volleyball England on 01509 227722



Search:  
Go Spike

**go  
spike!**

## **STUDENT ACTIVATOR AWARD - BOOK YOUR COURSE TODAY!**

We're looking for students who can make a difference to volleyball at their university or college and join our growing team of Student Activators.

The Activator role was launched in September 2014 at the Higher Education Volleyball Officer Conference to increase the number of students playing volleyball – with an emphasis on fun games.

Activator Award courses are taking place at universities and colleges across the country – and we're looking for more students to sign up.

### **We Are Looking For:**

- Students who are passionate about sport and enjoy motivating others to play sport.
- Colleges and universities looking to develop their recreational volleyball offer.

### **Course Information:**

- A three-hour course, delivered by a Volleyball England accredited Activator Tutor.
- Provides students with the tools to lead Go Spike recreational sessions at their college or university, participation may develop into inter college league games
- Only £35.00 per person, which includes a Resource Book and Certificate.

### **How to Book:**

- No course pre-requisites, just be eager to learn about volleyball and be in education.

If you wish to book a Go Spike Student Activator Award for your college or university then please contact: Roman Neveykin, Workforce Officer  
on [r.neveykin@volleyballengland.org](mailto:r.neveykin@volleyballengland.org) or 01509 227730



# NATIONAL VOLLEYBALL CENTRE

Thurston Drive  
Kettering  
NN15 6PB



# National Cup Finals

**28<sup>th</sup>/29<sup>th</sup> March 2015**

**Saturday:  
Cup and Shield Finals**

**Sunday:  
U16 and U18 Finals**

**Admission:  
Adults £10  
Children £5  
Tickets available on the door**

**Doors Open: 9.00am**

[www.volleyballengland.org](http://www.volleyballengland.org)

# VOLLEYBALL ENGLAND **Super 8s** & **Sitting GP Finals**



**25<sup>th</sup>/26<sup>th</sup> April 2015**

**Saturday:  
Super 8s Finals**

**Sunday:  
Super 8s Finals  
Sitting GP Finals**

**Admission:  
Adults £5  
Children £1  
Tickets available on the door**

**Doors Open: 9.00am**