



SWVA Newsletter October 2022 Issue 379

Hi

Time for a Newsletter, the league has started, junior training is up and running, JuVoTo events about to kick off and the FIVB have changed a rule on players starting positions, details below.

Please circulate to all your club members etc.

Regards

Dave Reece
SWVA

Royal Wootton Bassett Host first JoVoTo of the season



Bookings are now live for entering your team/s into the first of this seasons JuVoTo, hosted by Royal Wootton Bassett VC on 29th October, please book [here](#)

Clubs can enter a maximum of 4 teams as this is only a 4 court venue, so places are limited, book early to avoid disappointment!

Open to u12, u13, u14 & u15's, 3 aside teams. Arrivals from 12.15pm, games start at 12.30. Games end at 4.30 followed by results and presentations.

Players Starting Position – Rule Modification

Every four years, generally in line with the Olympics', the FIVB updates the volleyball rules. These are mostly changes in the wording or the match protocol, the 2021-2024 rules were issued this year and the SWVA have now approved them for use in this season SW League.

You can read about the changes in the [FIVB Rules Modifications 2022-2024 FINAL](#) document, most don't apply to us but the rules around "**Players starting positions**" have now change from previous years, these now apply to all SWVA matches (see below).

7.4.3

The positions of players are determined and controlled according to the positions of their feet contacting the ground (the last contact with the floor fixes the player's position) as follows:

7.4.3.1

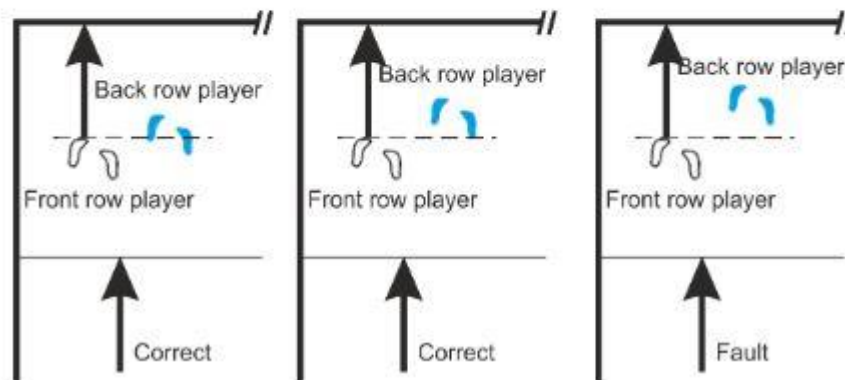
each back-row player must be level with or have at least a part of one foot further from the centre line than the front foot of the corresponding front-row player;

DIAGRAM 4: POSITION OF PLAYERS

Relevant Rules: 7.4, 7.4.3, 7.5, 23.3.2.3a, 24.3.2.2

Example A:

Determination of the positions between a front-row player and the corresponding back-row player

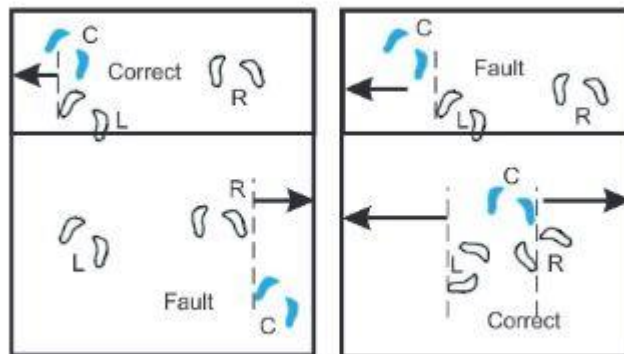


7.4.3.2

each right (left) side player must be level with or have at least a part of one foot closer to the right (left) side line than the feet further from the right (left) side line of the other players in that row.

Example B:

Determination of the positions between
players of the same row



C (C) = Centre player
R (D) = Right player
L (G) = Left player

FIVB Reason: to allow more flexibility for players' position at the service hit

The FIVB rule book is available online at: https://www.fivb.com/-/media/2022/cooperate/volleyball/rules%202021-2024/fivb-volleyball_rules_2021_2024.pdf

SWVA Committee

SW Junior Training for 2022/23



The SW Junior November training sessions are now available to book, we are now at the Exeter Riverside LC for the remainder of the season. All sessions are open to all juniors in the SWVA Region (SW Eng, S. Wales), and the squads have been split, Girl's one week, Boys on an alternate week, all 11am to 3pm (including a short lunch break).

- [05th Nov 2022 – SW Girls U15 & U17 Training – 11:00 to 15:00 Riverside LC Exeter – Book](#)
- [19th Nov 2022 – SW Boys U15 & U17 Training – 11:00 to 15:00 Riverside LC Exeter – Book](#)

You will need to [Book & Pay](#) for each session in advance. The sessions are £20 (4h), and currently limited to 27 players and bookings will close the day before. Age groups is the school year, this means that you must be Under 15 or U17 on August 31st 2022. Girls & Boys younger than 13 may train by prior agreement.



Payments will be non refundable or transferable. If you have a credit or voucher from an earlier session, please enter the ticket code in the "[Do you have a promo code](#)".

Parents

The venue has a swimming pools and gym but no catering facilities, a M&S cafe, Burger King and Poundland are located nearby, the Riverside Quay area and the City Centre is within easy walking distant. Car parking behind the venue is available, the shopper's carpark in front of the venue has a 3 hour limit.

By Train

A number of the older kids come by train, Exeter St Thomas is next to the venue, the main line stations of Exeter St David's and Exeter Central are both a 20 minutes walk away.

Voucher Codes Info

Just a reminder that a number of parents still have outstanding vouchers to use from last season, your code is the five digit ticket number. Please enter the code where you see "[Do you have a promo code?](#)"

Grade 4 Referee Course – Bristol

I'm glad to inform you that there will be a Grade 4 Referee course taking place in Bristol, on the 29th of October. It will be held on Wellsway School (Chandag Rd, Keynsham, Bristol BS31

1PH) from 9:00 to 17:00. This includes 4 hours on a court in the morning and 4 hours on a classroom for the afternoon session.

You can find the course on the [Event Finder](#) website, under “Grade 4 Indoor Referee Course”. You need to book your place through that website. The deadline for course bookings will be Friday 21st October 2022, and there are limited places.

<https://www.volleyzone.co.uk/guests/events-finder>

Please pass this information along to your players and club members.

I hope to see many of you there!

Nacho

Join the SW Coaching Team



We currently have an Assistant Coaching vacancies to work with the SW U17 Boys squad. You will be working with our head coach and other members of the SW coaching and admin team, hence its an excellent position for anyone who wishes to get involved in coaching.

All training dates are as per the SW Calendar and for the remainder of the 2022/23 season, will take place at the Exeter Riverside LC. The program involves helping to run the 4 hours monthly sessions, match practice at the Exeter Challenge and finishing with the 2023 Inter Regional Championships.

If you are interested, please have a read of the info below and submit your details. The following job descriptions are a guide only but will outline some of the duties and tasks involved in running the squad.

- [SWVA Job Description Head Coach](#)

- [SWVA Job Description Assistant Coach](#)



All session's are run under our SW Junior Volleyball Club and everyone working at these sessions must act with respect to the Volleyball England Child Welfare Policy & Guidance documentation. A copy is available at:

https://volleyballengland.org/about_us/safeguarding_club_welfare/policy_and_guidance

To apply or if you would just like to have a chat about it, please do get in touch, this is an exciting opportunity. Dave.Reece@Network100.co.uk

Dave Reece
SWVA Chairman

My JCC Experience – Tom Lycett

Each year we ask a number of our young athletes to report back on their experience, today we focus on Tom Lycett who was selected to represent the SW at this summer's Junior Commonwealth Cup.



SWVA Team: Rob Morgan, Mattie Tildesley, Harry Brett, Tom Lycett

I had played for South-West at the Inter-Regionals indoor and Inter-regionals beach, but didn't have loads of experience at beach volleyball. But I went to the selection camp in Croyde anyway. Ben Fairweather and Dan Mrowiec were the coaches, we did drills and serving and played different games in different combinations to see what worked.

I was selected to play with Harry Brett as team 2, Rob Morgan and Mattie Tildesley were team 1. I knew Harry from beach training in Croyde and Rob and Mattie from the Volleyball England U19 pathway. We travelled to Cardiff for early on Saturday 13th August.

Teams playing were Scotland 1 and 2, Wales, Northern Ireland 1 and 2 and Ireland, also England SouthWest and England SouthEast. There are 6 volleyball courts in Victoria Park – the junior girls played one side and the boys on the other. We all helped with scoring and had to ref sometimes.



The weather was really, really hot – 34° C at one point. Shade was from hats, umbrellas and gazebo's. But at mid-day it was brutal – I wore sand socks for the first time, as the sand was painful to walk on. They used sprinklers and a hose to cool the sand down between matches and there was a cold outside shower to stand under between games. We drank a lot of water and Lucozade.

On the first day we played Wales, Southeast, Northern Ireland and Scotland. Our coach, Dan was really great on Saturday giving tips and tactics. This was the first time Harry and I have played together and for the first match we were working things out.

Harry has more beach experience than me, he plays left side and I'm more on the right side. Both the SW boys teams finished the day unbeaten, we drove 40 mins to Newport where we stayed in a budget hotel. We were just hanging out and discussing the matches.

On the Sunday we got up early and drove back in to Cardiff. Sunday was hot again. We made it to the quarters, then the semis. The final was a tight match against Scotland 1- who we had beaten on the Saturday but we were all improving. We lost a competitive and close 3rd set to lose our final game by 2 points.

Dan and Rob won their match – so they played a golden set with Scotland 1 for the trophy. It was close – but Scotland just edged ahead and won. It was a rush because Scotland had taxi's waiting to take them to the airport and home.

So SW boys finished second, we were pleased with the results as in the inter-regionals we had finished third, so that is a step up. But obviously next year we're looking to come first and get the gold!



Thanks to Dan for being there on the Saturday and Ben Fairweather and Dan for running the trial and all their coaching. Thanks to Dave Reece for organising things and arranging sponsorship. We had a lot of parents to support us, though they didn't make as much noise as the home Welsh guys!

I would recommend anyone in the SW teams to try for the beach squads as its great experience and I learnt a lot. Beach is good for skills and fitness and you might find out you like it like I did. Everyone was chilled and it was great to meet players from all over the UK and Ireland.

Tom Lycett

The Junior Commonwealth Cup (JCC) is a Home Nations Junior competition held in Cardiff.

Volleyball Wales Update



Would you like to be part of developing and transforming Volleyball in Wales? This is a real opportunity to get involved in the further growth of this exciting sport across Wales. Volleyball Wales is inviting applications for the following Board positions:

- Chair
- Vice Chair

- Treasurer
- Secretary

Written applications from those who wish to be considered should be sent by e-mail to info.volleyballwales@gmail.com providing the following information by mid day on 14th October:

- Name, and contact details eg e-mail, address and phone number
- The position(s) being applied for
- A brief summary of why you feel you would be suitable for the role(s) both personally and professionally
- A short summary of what you would bring to the role(s)
- Some Volleyball experience and/or knowledge would be preferable but not essential

Jayne Jones

Player Registrations for 2022-23 Now Open



SW League Player registrations for the 2022-23 season starts on the 1st September, Clubs, Coaches and Players can now register via the Player Registration page. The team contact, the club secretary or the club coaches are responsible for registering all players and presenting the "SWVA Team Sheet" to the match or tournament officials.

Players can also register themselves using their club user ID, player registration is from 1st September to the 31st August. Player photos are optional but always nice to have, once registered, players names will appear on the appropriate team list.

Calendar

OCTOBER

- 29th Oct 2022 – JuVoTo Round 1 – Royal Wootton Bassett [Book](#)

NOVEMBER

- 05th Nov 2022 – SW Girls U15 & U17 Training – 11:00 to 15:00 Riverside LC Exeter – [Book](#)
- 19th Nov 2022 – SW Boys U15 & U17 Training – 11:00 to 15:00 Riverside LC Exeter – [Book](#)
- 27th Nov 2022 – SW Vets – Exeter – [www](#)

DECEMBER

- 03th Dec 2022 – SW Girls U15 & U17 Training – 11:00-14:00 Riverside LC Exeter
- 03th Dec 2022 – SW Boys U15 & U17 Training – 14:00-18:00 Riverside LC Exeter
- 10th Dec 2022 – JuVoTo Round x – Riverside LC, Exeter

SW Volleyball App for Apple IOS devices



iPhone / iPad / Mac Users:

Quick access to league tables, player registration, tickets & News

Adding the SWVA (web clip) App to your iPhone or iPad is really simple, just follow these steps below:

1. Open the Safari web browser app on your iPhone / iPad / Mac.
2. Browse to the page: <https://www.swva.org.uk/swva>
3. Tap the Action Box (the square with the arrow coming out of it).
4. Tap Add to Home Screen.