

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

May 2010: ISSUE 8

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WELCOME NOTE FROM OUTDOOR CHAIR

Florida Region Members,

Wow, the flood gates are open and the competition is strong! There are a lot of opportunities for all to play. First and foremost our beach partner, DIG THE BEACH, is now the official tour for USAV adults and juniors. The first event will be held in Siesta Key on May 25th. You must have a USAV membership to participate in the Dig the Beach tour. Also, the age requirement for beach is now the same as indoor!

The National Junior Beach Championships for USAV will be held in Ft. Lauderdale in August. This is only the 2nd time since 1990 it has been moved out of California! So, to put it mildly we are quickly becoming the front runners for beach in the US. Keep up the hard work!

Adult events include the International Development Qualifier (IDQ), which is open to all USAV and NORCECA athletes, will be held in August in Hollywood, FL.

As for Coaches, we are in the process of setting up a National BCAP clinic to get individuals ready for collegiate beach volleyball.

Our website is constantly updated so please check it out every week.

Dave Carstenson, Outdoor Chair
 Florida Region of USA Volleyball

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LETTER FROM THE EXECUTIVE DIRECTOR

It's another exciting month here in the Florida Region and we are as busy as ever getting ready for all of the upcoming events that are on the May calendar. Right now we have our sights set on the three "big ones" that are coming up next weekend (May 7-9) in Orlando.

Friday (May 7) will kick off the weekend's events with our inaugural Florida Region USAV Golf Tournament at the Metro West Golf Club. We'll head straight from the golf tournament to our 9th Annual Regional Awards Ceremony at the Double Tree Resort on International Drive. This year's ceremony will be our best one yet as we recognize our newest Jr. National and National Officials, our Regional HP All-Star coaches, our junior clubs with anniversary pins, our scholarship winners, our Region Partners, our award winners, and induct a new member in the Florida Region Hall of Fame. In addition, Don Yaeger will be our guest speaker and he will challenge and inspire everyone with his message about what it takes to be "One of the Great Ones".

On Saturday and Sunday (May 8-9) we will play host to 340 teams at our 2010 Girl's Jr. Regional Volleyball Championships. This is our largest indoor event of the year and we always look forward to getting everyone together for a "season ending" event before the beach season officially gets started. We are excited to once again have Orlando Convention Aid as an event partner along with almost a dozen great vendors. Please stop by and show your support while you are at the event.

Speaking of the beach season, it's time to hit the sand again! Our 2010 Dig the Beach USAV Jr. Series (sponsored by Smack Sportswear) will get started on Sunday, May 23rd in Siesta Key. We anticipate that we will exceed our previous high number of 40 courts this year and we hope to see you on the beach for some sun and fun!

As always, let us know how we are doing. We'll see you on the court!

Steve

Steve Bishop, CYSA
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CLUB HIGHLIGHT – SOUTH FLORIDA VOLLEYBALL

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 **Fred Howell** and the **Brevard County Starlings** will be highlighted, enjoy!



Q: Tell us how you got involved in volleyball?

A: Working on Boy Scout Camp Staff at Camp Lanoche, we played volleyball every day at lunch. We did not know the rules but we had a great time.

Q: How long have you been coaching volleyball?

A: I have been coaching volleyball for over 15 years!

Q: What would you consider to be your biggest accomplishment in volleyball?

A: Setting up this Starlings club for girls in my community. I have exposed volleyball to girls who would not have had an opportunity otherwise. I've pretty much given my life to helping my community, but this Starlings organization is helping to get girls into college. This is a good thing!

Q: If you could brag about your club, what would you say?

A: Price per value I think we are a great club. I think the parents and the girls are getting something good out of my club.

Q: Do you recall any memorable stories with Brevard County Starlings?

A: We won the AAU Spring Fling this year in the 13U; a goal we have had since we started 2 years ago. Also, last year my 18's won a Wilson tournament. We really like those USAV one day tournaments. Hopefully you will get them back next season.

Q: Are you involved in any other volleyball activities besides coaching?

A: I volunteer at the Cocoa YMCA so I get to play a little with John Fisher, my mentor, and Sean Walker, who has trained at a very high level. I get to have a little fun playing too!

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

A: I would like to see volleyball grow in Florida. We have too many beaches and facilities to not be bigger than we are right now. I would like for more of the girls



in my community get the opportunity to experience volleyball. It is a hard thing to do because if you are not a natural athlete, the skills can be hard to learn.

Q: Do you have a beach volleyball program? Explain.

A: No, I'm really an indoor guy. But our club will sponsor our girls who want to play in local beach tournaments. Two of the girls are playing in an upcoming event. It is their first one and they are excited.

Q: Does your club do anything to promote youth volleyball (11 and under)?

A: I coach 6 days a week. I do not get paid. We cannot afford to pay coaches. I would not take the money anyway. I volunteer at 3 of the local recreation centers in my community. I teach volleyball at no cost year round. Any girl is welcome to come and work out. I have them as young as 5 and 6 coming. I've had girls leave and come back and say "I'm ready to play again". I just had one young lady make her varsity high school team as a freshman after not playing for 2 years. She's a great kid. This year I think my 12's are one of the better teams around. They have been playing together for a while. We just do not have the money to play a USAV schedule.

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

A: We would like to find a sponsor. I'm sure that is what everyone wants. What I really mean is being a Club director and a full time coach is a lot! I really need some coaches. It's hard when you have to coach all the girls like I have these past 3 years. I really would like to play a USAV schedule someday. I think I have one of the best 12 and under girls in the area and I cannot get them exposure because we are so small.

Fred, is there anything else that you would like the Florida Region members to know?

A: I truly believe that volleyball gives girls something other sports can not give. The self officiating is wonderful. The fact that one girl cannot do it all by herself is another. It truly teaches team work and responsibility. We really wanted to go to the Starlings national tournament this year but it does not look like it will happen. It's sad because my 12's are good, not great but good enough to make a good showing. We could not even go to JNC's. But that's just me whining. We are having a bunch of fun and trying to grow as people first and players second.

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The Florida Region would like to share an email that Fred sent. This is the reason why he does what he does...

Folks,

"This is why I do this. Elizabeth is the third from the left. She came to me the summer before her freshman year in high school. She will be a sophomore next year and I told her if she worked hard her school will see the improvement. Just one year of work and some tournaments with their new-found friends, and you get smiles. These girls all had very little experience but worked hard coming to the very busy open practices at the Joe Lee Smith Center and the Cocoa West Center for the last six months. With only one dedicated practice a week at Kennedy Middle school they had to work twice as hard as the other clubs to learn the chemistry related things that come with playing on a volleyball team. Thanks to Brevard County Parks and Recreation for the free open practices at their community centers, and Kennedy Middle school for allowing the Starlings to have a day to themselves. With girls from Cocoa Beach, Viera, Rockledge and Cocoa High representing one team, this is truly the meaning of a community working together and is the essence of what the nation-wide Starlings volleyball program is all about."



Fred Howell

Director and Head Coach
Brevard County Starlings Volleyball Club

*Thanks Fred for participating in the Club Highlight. The Florida Region wishes you and your club continued success in the 2009/2010 season! Stay tuned for next month's Club Highlight to learn about **Jason Berry** and **Black Creek Volleyball Club**.*

METROWEST GOLF TOURNAMENT



Join us in Orlando on Friday, May 7th for our inaugural Florida Region USAV Golf Tournament. The spacious Metro West Golf Club will serve as our host. The start time will be 12:00n (Shotgun Start). The cost to participate is \$65 per player; this includes practice balls, greens fees, cart fees, & lunch. Rental Clubs available for \$49 if you do not have clubs. To register go to www.FloridaVolleyball.org and click on the Florida

Region USAV Golf Tournament logo. (Proceeds support the Regional Scholarship Fund!)

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REGIONAL AWARDS CEREMONY (9th ANNUAL)



The 2010 Florida Region Awards Ceremony will be Friday, May 7th, 2010 at the Double Tree Resort in Orlando on International Drive.

The keynote speaker at our awards banquet is longtime Sports Illustrated writer Don Yaeger, who has spent the last two decades working some of the greatest champions of our generation and has covered three summer Olympic Games for the magazine. From Michael Phelps to Michael Jordan, Chris Paul to Chris Evert, Peyton Manning to Walter

Payton, Yaeger has asked each of these winners What Makes the Great Ones Great.

Yaeger, who also has authored four New York Times Best-selling books, shares lessons learned from his interaction with great winners and offers their advice on how all of us can perform at our very best when it means the most. The stories will be about sports, but the lessons will apply to life.

Awards will be presented in over 30 different categories for coaches, club directors, players, officials, parents and the coveted Hall of Fame induction. Visit our website, www.FloridaVolleyball.org, and click on the Regional Awards Ceremony logo to purchase your tickets. Hurry seating is limited to 250, so get your tickets now!

GIRL'S JR. REGIONAL VOLLEYBALL CHAMPIONSHIPS

The 2010 Girl's Jr. Regional Volleyball Championships will be May 8th-9th, 2010 in Hall NA at the Orange County Convention Center in Orlando, Florida. This tournament is for Girl's Junior teams ages 10U-18U and we anticipate as many as 350 teams this year. **NO bids will be awarded at this event!**

Team check-in will take place on Friday, May 7th from 4:00pm to 6:00pm (early check-in) and from 9:00pm to 10:30pm (late check-in) at the Double Tree Resort near the Michigan/Ontario ballrooms. NOTE: Teams that do not check-in by 10:30pm will be dropped from the tournament and sanctioned.

A reminder to all **Club Directors**, please make sure to bring **ALL** medical release forms to team check-in. Also, **ALL USAV** members must have their membership cards to participate in this event!



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ORLANDO CONVENTION AID INFORMATION

Orlando Convention Aid has partnered with the Florida Region of USA Volleyball once again, to help you make the most of your time in fun filled Orlando. Convention Aid has the best discounts for attractions, restaurants, golf, nightlife, transportation, shops and so much more!



They also support our Region each year by donating restaurant gift certificates and theme park tickets for our Annual Awards Ceremony. So we are asking you to give them a call at 407-248-8629 to show your support.

Take advantage of this great service! It is like having your own personal concierge to make your dinner reservations. It is as easy as calling The Orlando Convention Aid, choosing a place to eat and letting them know how many are in your party, date and time, then you're done! Convention Aid will do the rest, all you need to do is show up for dinner. (Note: There is no cost to you!)

Convention Aid is also great for discounts for attraction tickets! If you would like discounts for the Girl's Jr. Regional Volleyball Championships call Convention Aid.

Just call 407-248-8629 to book your reservations for FREE!

REGIONAL HP ALL-STAR TRAINING CAMP



The girls and boys Regional HP All-Star Training and Selection Camp rosters are now posted on the website. Visit the HP All-Star information page to view the list of athletes that have been invited to attend the camp.

The training camp will be held on June 4th-6th at the Orlando Sports Complex. A complete list of the items that players are responsible to bring is posted on the HP page of the Florida Region website. Additional Training Camp t-shirts will be provided for the athletes.

Special thanks go to the HP coaches for their hard work and dedication to the Regional HP All-Star program. The Florida Region would also like to thank the volunteer coaches for all their help. If you would like to volunteer for the training and selection camp please email Kelly@FloridaVolleyball.org.

If you would like more information on the Regional HP All-Star Program please visit our website at www.FloridaVolleyball.org and click on the HP Logo.

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BEACH COACHING CLINICS

All beach coaches must attend a Regional Beach Coaching Clinic to participate in any USAV Jr. Beach event! Coaches that successfully complete a Regional or National Beach Coaching Clinic will be eligible to coach at any USAV junior beach event in Florida.

On Friday, April 23rd in Deerfield Beach and Sunday April 26th in Clearwater, the BCAP module clinics were held. This was an introductory clinic that covered the technical and strategic differences between the beach and indoor disciplines. It also helped coaches design beach practices for different group sizes and ages.

There is a Beach IMPACT course scheduled on:

Sun, May 23, 2010 - Siesta Key, FL (Regional)

For more information on prices, registration, time, and instructions visit our website, www.FloridaVolleyball.org, and click on Outdoor VB.

REGIONAL BOARD OF DIRECTOR ELECTIONS

Every two years we hold elections for the Regional Board of Directors in the Florida Region. This year the following three positions are up for election: **Secretary/Treasurer, Outdoor Chair, and Official's Chair**. Individuals should have experience in the respective position, be a member in good standing of USAV, and live in the Florida Region. They must also be willing to serve the entire 4-year term and attend 4 meetings per year. Nominations closed on March 31st. Voting will begin in April and will conclude on May 31st. The individuals selected will begin their term in office on July 15th. Good luck!

2010 DIG THE BEACH USAV JUNIOR SERIES TOUR

The Dig the Beach USAV Junior Series tour gets started this month. You must have a USAV membership in order to participate in the following tournaments:



May 22-23 - Siesta Key

June 5-6 - Fort Myers

June 12-13 - Fort Lauderdale

June 26-27 - Clearwater Beach

July 10-11 - Siesta Key

July 24-25 - Fort Lauderdale, The USAV–Florida Regional Championships

Visit our Region website and click on the Outdoor page for more information and to sign up a team. See you on the beach!

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JR. BEACH NATIONAL CHAMPIONSHIPS

The Florida Region is excited to announce that the USA Beach Junior National Championships will be held on Sunday August 22nd in Fort Lauderdale, FL. This is great news, this is the first time Florida has ever hosted this event! The top athletes will be competing for the national title, age's 12U-18U.



All event details will be posted shortly on our website, www.FloridaVolleyball.org. We hope that you will make plans to join us!

BOY'S JUNIOR REGIONAL VOLLEYBALL CHAMPIONSHIPS



The Boy's Junior Regional Volleyball Championships will be held June 12-13, 2010 at the Orlando Sports Center for age's 14U-18U.

The deadline to register will be Monday, May 31st, 2010. After May 31st teams will only be added to even out playing brackets! Please make sure to register before May 31st and take advantage of our on-time registration price.

Just a reminder to all club coaches, you must be IMPACT certified (at a minimum) to compete in any USAV sanctioned event! If you are not IMPACT certified please visit our website, www.FloridaVolleyball.org, click on our Education page to view our upcoming IMPACT clinics.

FACEBOOK REMINDER

Come join our group of friends and get daily updates on what is occurring in the world of Volleyball. It is an easy way to remain in touch the volleyball community. We make daily updates on volleyball tournaments and other events across the state of Florida. Please come find us on the web and become part of the Florida Region Volleyball Family.

The Facebook logo, which consists of the word "facebook" in white lowercase letters on a blue rectangular background.

MEMBERSHIP COUNT UPDATE

Our current membership count as of May 1st, 2010 is 8065 members. Our goal for this year is 10,000 members.

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GIRL'S JNC BID WINNERS

The Florida Region wants to congratulate the following girls teams for winning a BID to the 2010 Girl's Jr. National Championships in Reno, NV:

OPEN BID	NATIONAL BID	AMERICAN BID
Tampa Bay Jrs 17 Black	OVA 13 Asics	Gainesville 17-Black
OVA 15-Asics	North Tampa Stars 14	JJVA 17N Rox
Boomers 16 Elite Black	OVA 12 Asics	USA South 18N Martin
OVA 14 Asics	Cape Coast 12 Nike	Miami Elite 13 Blue
Gainesville 14 Black	Tampa United 13 Tampa	Palm Beach Jrs 13 Elite
OVA 17 Asics	Miami Elite 14 Blue	Pinellas Heat 14 Elite
Tampa Bay Jrs 18 Black	Boomers 15 Elite Black	Top Select 14 Elite
	Pinellas Heat 16 Elite	Top Select 15 Elite
	Top Select 17 Elite	USA South 15 National
	USA South 18 National	OVA 16 Asics
	Pinellas Heat 17 Elite	Tribe 17 Platinum
		Treasure Coast 18 Blue
		Gainesville Jrs. 12 Black
		Boomers 17 Elite Black

Please visit our website, www.FloridaVolleyball.org and click on Indoor VB for more Bid information.

REGION INFORMATION

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Sara Hoffman, Events Coordinator
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