

MARCH 2010: ISSUE 6

CONTENTS:

🏐	Welcome Note from Assistant Commissioner	1
🏐	Letter from the Executive Director	2
🏐	Girl's Jr. Regional Bid Championships	3
🏐	Deadline Reminder for Girl's Teams – JNC	3
🏐	Club Highlight – Manatee Area Volleyball	3
🏐	Adult Regional Volleyball Championships	6
🏐	Regional Awards Ceremony	7
🏐	Beach Volleyball Kickoff Weekend	7
🏐	Regional HP All-Star Program Information	8
🏐	Wilson Friday Night Adult Tournament Series	8
🏐	Girl's Jr. Regional Volleyball Championships	8
🏐	Jr. Beach Club Renewal/Registration – Apr 15th Deadline	9
🏐	Regional Ranking Info	9
🏐	Facebook Reminder	9
🏐	Volleyball Scholarships (High School Seniors)	10
🏐	Regional Board of Director Elections	10
🏐	Membership Count Update	10

WELCOME NOTE FROM ASSISTANT COMMISSIONER

During the past couple of weeks as I have been watching the Winter Olympics in Vancouver, BC Canada, I began to reflect on USA Volleyball's outstanding showing in the Summer Olympics in Beijing and about all of the new role models that are created at each Olympics and what it means to be a positive representative of USA Volleyball.

We should remember that eyes are watching and ears are listening and just by being a part of this great sport of volleyball our actions will effect someone else's outlook about volleyball along the way. While most of us did not sign up to be a role model our love of volleyball has put us in that position. Some of the many characteristics of a positive role model include positive choice-making, apologize and admit mistakes, follow through and show respect.

Let's all strive to be positive representatives of the Florida Region of USA Volleyball and bring our passion and love of the game to more members of our communities. Volleyball is a lifetime sport that creates a lifetime of friendships!

Remember to submit your nominations for the 2010 Florida Region Awards Ceremony by March 15th; this is a great opportunity to honor the positive Florida Region role models that have had an impact on you, your child or your team.

Florida Region Volleyball.....Pass it on!

Shanon D. Lewis, Assistant Commissioner

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LETTER FROM THE EXECUTIVE DIRECTOR

Am I the only one that would like for the cold weather to go away? It is really cutting into our beach volleyball activities here in Florida. I know that most of you are heavily entrenched in the indoor scene, but the beach is already calling. I'm guessing that I will be retracting my desire for an occasional cool day around mid-July when the sand is 100+ degrees and sand socks will be a necessity, but for now I stand firm on my wish for some warmer weather.

Regardless of our desire to be on the beach playing the sport we all love, we (Region Staff) spend most of our waking hours right now on indoor activities: sanctioning tournaments, issuing certificates of insurance, processing accident reports, updating ranking reports, resolving conflict, answering phone calls & e-mails, verifying teams for junior national qualifiers, planning JAB & BoD meetings, enforcing USAV policies, conducting HP tryouts, reviewing awards nominations, coordinating adult open-play nights, issuing infraction notices, complying with bid requirements, serving on Incident Review Committees, planning future events, corresponding with the National Office, and did I mention answering e-mails. Technology has certainly made it easier for us to stay in touch with our members, but on some days it is very difficult to stay on top of the e-mail traffic and keep one eye on the future.

Between now and the end of August, the schedule is very full with both indoor and outdoor volleyball events. Everyone should be able to find something to fit their needs. We update our website almost daily during this time of year and post links to all of our upcoming events (along with the event logos) on the Home Page of the Florida Region website: www.FloridaVolleyball.org. Remember to visit the website at least once a week to stay in touch with the upcoming events in your area.

Finally, remember to submit your nominations for our upcoming Awards Ceremony in May! This is a great event where we can celebrate the amazing people that make "it" happen in Florida! The deadline to submit is Mar 15th.

See you on the court,

Steve

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GIRL'S JR. REGIONAL BID CHAMPIONSHIPS



The 2010 Girl's Jr. Regional Bid Championships will be held on April 17th-18th, 2010, in Hall NB at the Orange County Convention Center located in Orlando. This event is for Girl's Junior teams ages 12U-18U trying to earn a bid to the 2010 Girl's JNC in Reno, NV. Only teams that have completed the required registration process (Regional & National) with our office for the 2010 JNC by April 1st, 2010 are eligible to attend the Regional Bid Championships.

All teams **MUST** register through AES (Advanced Events Systems.com) **No later than 03/16/10**. All USAV teams will be downloaded into AES.

The host hotel is The Double Tree Resort on International Drive. They just completed a dramatic \$35 million dollar makeover to their facility. The hotel has been transformed to a warm and tranquil travel oasis. They have 3 outdoor pools, a putting course, an arcade, they are adjacent to SeaWorld & Aquatica, and it is a quick trip to the convention center. Please visit the Florida region website at www.FloridaVolleyball.org for hotel prices and event information.

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 card to participate in the event!

DEADLINE REMINDER FOR GIRL'S TEAMS - JNC

Teams interested in competing for a National or American Bid at the Florida Girl's Jr. Regional Bid Championships must have the AES roster(s) and individual check(s), made out to USA Volleyball, arrive at the Florida Region office by **4pm on April 1st, 2010! No packets will be accepted past the April 1st date!**

To register for Nationals go to www.FloridaVolleyball.org and click on the Girl's Jr. Regional Bid Championship logo. From there, click on the *JNC Information Sheet* located on the page. Contact the Florida Region Office at (352) 742-0080 or info@FloridaVolleyball.org if you have questions or need additional clarification on these instructions.

CLUB HIGHLIGHT – MANATEE AREA 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 **Nancy Cothron** and the **Manatee Area Volleyball** will be highlighted, enjoy!

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Those of you that know Nancy Cothron will agree that she puts her whole heart into everything she does. Nancy has gone above and beyond when it comes to teaching IMPACT classes. She is a kind hearted, giving, and a very thoughtful person. This is evident in some of the awards she has won. To name a few, Outstanding Clinician 2005, Outstanding IMPACT Clinician 2008, Outstanding Adult Female Player 2008, and Outstanding Parent(s) 2006 along with her husband Tony. Thanks Nancy for your dedication and hard work to the Florida Region Volleyball.



Q: How old were you when you started playing volleyball?

A: I was only 17 when I started playing. I played a year of high school, but really learned the beach game first. I had a best friend and my boyfriend at the time playing a lot of volleyball, so I played women's or co-ed every weekend that there was a tournament.

Q: What college did you play volleyball at? What position?

A: I walked on to FSU after my second year of school. I played outside hitter and setter for 3 years then moved to middle blocker

Q: How long have you been coaching volleyball?

A: For as long as I can remember knowing the game. At FSU I worked their camps for summer, went to Europe and coached in the Italian league- so I guess in all about 38 years off and on.

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

A: I was on the board as a representative for adults indoor and adults beach. I am a member of the Florida Coaches Association and am currently finishing up my CAP II.

Q: How long have you been an IMPACT Instructor?

A: Around 15 years (John Kessel did a clinic at the YMCA in Tampa and I was certified that weekend.)

Q: You played professional volleyball both indoor and outdoor, with that being said, which do you prefer to play? Why?

A: I really love the beach more than anything. The ability to cover the whole court while everyone was complaining about the entire court was funny to me. I learned the reading skills necessary for playing faster than one does with indoor. Digging a straight down spike and then getting up and pounding the ball into the open court was a natural high. I do love the speed of the indoor game and the

quickness as well as the camaraderie of the team. I think the "perfect game" has been something I would always strive for with the indoor because when you get the entire team to "click" and play as one unit that feeling can be replicated anywhere. Beach was the best for me to also bond with my sister and we really made it work. When you play with family, the windows of error can really become very small. I think we were unique in that we focused on what the other team was doing to get points and how we needed to play our game to prevent that. We knew where the other would be on pretty much every play. We went from no block, to blocking straight up without penetrating the net, to blocking over, to rally scoring to shorter court, etc. We have seen the gammit.

Q: What would you consider to be your biggest accomplishments with volleyball?

A: Playing in Europe for 5 1/2 years, winning an AVP (back then, Jose Cuervo) event, and making some fantastic friends through volleyball. Almost topping all that is currently watching some of my past players coaching and "spreading the love" of the game.

Q: When did you start your club? How many teams were in your first year? How many now?

A: We were Manasota Juniors around 1990 and had about 2 or 3 teams. We combined with Venetian Bay (back then Florida Champs) and Whitesands to become WFCM. We split off to work on the Bradenton area (Bradenton Basics) and had leagues but two teams formed out of those leagues. That quickly grew and we formed Manatee Area Volleyball Club. Today we have 8 teams and everything is very manageable.

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

A: We have THE MOST dedicated and experienced coaches in the area. They are committed to improving the team and individual player. They push the girls hard and give a lot of their extra time to the players. That is difficult to get these days. We brag about being a "teaching" club. Meaning that we want to help the new coaches coming in, teach our parents how to communicate with us and their athlete and most of all, teach our players how to play this awesome lifetime sport. Our coaches are committed to the integrity of the club, providing a good solid foundation, building not only the player's skills but attitudes to compete and play as a team and work towards making it fun. We really love what we do and learn so much from each other. We share our ideas constantly among each other and we grow stronger because of it.

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

A: As an IMPACT cadre I feel like coaches are really starting to buy into the power that coaches have to make or break a player and are siding more on the making of a player who is coming out with less fear, a love of the game, a desire to improve and greater ability. I want Florida to be a premier state from where most college coaches are coming to recruit. Of course that must be something that you can't just have happen, I don't know that we grow them all that big in Florida. In Florida, with the exception of this year, being relatively warm, we should have players staying from all over the world to train at our beaches. I would love for Florida to be the "place to go" when players finish playing in college. I had to go to California to get the consistent competition, and that is still true today. Our climate and number of players playing should produce more adults playing the game.

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

A: I have a mini-volley program at my school and camps during the summer. We have kindergarten through 6th grade at our league. We modify the game to allow bounces and "Cothron points" where the players get points and prizes for getting three hits, vs. points for winning the rally. (Or sometimes combined with the rally points)

Q: If you could give advice to other clubs what would it be?

A: Be nice to each other, don't talk bad about other clubs and play by the rules. At least know the rules because in the long run, it is the players who suffer from those who do not.

*Thanks Nancy 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 **Ann Marie Indorf** and **South Florida Volleyball Club**.*

ADULT REGIONAL VOLLEYBALL CHAMPIONSHIPS

The 2010 Adult Regional Volleyball Championships will be held at Palm Beach Atlantic University in West Palm Beach on May 1st, 2010. We will have 4 courts and can accommodate a maximum of 20 teams. Please visit our website, www.FloridaVolleyball.org, and click on the event logo for additional information on registration instructions.



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REGIONAL AWARDS CEREMONY



The 2010 Florida Region Awards Ceremony will be Friday night, May 7, 2010 at the Double Tree Resort in Orlando. We are excited to announce this year's guest speaker, **Don Yeager**, what a treat! Tickets are available online.

Awards are presented in over 30 different categories for coaches, club directors, players, officials, parents and the coveted Hall of Fame induction. Please vote now! Voting will close on March 15th, 2010. Just visit our website,

www.FloridaVolleyball.org, and click on the Regional Awards Ceremony logo to vote.

BEACH VOLLEYBALL KICKOFF WEEKEND

The Florida Region is having a Beach Volleyball Kickoff Weekend at the Orlando Sports Center on March 20th, 2010. Do not miss this great opportunity to improve skills, knowledge of the game and to meet AVP Pro Volleyball Player **Tyra Turner**! This beach weekend is for **Coaches, Players** and **Officials**.



Any coach wishing to coach beach volleyball this year at a USAV sanctioned event MUST attend a Beach IMPACT clinic! Get certified early before the season starts. Hurry space is limited.

As for the players, this camp will be taught by AVP Pro Player **Tyra Turner**, a UCF Graduate! It is for age's 10U-18U and it is for both girls and boys. Come join the fun and sharpen your beach volleyball skills in preparation for the 2010 season.

Indoor officials that are interested in learning how to officiate beach volleyball should attend this clinic. AVP Officials will teach you how to make a transition from indoor to outdoor and help you get ready for the upcoming NCAA Sand Volleyball opportunities.

For more information on times, costs, and registration please visit our website, www.FloridaVolleyball.org and click on the *Beach Volleyball Kickoff Weekend* logo. If you have any additional question please contact the Florida Region office at 352-742-0080 or info@FloridaVolleyball.org.

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REGIONAL HIGH PERFORMANCE (HP) ALL-STAR PROGRAM

The next Regional HP All-Star tryout for the girls will be March 12th at the Tampa Convention Center.

The next tryout for boys will be April 9th at the Fort Lauderdale Convention Center. 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.



Special thanks go to the 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 helping out in Jacksonville and Daytona. If you would like to volunteer for future tryouts please email Kelly@FloridaVolleyball.org.

WILSON FRIDAY NIGHT ADULT TOURNAMENT SERIES



Tournaments will continue to take place through May across the State of Florida. There are four tournaments remaining before Adult Nationals. So far the competition has been awesome in both the co-ed division and women's division.

The next tournament is March 12th at the Tampa Convention Center. Playing times will take place at 7pm, 8pm, and 9pm. Random pools of three will play twice and referee once. No uniforms are required. There will be a men's division, women's division, and a co-ed division. Single players are encouraged to come and the tournament staff will build co-ed teams on-site. Bring kneepads and shoes and get ready to play ball. Click here for more info, www.FloridaVolleyball.org.

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. All teams **MUST** register through AES (Advanced Events Systems.com) **No later than April 9th, 2010.** Teams may play up. **NO bids will be awarded at this event!**



The host hotel is The Double Tree Resort on International Drive. They just completed a dramatic \$35 million dollar makeover to their facility. The hotel has been transformed to a

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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!

JR. BEACH CLUB RENEWAL/REGISTRATION – APRIL 15TH DEADLINE

Club directors, if you would like to offer outdoor volleyball for the 2010 season, sign-up your club online. If you have a current indoor club then there will be no fee to register. Please renew and/or register by no later than April 15th, 2010. **IMPORTANT NOTE:** All coaches wanting to coach an outdoor team **MUST** be Beach IMPACT certified prior to participating in any USAV sanctioned outdoor events. We currently have three (3) Beach IMPACT courses scheduled. If you have any questions please contact the office at 352-742-0080 or info@FloridaVolleyball.org.

REGIONAL RANKING INFORMATION (JR. GIRLS)

The Florida Region Ranking Reports are available on our Region website on the Indoor VB page. The Ranking Report is normally updated within 3-5 days **AFTER** a Florida Region ranking tournament takes place.

The Regional Ranking Guidelines have been approved by the Regional Ranking Committee and are available on our website as well. The Ranking Committee meets monthly to review the standings. **IMPORTANT:** Clubs that wish to challenge the rankings prior to the Regional Bid Championships and the Regional Volleyball Championships may submit a formal challenge with the head-to-head results of the team(s) they are challenging. Challenges must be submitted 3 weeks prior to the tournament to be considered! Check out the rankings and guidelines at www.FloridaVolleyball.org (click on Indoor VB).

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.





VOLLEYBALL SCHOLARSHIPS FOR HIGH SCHOOL SENIORS

The Florida Region will be offering five scholarships for High School Seniors that are current USAV members and live in the Florida Region.

The scholarships are:

1. Edward "Ned" DeGroot Memorial Scholarship - \$1,000.00
2. Ben Jordan Memorial Scholarship - \$1,000.00
3. Mark Headrick Memorial Scholarship - \$1,000.00
4. Florida Region Scholarship - \$500.00
5. Commissioner's Scholarship - \$500.00

The application & checklist will be available on the Florida Region website: www.FloridaVolleyball.org, under 'Latest Region News'. The deadline to apply is **April 1st, 2010**. No packets will be accepted after this date!

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 will be accepted until March 31st. Voting will begin in early April and will conclude on May 31st. The individuals selected will begin their term in office on July 15th. The online nomination form can be found on the Florida Region website (www.FloridaVolleyball.org) under Latest Region News.

MEMBERSHIP COUNT UPDATE

Our current membership count as of March 1, 2010 is 7,810 members. Our goal for this year is 10,000 members. Help us spread the word. Invite someone you know to join our USA Volleyball family!

REGION INFORMATION

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