



Florida Region (USAV) FloridaVolleyball.org
Vol-eNews
 The official source for Florida volleyball news!



November 2010: ISSUE 14

CONTENTS:

🏐	Welcome Note from Commissioner	1
🏐	Letter from the Executive Director	2
🏐	Club Highlight – Volleyfrog Florida Club	3
🏐	Gold Seal Clubs	5
🏐	Indoor IMPACT Training Clinics	6
🏐	HP Coaches Online Application	6
🏐	Coaches Education Weekend	6
🏐	Florida Fest Boys’ Bid Tournament	7
🏐	NCAA Division I Women’s Volleyball Championships	7
🏐	Growing Champions For Life	7
🏐	Florida Collegiate Volleyball League	8
🏐	Membership Renewal Reminder	8
🏐	New Official’s Coordinator	9
🏐	Mad Dog Volleyball	9
🏐	Girl’s Junior Club Tryout Dates	9
🏐	Power-Core 360	10
🏐	Membership Count Update	10

WELCOME NOTE FROM COMMISSIONER

I want to personally welcome all of you to the 2011 USA Volleyball season in the Florida Region. We have many exciting things on tap for this season and are going to strive to continue to provide the best quality events and training that we can possible provide. Remember, individuals must register before participating in any USA Volleyball event, and that includes tryouts. Also, adults who participate or work with juniors must register early because you must have a background screen done by the approved background screening vendor before participating, and this can take up to a week to complete. Please register early if you coach or participate with junior players.

We still have our goal of achieving the 10,000 mark in our membership and it is getting really close. Please do your part in helping us obtain this goal by reaching out to others who may be interested in playing our great sport and getting them the information they need to register and participate. Thank you in advance for helping us to reach this goal.

I wish you the best of luck in the upcoming club season. Let’s all have a great season!

James Phillips, Commissioner
 Florida Region of USA Volleyball, Inc.



LETTER FROM THE EXECUTIVE DIRECTOR

Volleyball in Florida is going strong! Hopefully you have made it out to a local college or university recently to see some of the best college volleyball in the country. One thing is for sure, it is happening all across the state and I wanted to share some recent college poll information with you as we head into November.

DIVISION	COLLEGE	HEAD COACH	RANK
NCAA DI	University of Florida	Mary Wise	1st
NCAA DI	Florida State University	Chris Poole	HM
NCAA DII	University of Tampa	Chris Catanach	3 rd
NCAA DII	University of West Florida	Melissa Wolter	23 rd
NCAA DII	Barry University	Frederico Santos	HM
NCAA DII	Lynn University	Lynze Roos	HM
NCAA DII	Florida Southern	Jill Stephens	HM
NAIA	Embry-Riddle	Joslynn Gallop	12 th
NJCAA DI	Miami-Dade College	Kiko Benoit	1st
NJCAA DI	Florida State College-Jacksonville	Mary Andrew	11 th
NJCAA DI	State College of FL-Manatee/Sarasota	Carmine Garafalo	12 th
NJCAA DI	Hillsborough Community College	Gary Larkin	HM
NJCAA DII	Pasco-Hernando CC	Kim Whitney	8 th

Congratulations to the University of Florida and Miami-Dade College for being ranked #1 in the country! (Note: HM = Honorable Mention)

In addition to the college scene, several Florida high school teams are enjoying a national ranking: Berkley Prep (Tampa) is in the #15 spot, Bishop Moore (Orlando) is in the #76 spot, and Deland High School (Deland) is in the #88 spot. Congratulations to these teams and to the many other Florida high school teams that are considered to be on the bubble. We wish you all the best in the upcoming district and regional rounds of competition.

Be sure to check the Florida Region website (www.FloridaVolleyball.org) for the most current volleyball information. We'll see you on the court soon!

Steve

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CLUB HIGHLIGHT – VOLLEYFROG FLORIDA CLUB

Each month a member club is featured in *Vol-eNews*. This is a great way to get to know the Club Director(s) and learn more about the clubs throughout Florida. This month **Melissa Chaplin** and **Volleyfrog Florida Club** will be highlighted.



Q: When did you get involved with volleyball?

A: When I was young my family didn't have a lot of money. I was an Iowa girl and I started playing volleyball at my Middle School. Every day I came home aiming for an archway in my house to jump higher. My mother used to get so mad because I would leave handprints all over the wall. It was a great thing for me then, as I used sports as a way to prove myself, no matter the fact that I didn't have Nikes on, just K-Mart shoes.

Q: Tell us about your experience playing in college.

A: I had a very eclectic college career. I was recruited to NCAA DI Iowa State at 5, 7" and a half, to play outside. I jumped 36 inches back then and was the shortest member of my team. I played one year under Jackie Nunez, who was fired, and one year under Kerry Miller, who was fired. I had a shoulder surgery, a knee scope at ISU, then transferred to the University of Iowa, was under the direction of Rita Crockett for one year, then had my second shoulder surgery at the Mayo clinic. This ended my DI career. I coached college for three years, leading a team to a national NAIA Appearance at Iowa Wesleyan, then I came back to play one year at Florida Gulf Coast University under Jaye Flood. Overall, in my career, I had four different head coaches, four different teams and philosophies, and I wouldn't change it for the world. All of my crazy experiences in this sport as a collegiate player made me who I am today and those passions about right and wrong, injury prevention and teamwork, make me the coach and director I am. I wouldn't trade them for even a gold medal or any All-American certificate. I truly feel my calling was to coach, as crazy as it may seem to others.

Q: What college(s) did you coach at and when?

A: I assisted at Cornell College in 2002, Iowa Wesleyan College in 2003 and 2004, started the program at Ave Maria University in 2008 and coached at St. Andrews College in 2009. I thoroughly enjoyed coaching at the smaller institutions the best! I always felt the campuses had more of a team environment. I decided this year that I wanted to make a bigger impact to help grow our sport at the beginning level and get back into club. I am an advocate for athletes to be coached in a positive environment, especially at the club and high school level.

Q: What do you like to do when you are not coaching/playing volleyball?

A: LOL, well, in my spare time from coaching, I work on getting my new company, Volleyfrog, ready to launch while marketing for my club organization. It's going to



sound crazy but I'm an artist and love being creative, so my hobby is getting as creative as I can with my graphic design BA and my natural talent in art for my business and my athletes in my club. I'm always on to the next project.

Q: Your club offers volleyball for players of all ages. Tell us about that.

A: One thing that I hold true to my heart is you need to surround beginning athletes with experienced ones; it's a win-win situation. Your older athletes look to the younger ones and have appreciation for how far they have come; they get involved naturally as helpers or even coaches and remember the first time they fell in love with the sport or their first pass or spike and they remember the essence of why we play, for the love the game. The younger athletes grow and improve faster as they get to see the older athletes play and they look up to them and know how far they CAN grow!

Q: Does your club have a boy's program?

A: We are of course are starting with a boys program, not only for equal opportunity for young men in our area to be able to play this awesome sport but also because boys add so much to girls programs in scrimmaging, attitude and ability to coach. Boys do pick up things faster than girls athletically and also don't get involved in a lot of team drama. They are great examples and peers to have around in the gym to help girls learn to buckle down and play and leave the girly stuff at the door. Our Tadpole program is flourishing with boys and girls. The girls LOVE trying to block the boys, and the boys LOVE talking smack but offer props if the girls get one on them. I truly believe in our case, it is not only the right thing to do, but in building champions, is the smart thing to do.

Q: Do you offer outdoor volleyball? If not, do you plan on offering it in the future?

A: Yes we are offering outdoor volleyball. It, again, is something at VFC we feel is necessary to building champions. Outdoor volleyball is growing and now, with it being offered in colleges as a scholarship sport, we would never deny our athletes the chance to train in and go for it! I also know from experience that it only helps athletes to train in both and I am an advocate for volleyball players to just label themselves as "volleyball players". To not say I'm only sand, grass or court. Tennis players do not separate.

Q: Your club emphasizes "Athletes first, winning second". In such a competitive world, how do you plan on instilling that into your athletes?

A: I feel that it's a win-win in any program to put your athletes first. Invest in your athletes; give them the best training equipment, the best staff and a focus on them as a whole. As far as their attitude development, treat them as THEY determine their future, not you; the championships will come. When you focus just on the win and not developing the young women and men of tomorrow, your club will suffer. I don't believe you need to sell your soul to MAKE athletes win. At VFC we feel you can train them to WANT to win. Heart is one of the most powerful tools to instill in athletes. A focus on teamwork instead of winning creates chemistry that makes a team unbeatable.



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Our slogan is, As a TEAM we are ONE™. All of our team code of conducts and philosophies are surrounded by this concept.

My favorite quote is by Paul Bear Bryant. "First there are those who are winners, and know they are winners. Then there are the losers, who know they are losers. Then there are those who are not winners, but don't know it. They're the ones for me. They never quit trying. They're the soul of our game."

Q: What future plans/goals do you have for your club?

A: We at VFC dream big. Our goal is to continue to grow, offer the best to our kids and expand our programs to eventually grow to where we can build our own facility. We have our own facility now, even in our first year, and you know that we are already on our next project. If we keep our club dreaming big so will our kids. My favorite quote is, "Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory nor defeat."

Q: What do you look forward to in the future for the Florida Region?

A: VFC dreams big for our region too. We really want to help in any way and look to the future to be on board to keep Florida a powerhouse in USAV. We want to help expand boys' numbers, beach player numbers and adult player numbers, for sure, as our whole staff plays! I look for the future of the Florida Region to be bright!

*Thanks Melissa for participating in the Club Highlight. The Florida Region wishes you and your club success in the 2011 season! Stay tuned for next month's Club Highlight to learn about **Shanon Lewis** and **Volleyball Institute of Palm Beach**.*

GOLD SEAL CLUBS

Congratulations to the first Gold Seal Clubs for the 2010/2011 season!

- * **Cape Coast Volleyball Club** – Connie Denaburg
- * **Club Storm of Tampa** – Vicky Page & Dave Wolcott
- * **Fort Myers Fusion** – Wynn DePasquale & Steve Harrell
- * **Gainesville Juniors** – Chad Davis
- * **Jacksonville Juniors Volleyball** – Adis Imamovic & Gail DeLisle
- * **North Florida Volleyball Academy** – Rita Buck-Crockett
- * **St. Augustine Volleyball Association** – Taylor Mott
- * **St. Pete Volleyball Club** – Mark & Courtney Draper
- * **Suncoast Volleyball Club** – Jeff Horr & Scott Montgomery
- * **Tallahassee Jrs. Volleyball Club** – Latoya Washington
- * **USA South Volleyball** – Landon Thomas
- * **West Pasco Volleyball Club** – Jason Kucera





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INDOOR IMPACT TRAINING CLINICS

Individuals who wish to enter into coaching must complete the IMPACT entry-level instruction before the start of the season in the region in which they reside. There will be three Indoor IMPACT Training Clinics offered in the month of November.

Nov. 13, 2010

[The Campo Family YMCA](#)

3414 Culbreath Road

Valrico, FL 33596

Time: 9:00a-1:00p

Instructor: TBA

Nov 13, 2010

[Spanish River High School](#)

5100 Jog Road

Boca Raton, FL 33496

Time: 9:00a-1:00p

Instructor: Linda Gomez

Nov. 19, 2010

[Lyman High School](#)

865 S Ronald Reagan Blvd

Longwood, FL 32750

Time: 5:30p-9:30p

Instructor: Jose Rivera

All future IMPACT training clinics will be posted on the website, www.floridavolleyball.org, under the "Education" link. **NOTE:** Note: The District hosted clinics are free to all registered Florida Region coaches. Registration must be submitted no later than seven (7) days prior to the clinic. One (1) IMPACT certification is good for life!

HP COACHES ONLINE APPLICATION

All USAV members interested in coaching the 2011 High Performance teams must submit an online application. To submit your application online, go to www.FloridaVolleyball.org and click on the link under "Upcoming Regional Events".

NOTE: The Florida Region requires that all coaches are either IMPACT or CAP certified before they begin working with players in practice or tournaments.

COACHES EDUCATION WEEKEND

The Florida Region is holding a contest to pay for one registration to attend the Coaches Education Weekend. The Coaches Education Weekend will be offered January 7-9, 2011, in Leesburg, FL. It will take place at Lake Sumter Community College and will offer an IMPACT Clinic, CAP Level I and CAP Level II.

To be eligible for the contest, please register by the deadline, December 15, 2010. For more information, visit www.FloridaVolleyball.org and click on the Education link located at the top of the homepage.



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FLORIDA FEST BOYS' BID TOURNAMENT

Join us at the 3rd Annual Florida Fest Boys' Bid Tournament in Daytona Beach! The Florida Fest, in conjunction with the Daytona Beach 100 Girls' Volleyball Tournament, is one of the few mixed gender events in the USA under one roof. In 2010, the event awarded 4 bids!

This year, The Florida Fest Boys' Bid Tournament will once again be held at the Ocean Center in Daytona Beach from January 29th – 30th, 2011. *Register early to reserve your spot!*

2011 Entry Fees:
Regular \$500 (Oct. 16th – Jan. 6, 2011)
Late \$600 (After Jan. 6, 2011)



For more information, please visit www.FloridaFest.org or visit our website www.FloridaVolleyball.org and click on the logo on our homepage.

NCAA DIVISION I WOMEN'S VOLLEYBALL CHAMPIONSHIP



The NCAA Division I Women's Volleyball Championship is a premier event that provides student-athletes an once-in-a-lifetime experience. This year the Championship will be held December 16 & 18 in Kansas City, Missouri at the Sprint Center. The Championship will be hosted by the University of Missouri, Kansas City and the Kansas City Sports Commission.

For more information, click on the NCAA logo located on the Florida Region homepage at www.FloridaVolleyball.org.

GROWING CHAMPIONS FOR LIFE

The Florida Region has partnered with **Growing Champions for Life** to provide parents and coaches the tools necessary to give young athletes the emotional skills to win at sports, and essentially, win at life. Here are some key aspects of the program:

- parents gain an increased understanding of their role as supporter
- less parental pressure applied on young athletes so they perform better
- reduced fear of disappointing parents
- more cooperation with trainers, coaches, and program administrators
- fewer misunderstandings between parents, trainers, and coaches
- more positive environment within the organization and at competitions





FLORIDA COLLEGIATE VOLLEYBALL LEAGUE (FCVL)

The Florida Collegiate Volleyball League (FCVL) was formed to create more opportunities for men to play Club Volleyball at the collegiate level and eventually transition to being a scholarship sport in Florida. The FCVL is a member league of the National Collegiate Volleyball Federation (NCVF) and offers men's and women's college club volleyball competition for any 2 year and 4 year colleges located within the boundaries of the league.



Teams will compete in Conference play during the months of October, November, December, January, & February. The Conference Championships and League Championships will take place in March. The NCVF National Championships will take place in April.

Florida has 38 colleges that are eligible to participate in the FCVL. So far, the FCVL has signed on 9 clubs to

participate.

North Florida Conference

Florida State University
University of Florida
University of Central Florida
Embry-Riddle Aeronautical University

South Florida Conference

Florida Gulf Coast University
Florida International University
Nova Southeastern
University of Miami
University of South Florida

All participating FCVL members would be required to have a USAV college membership in the Florida Region, potentially increasing the Region's membership each year as the league grows.

The FCVL will start in the Fall of 2010. For more information regarding the FCVL, or to sign up, please visit www.FloridaVolleyball.org and click on the FCVL Logo located on the Home page.

MEMBERSHIP RENEWAL REMINDER

All USAV memberships from 2009/2010 expired 10/31/10. If you have not yet renewed your USAV membership for the 2010/2011 season, please renew by clicking on "Login" in the yellow box on the homepage. If you have forgotten your username and password, please contact the Florida Region office at (352) 742-0080 or email info@FloridaVolleyball.org.



NEW OFFICIAL'S COORDINATOR

The Florida Region is happy to announce the new Official's Coordinator is Sue Wainio-Oato. Sue will be primarily responsible with assisting Doug Darling, the Official's Chair, with managing the Official's Division of the Florida Region of USA Volleyball.

Sue brings a wealth of experience when it comes to volleyball. Here are a few of the things that Sue has been involved in:

Chesapeake Region Volleyball Association

- Board of Directors Member **1990 - 2001**
- President, CHRVA BOD **1997 - 1999**
- Scorekeeper Chair, CHRVA **1994 - 2001**

USAV Open Volleyball Championships

- Assistant Scorekeeper Assignor **1995 - 1997**
- Head Assignor for Scorekeepers **1998**
- Co-Head Officials Assignor at Opens **1999 - 2001**

Secretary-Treasurer, Central Florida Board of Officials **2005 - 2010**

President, National Capital Area Board of Volleyball Officials **1988 - 1999**

National Scorekeeper **1990 - present**

USAV National Scorekeeper Rating Team **1993 - 1996**

International Qualified Scorekeeper **1990 - present**

PAVO National Referee **1994 - present**

USA National Referee **1996 - present**

Welcome Sue! The Florida Region looks forward to working with you. If you would like to send Sue a welcome note, please do so at Sue@FloridaVolleyball.org.

MAD DOG VOLLEYBALL

Dig the Beach has a new beach volleyball series for the off season. Mad Dog Volleyball is a smaller series that will hit the Florida Beaches with the goal of maintaining events throughout the year. With events no bigger than 20 courts, Mad Dog is keeping beach volleyball life small and simple. There will be Men's, Women's, and Co-ed Divisions. Open players will play for the chance to win money!

If you want to know more about Mad Dog Volleyball or would like to register for one of their upcoming events, log onto www.maddogvolleyball.com.



GIRL'S JUNIOR CLUB TRYOUT DATES

This year, the earliest date for girl's junior tryouts (ages 10U - 14U) was Wednesday, September 1st, 2010. The earliest date for girl's junior tryouts (ages 15U - 18U) is Sunday, November 21st, 2010. Any club found to be holding tryouts prior to these dates will be subject to fines and/or penalties!

Please make sure that you sanction your USAV tryouts at least 30 days in advance so it can receive an event sanction number and a USAV certificate of insurance.



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POWER-CORE 360

What is Power-Core 360? Power-Core 360 is a harness specifically made for athletes. Billy Glisan, creator of Power-Core 360 (PC 360), began using this harness on volleyball athletes to teach them how to properly use the core of their body to hit the ball. PC 360 focuses on turning the pelvis, shoulder and arm in the correct sequence, increases the arm and ball speed and by using core muscles it reduces shoulder stress, preventing shoulder injuries.

Nick Cheronis, former University of Florida Associate Head Volleyball Coach for the past 18 seasons, joined PC 360 because he believes using this technology can help change the sport. "Kids are playing a lot more than they used to, which means too many swings not using their core. Finally, there is a way to teach a faster arm, but safely." Nick is directing all PC 360 volleyball clinics, all instructor certification programs, as well as facilitating PC 360 Power Hitting Clinics.

If you are interested in learning more about Power-Core 360, please visit their website at www.PowerCore360.com. You can also contact Billy Glisan at Billy@PowerCore360.com or Nick Cheronis at Nick@PowerCore360.com.

MEMBERSHIP COUNT UPDATE

Our current membership count as of October 1st, 2010 is 2,675 members. Our goal for this year is 10,000 members. Please let others in your area know about the playing, coaching, and officiating opportunities offered in Florida by USA Volleyball.

REGION INFORMATION

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Board Members:

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Shanon Lewis, Asst. Commissioner
Donna Beasley, Secretary/Treasurer
Terri Jimenez, Indoor Chair
Kendra Vanzwieten, Outdoor Chair
Doug Darling, Official's Chair

Staff:

Steve Bishop, Exec. Director/President
Kelly Mills, Registrar
Sara Hoffman, Events Coordinator
Krissy McKane, Marketing Coordinator
Michelle Daniels, Bookkeeper
Sue Wainio-Oato, Official's Coordinator

Junior Admin Board (JAB) Representatives:

Rita Crockett, Lori Eaton, Mitch Sadowsky, Russel Williams

