



September 2010: ISSUE 12

CONTENTS:

| | |
|---|----|
| Ⓚ Welcome Note from Outdoor Chair | 1 |
| Ⓚ Letter from the Executive Director | 2 |
| Ⓚ Club Highlight – Cape Coast Volleyball | 3 |
| Ⓚ Florida Collegiate Volleyball League | 5 |
| Ⓚ USA Volleyball HP Champions | 5 |
| Ⓚ USA Jr. Beach Tour National Championships Recap | 7 |
| Ⓚ Three Florida Beach Members Visit Russia | 7 |
| Ⓚ Membership Renewal Reminder | 8 |
| Ⓚ 2010 Dig The Beach USAV Jr. Series Tour Recap | 9 |
| Ⓚ District Junior Forum Meeting Recap | 9 |
| Ⓚ Junior Indoor Club Renewal Reminder | 9 |
| Ⓚ Girl’s Junior Club Tryout Dates | 9 |
| Ⓚ Indoor IMPACT Training Clinic | 10 |
| Ⓚ Growing Champions for Life | 10 |
| Ⓚ Membership Count Update | 10 |

WELCOME NOTE FROM OUTDOOR CHAIR

Hello from your new Outdoor Chair. We are just coming off of hosting the Junior Beach National Championships in my hometown of Fort Lauderdale, Florida! It was a pleasure to have this as my first event as the Florida Region Outdoor Chair. I would like to thank the USAV Staff and Dig the Beach President Chris Colgan for helping make the six Junior Events and Junior Beach Nationals a great success! Although the outdoor season is wrapping up, and the athletes are heading back indoors, I am looking forward to next beach season already! Plans and upgrades have already begun for next season and I will continue to work diligently to improve the experience of our outdoor athletes and help transition their careers into the college setting as well.

I also wanted to thank Dave Carstenson for all his hard work over the past 20 plus years. As a beach volleyball player, I have seen the impact he has had on beach volleyball and have had the pleasure of having him ref me on the AVP Tour. I am excited to be a part of our growing sport as a player and a USAV member. Good luck to those of you who are heading back to your indoor teams. I hope you have a great season! I look forward to seeing you all on the beach next summer!

Kendra VanZwieten
 Outdoor Chair
 Florida Region of USA Volleyball



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LETTER FROM THE EXECUTIVE DIRECTOR

We've officially finished our events for the 2009/2010 season! It's been a long season but one that was encased with many successes. From the indoor season to the outdoor season, we saw great things happening on and off the court.

- 🏐 Team Florida GYNT won a Gold Medal at the 2010 HP Championships in Wisconsin
- 🏐 Florida hosted the 2010 USA Jr. Beach National Championships & 14 states were represented at the event in Ft. Lauderdale
- 🏐 \$4,000 in scholarships were awarded to 8 high school seniors
- 🏐 30+ awards were presented at the Regional Awards Ceremony
- 🏐 3 Florida Region members were selected as part of the USA beach delegation that visited Russia
- 🏐 Our junior beach tour was the largest in the country with a new record of 190+ teams at the Siesta Key stop
- 🏐 AVP Pro Tyra Turner hosted our 1st annual Beach Kickoff Weekend
- 🏐 We trained 231 USAV indoor coaches and 73 USAV outdoor coaches
- 🏐 We sanctioned 150+ events (tournaments, camps, clinics, leagues, scrimmages, & tryouts)
- 🏐 We re-launched the *Vol-eNews* newsletter and highlighted 12 junior clubs
- 🏐 We registered 8,600 members (an all time high number in 28 years)
- 🏐 Florida Region was noted as the #1 junior beach region in the USA

Additionally, we just wrapped up our 2010 annual Junior Forum Meetings. There were some new items on the agenda and we are looking forward to another exciting season of volleyball in Florida. While many of our members have shifted their focus to high school and college volleyball, we are busily working on plans for the 2010/2011 season. We invite you to join us as we work toward our goal of 10,000 members.

Please remember that you may contact the Region Office or any member of the Regional Board of Directors with questions, concerns, suggestions, or to let us know how we are doing!

See you on the court,

Steve

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CLUB HIGHLIGHT –CAPE COAST VOLLEYBALL 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 **Connie Denaburg** and **Cape Coast Volleyball Club** will be highlighted.

Q: Congratulations on being recognized as “Outstanding Club Director”. Tell us a little about that.

A: Club director is just one of the many pieces that make up our successful organization at Cape Coast. It takes much more than just a club director to make this organization work. We have a very involved Board of Directors, great coaches, parents and athletes. This award does not go to just one individual, it is a reflection of the many years of hard work and dedication those involved have committed to making our organization one that I am proud to be called director.

Q: How do you balance being a mother of four and a volleyball coach/director?

A: Teamwork as they say. Running a family is just like running a business or a club. My husband and I tag team all the events the family is involved in. Our kids play every sport from volleyball to football, to soccer to baseball and we are very involved in what they do. Being a wife and mother is my priority, being director of Cape Coast is my job and passion and I love it. It means long hours and busy days, but keeping busy is just something I've learned to love. I've learned to move fast and multi-task many times over.

Q: How did you get started in volleyball?

A: I grew up a competitive tennis player, picked up volleyball as a junior in High School and quickly learned that volleyball was my favorite sport. I went on to play 4 years of volleyball and tennis at Carson-Newman College. I left there to come back to Florida and played USAV indoor adult volleyball. Then I found the beach. I spent 10 years playing the beach circuit in Florida in the "early days" of beach volleyball, back when only the adults played :). Beach volleyball soon became my most favorite thing to do. As I got older, I wanted to continue to give back to the sport. I coached volleyball at Merritt Island High School for about 10 years, started this club as a feeder program to that and the rest is history. Cape Coast has been in existence for over 15 years now.

Q: Tell us about your facility.

A: I opened the Sports Zone in 2007 as our previous training facility was not available anymore. The Sports Zone is a 4 court facility located in Rockledge, Florida. I opened this facility strictly so we could continue Cape Coast at its current level. There were no other locations in Brevard county at the time to host a 30 team club and I felt compelled to find a way to continue on with the club when we lost our initial training facility back in 2007.



Q: Does your club have a beach program? If not, do you have plans for one in the future?

A: Yes, we have a very strong and successful sand volleyball program. For 3 years, our sand volleyball director, Daren Bolton, has worked many hours to offer sand volleyball to the youth of Brevard County. We have over 50 youth teams ages 10-18 that play each summer in local tournaments.

Q: What is your opinion on the growth of volleyball throughout the years?

A: With the emergence of sand volleyball on the collegiate stage combined with volleyball in the Olympics, we have seen a huge explosion in the numbers of youth playing volleyball. Cape Coast went from a club of approximately 7 teams in the 90's to 15 in the mid 2000's to 30 teams now in 2009. It is a great sport for our youth and through volleyball we teach life skills such as teamwork, how to compete, friendship, honesty and integrity and that hard work certainly does pay off.

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

A: We plan to continue to offer volleyball programs year round to the youth in Brevard County and the surrounding counties. We have different levels of teams during our different seasons. In the summer and fall we run recreational programs. In the main club season, we have recreational, travel and advanced level teams who compete at the highest level with the ultimate goal to earn college scholarships and participate in the Junior National Volleyball Tournament Annually.

Q: You coach kids 10 and under. What does your club do to promote youth volleyball?

A: We offer year round programs to the youth here in the county. I am working with local grade schools and junior high schools to start more volleyball programs in the schools or in after school programs. Volleyball use to be a sport for only high school age kids. With the explosion of 10 & under volleyball, I am proud to represent that volleyball can be started by youth much earlier and they can begin to enjoy a sport with so many good things attached to it. There were only a handful of clubs that started volleyball for 10 & under just a few short years ago, now, so many more clubs are involving the younger ages. It is awesome to see.

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

A: Brevard County is a relatively small area. We do not draw from big cities. We train those who want to stay here and train hard and learn how to compete at the highest level. We also offer recreational programs to those who are interested. We now have qualified teams for Junior Nationals 2 years in a row. Our 12's and 14's qualified for Miami in 2009 and in 2010 our 12's again qualified, this time in Reno. I am proud that we hold our members and coaches to a high standard of ethics and are well thought of as displaying good sportsmanship and hardworking behavior. In 2010, hard work certainly paid off for our team that qualified for Junior Nationals and I am very proud of them. Also, Cape Coast has survived for 15 years plus. That is not an easy thing to do



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in this day and age. It is due to the fine parents, players and coaches who are committed to Cape Coast Volleyball Club.

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

A: I look forward to many, many more years of volleyball in the Florida region. Watching kids learn about life through sports is one of the finest things I can think of and I am proud to be a member of the Florida Region. They have supported my club tirelessly over the years and I thank the Region for that. We all have the best interest of the youth in mind and it is a pleasure watching young athletes grow and learn to love the sport of volleyball.

*Thanks Connie for participating in the Club Highlight. The Florida Region wishes you and your club continued success in the 2010 season! Stay tuned for next month's Club Highlight to learn about **Taylor Mott** and **St. Augustine Volleyball Association**.*

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 will be recognized by the National Collegiate Volleyball Federation (NCVF) as an official league. Currently, there are 13 other leagues/conferences across the US for men's college club volleyball and they offer a national championship tournament each year during the month of April or May.

Florida has 38 colleges that are eligible to participate in the FCVL. The plan would be to split Florida into three conferences: North, Central, and South Florida. All participating FCVL members would be required to have a USAV college membership in the Florida Region, which could potentially increase our membership each year as the league grows.

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

USA VOLLEYBALL HP CHAMPIONS

TEAM FLORIDA WINS GOLD IN WISCONSIN!

Congratulations to Girl's Youth International HP All-Star team on winning the GOLD at the 2010 USAV High Performance Championships! The team was coached by Lynze Roos, Brian Imperiale, and Adis Imamovic. Adis, 2nd Assistant Coach for Team Florida, had this to say about his experience at the HP Championships, "I am always excited to work with young athletes with potential and enthusiasm, and that is exactly what the Florida HP Program offers. The idea of players and coaches representing the Region where they live and train is very motivating. I think it gives an extra incentive to

perform. 'Champions are not doing extraordinary things; they are only doing ordinary things exceptionally well.' Florida Region does an exceptional job and I am proud to be a part of it. Thank you for the opportunity."

Lynze Roos, Head Coach of the Girl's Youth International HP All-Star team, shared with us her experience at the HP Championships:

Q: Tell us about the moment you knew your team was going to win the gold medal?



A: We came out in the gold medal match and really took the Badger team by surprise. They had cruised through most of the tournament, not dropping any sets. We were used to battling for every point. We started off very strong, and our team found their groove pretty fast. When we started game four, our team certainly had a determined look. They took off and never looked back!

Q: What was a highlight, besides winning the gold, from your experience with Team Florida?

A: This was my first year participating in HP, so everything was very exciting and new. Watching the boys teams' compete with the rest of the region players all around the court was certainly memorable.

Q: What was it like to work with other coaches and a team that had never played together before?

A: It's a lot of learning on the fly. We knew what our basic strengths were, but some of our weaknesses showed up during matches. My staff was amazing at picking up the areas that we could improve on immediately. The staff also trusted each other enough to not worry about who was telling whom what. We were all on the same page quickly.

Q: Tell us a little about the three girls that made the All-Tournament Team?

A: Caitilin Donahoe had an outstanding tournament start to finish. She made great decisions and played tremendous in long rallies. Sometimes it's hard for a setter to stand out with excellent hitters, so it was really exciting to see Caiti rewarded for her hard work. Leigh Andrew was by far the best player in our age division. She was a total gamer, and she also grew as the tournament went on. I saw her making great shots at the right time, and also correcting errors she may have made beforehand. She also passed well, and she anchored our offense too. Marissa Lisenbee took care of business on the right side blocking and attacking. She was so consistent and within the



first few games, she found her pace with Caiti. We knew if the ball was set to Marissa, she was getting a kill.

Q: What sets this event apart from your other events affiliated with Junior Volleyball?

A: I love that these kids came together from different clubs and areas of our state and they all share their love of volleyball. You see them put aside their rivalries to represent our state and our region with such pride and excitement.

Congratulations to all the coaches and teams that represented the Florida Region!

USA JR. BEACH TOUR NATIONAL CHAMPIONSHIPS

The 2010 USA Jr. Beach Tour National Championships was a huge success! The Championships took place on Ft. Lauderdale Beach. The weather was perfect and the competition was even better! There were 120 teams from 14 states competing to contest national titles in five age divisions from 12 to 20.



The states that participated were Arizona, California, Florida, Georgia, Illinois, Kentucky, Minnesota, New Mexico, New York, Ohio, Pennsylvania, Texas, Washington, and Wisconsin. This was the first time that Florida has ever hosted this event and it was great seeing all the different athletes from around the country come together to play volleyball.

The Florida Region Staff would like to extend a big thank-you to Rick Schanz (Elevation), Christy Cox (USA Volleyball), Kendra Vanzwieten (Outdoor Chair), and Chris Colgan (Dig the Beach) for all of their hard work and contribution to making this event a tremendous success!

THREE FLORIDA BEACH MEMBERS VISIT RUSSIA

Three members from the Florida Region were selected to represent the U.S. in a trip to Russia on August 6 -21. Jackie Wegner, a junior outside hitter for East Lake, and Justin Vogel, a junior middle hitter for Berkeley Prep, were among 20 high school boys and girls beach volleyball players from the U.S. sent to participate in beach clinics and training in Russia as part of an exchange program. Dave Carstenson, also from the Florida Region, accompanied the athletes to Russia and helped with coaching the players.

The group was hosted by the Russian Volleyball Federation and visited both Moscow and Anapa. Two-time Olympic gold





medalist, Misty May-Treanor, also went along and served as both a coach to the U.S. players and the Russian players. “The athletes that I traveled with were superior and some of the best in USA Beach Volleyball. Some of the highlights of the trip were training with Misty May-Treanor. She is an excellent player and coach. I had the pleasure of sitting next to her one night at dinner and she is also an amazing person,” Vogel said.

While they were there, they were able to experience the Russian culture and had the opportunity to practice at the state-of-the-art Volleygrad volleyball training center. Dave Carstenson, who spent his time coaching the players, shared with us his experience in Russia.

Q: How does the training in Russia differ from that in the USA?

A: Since USAV has taken a lead in junior beach we have a more stylized game like warm-ups and drills, where the Russians are more traditional. They loved my core and balance workouts for strength. I did enjoy seeing their way of warm-ups as it was actually very good. Beach Volleyball showed its true international flavor as a sport when I saw kids from Russia and USA playing together and each side was learning how to speak the beach lingo of “line” and “angle” and call it for each of their partners in their native language. That part was very cool.

Q: Describe what was it like to see the players work with two-time Olympic gold medalist, Misty May-Treanor?

A: Misty is the greatest role model for beach volleyball players. She was very good with the Russians and explained all she could to help them. Her speech at the U.S. Embassy was one of the most uplifting I have ever heard. She will be here in December doing a fundraiser beach camp with me in December along with a beach junior’s event in Tampa and I know she will bring her warmth and sense of humor to our great state of Florida.

Q: What were some highlights from your trip to Russia?

A: We visited the Kremlin and Red Square and were able to go inside. I remember that not long ago no one saw inside any of this. Watching the kids interact with Russian beach volleyball players who spoke very little English but volleyball showed how it is a universal language and sport of its own. They all worked very hard together and had fun. We stayed at the Volley Grad Hotel in Anapa, Russia, specifically built for volleyball players, and it was awesome. Learning Russian culture was really all about the kids working to learn about each other.

MEMBERSHIP RENEWAL REMINDER

It’s that time again! Membership Renewal time is here for all current and future USAV members. You will notice on your membership cards that it expires October 31st, 2010. You can renew your membership, after September 1st, by visiting our website and logging into your account. If you have any questions, feel free to contact us at (352)742-0080 or info@floridavolleyball.org.



2010 DIG THE BEACH USAV JUNIOR SERIES TOUR



The Dig the Beach USAV Junior Series tour has been very successful! The Dig the Beach Junior Series provides a professional, competitive, and fun atmosphere for everyone involved. Juniors had the opportunity to participate in all 6 stops along the series and our attendance numbers were off the charts!

For pictures and results, please visit the official tour website at www.digthebeach.com. Thank you to everyone that made this beach season a success! We are already looking forward to the 2011 beach season. We hope to see you on the beach!

DISTRICT JUNIOR FORUM MEETINGS RECAP

The District Junior Forum meetings were held last month throughout the state of Florida for all Club Directors. This was a time to discuss the events of last season and the goals and requirements for next season. Some of the topics covered were:

- Gold & Silver Seal Program for Junior Clubs
- 2011 Regional Ranking Tour
- Introduction of Growing Champions for Life (www.GrowingChampionsForLife.com)
- Annual Background Screen Requirement
- The Club Renewal Process
- JAB Elections
- FHSAA Ruling on Transfers

The Junior Forum meetings also held classes for Train the Trainer, Impact, and Club Admin./Webinar training.

If you have any questions, please contact the Florida Region office staff at info@floridavolleyball.org.

JUNIOR INDOOR CLUB RENEWAL REMINDER

All club directors must renew their clubs by September 8th, 2010. Only clubs that complete this requirement will be considered an official USAV club. You can renew your club by viewing our website's homepage and clicking on the "How Do I..." drop box located on the left under "Quick Links". Contact us at (352)742-0080 or email us at info@floridavolleyball.org for any questions.

GIRL'S JUNIOR CLUB TRYOUT DATES

This year, the earliest date for girl's junior tryouts (ages 10U – 14U) is 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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INDOOR IMPACT TRAINING CLINIC

There is an Indoor IMPACT Training Clinic available for all adult USAV Members. The next IMPACT class will be held on October 2nd, 2010 from 9am-1pm at Cornerstone Academy in Gainesville, FL. 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. Future IMPACT training clinics will be posted on the website as soon as they are available 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

If you would like to join **Growing Champions for Life** or would like more information on this program, visit www.growingchampionsforlife.com or call (800) 616-1193.

MEMBERSHIP COUNT UPDATE

Our current membership count as of September 1st, 2010 is 8,597 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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The Official Outdoor Volleyball of the Florida Region of USA Volleyball!



The Official Outfitter of the Florida Region HP All-Star Program since 2006!



The Official Indoor Volleyball of the Florida Region of USA Volleyball!