

AZ Region

From: Arizona Region of USA Volleyball [azvolley@qwestoffice.net]
Sent: Thursday, November 12, 2009 2:40 PM
To: azvolley@qwestoffice.net
Subject: Parent News from Arizona Region of USA Volleyball

Arizona Region of USA Volleyball



Parent Information Newsletter The PIN

Issue 1, Winter 2009

In This Issue

[Green Region](#)

[Transitioning into College Volleyball](#)

[New Rules for 2010](#)

[Playing Up: A Big Decision](#)

Quick Links

[AZ Region Website](#)
[USA Volleyball Website](#)
[AZ Region Facebook](#)
[AZ Region Twitter](#)



Help the Arizona Region become greener!

At a tournament in Surprise last season, 16 teams left over 2,000 plastic water bottles on the court, in the trash cans and in the

Parents,

We hope you enjoy the information provided in this newsletter. You are an important part of the club volleyball experience so if you have comments or suggestions on how to make this newsletter even more useful, please contact us.

Enjoy!

→ New rules for a new season *Nets are in?*

There are some significant rule changes headed our way for the 2009-10 volleyball season and as a conscientious parent it's your duty to know them!

The biggest change will come with respect to net violations. Rule 11.3.1 now states, "Contact with the net by a player is not a fault, unless it interferes with the play."

Rule 11.4.4 now states, "A player interferes with the opponent's play by a) touching the top band of the net during the action of playing the ball, b) taking support from the net simultaneously with playing the ball, c) creating an advantage over the opponent or d) making actions which hinder an opponent's legitimate attempt to play the ball."

Other rule changes this season pertain to the centerline. Rule 11.2.2.2 now says, "to touch the opponent's court with any part of the body above the feet IS permitted provided that it does not interfere with the opponent's play."

For a [video look at the new rules](#), go to YouTube and search "New

surrounding flower beds and parking lot.

Two thousand water bottles! Imagine 2,000 times the 8-10 sites per tournament times the 15 Saturdays of tournaments in a given season.

The Arizona Region is asking for your help to make this club season more environmentally-friendly.

Reusable water bottles for athletes and parents are a great start. They can be included in the club's start up fees and decorated and used the entire season.

Or try a rinsed-out milk jug, either a gallon or half-gallon size with a name on it.

If you must use the small water bottles, please be kind and pour them out on the neighboring bushes and plants that surround all of our gyms.

If the school has a recyclable bin, please deposit the bottle there or collect your team's bottle and take them how to be recycled. Every little bit helps.

We want to hear what your team is doing to go green this season! [Email the Region office](#) your story.

USAV assistance in transitioning into a college athlete

Volleyball Rules 2009."

For further questions, ask your coaches and club directors to help your understanding of these rules changes.

→ Are new rules a hazard for our athletes?

Many parents are going to question the sanity of having kids falling into the net and being able to fall under the net as these new rules take effect. John Kessel says it's long past due.

"Players need to be taught to keep the ball off and out of the net, not just for the safety factor but for the improvement of the overall game at every level," Kessel says.

"Too many coaches tell their players to pass to the net, or setters to set on the net. At the net is NOT where the game is played by the offense." Kessel added, "The less experienced the player, young or old, the more they do not have court or net awareness, and since they are looking up at the ball, they don't see the net anyway. They need to start learning more off the net, and as their skill develops in all aspects, they can get closer to the net, but always stay off of it, never in it. The blockers get to be right on it, but the attack needs to be off the net at a meter or so, and more when younger. You could electrify the net, and players will still fly into it when new and if trained at the net, not off of it."

The Arizona Region has put together a summary of the new rule changes. Go to www.azregionvolleyball.org under the "Officials" tab and look for "2009-10 Significant Rules changes with Arizona Region Commentary."

→ Playing up: A big decision before tryouts

One of the biggest struggles facing athletes in preparing for club volleyball tryouts is whether to stay with their age group or try out for an age group higher; in other words, "playing up".

One sophomore last season decided to play up from her 15's team the year before and try out for her club's 17's team. She made the team and the decision was worth it.

"I'm glad I did. It allowed me to play better competition and figure out if I wanted to play at an even higher level. It also helped me improve because I wasn't one of the better girls on this team!"

However, another player in the same club in the same situation regretted her move. "It took away my opportunities to gain playing experience at the higher levels," she said.

NAU Head Coach Craig Choate thinks it's okay, but only if the athletes are going to play. "I think playing up is great if they get

USA Volleyball has recently posted a page on their new website that may help parents and prospective college athletes with information on playing volleyball at the collegiate level.

Jeff Mosher, the Men's and Boys Coordinator for USAV, is also the Collegiate Grant Administrator and has posted valuable information for parents and athletes on the [USAV site](#).

Check out the "Becoming a Collegiate Student Athlete" section under the "Resource" tab for all the free information.

significant playing time. If it's only practice then it's not so great. I got better in pick-up basketball when I pushed myself against older guys and I think it works for the girls too. If they practice up, but sitting on the bench during matches, I don't think they're gaining."

University of Arizona Head Coach David Rubio sees two aspects in making that decision. "I believe there are two factors parents should consider when evaluating whether their child should play up," said Rubio. "By far the most important is whether they feel comfortable with the social aspect of moving up. Older players have dialogue about older things. There is no way around that. Should you as a parent have concerns about that than I would recommend that your daughter play in her own age group. The second consideration is whether she has the talent to move up. Certainly playing time plays a factor here. But also there is a lot to be said for a player to play at her age level and develop other intangible skills such as leadership. The reason Tiger Woods did not turn pro at an early age was because his father wanted him to learn above his age division first, and how to win as an amateur first. Each player is different. There is no hard and fast rule on this. Parents all too often are conflicted about this decision. My suggestion is to evaluate it based on what will be best for your child using the two aspects I just mentioned."

Pat Mooney, head coach at South Mountain Community College, also says it varies from athlete to athlete.

"It depends on the player's goals and their physical, mental and emotional maturity. If they want to play at the highest levels possible and they can handle it, why not play with players that are a year older and should be a year "better".

Mooney adds, "I also think it depends on the ability of their club to market their players to college coaches. Some kids have played up and have not 'been seen' because they were not a huge part of their team's success. If a younger player plays up and they would most likely be a big part of that higher level team, I think it's fine."

The final decision is up to you and your athlete, but keep these factors in mind. It could be the difference between a great season or a regrettable one.

Parents as architects: An expansive perspective on creating good sports

By David Canning Epperson, Ph.D.

A masterpiece in the arts speaks to our souls. It feeds our hunger for inspiration, knowledge, and unity. The world of sports for children is crying for a new generation of "sportscape" architects who can fashion a masterpiece in which children, coaches, and parents feed one another's hungry souls.

Sport should be all about caring for the soul, in spite of what most high profile "field generals" might say about the enterprise they profess to lead.

Sportscape architects know how to create designs, select materials, and use their imaginations and training to animate the world of sports so that it can feed our hungry souls. What would

happen if we were to use the metaphor of architecture to guide our thinking about the creation of sports communities that uplifted our spirits in the same way we are energized by good music, drama, dance, painting and sculpture? Where might this metaphor take us? It's worth pursuing, I assure you.

First of all, by adopting this metaphor we have already redefined the purpose of sport. Rather than approaching sport as an activity designed to determine who is top dog, sport becomes instead an activity structured to uplift the human spirit. That is a radical shift in one's mindset. Viewing sport as art is a significant challenge to the values that drive the mainstream culture of sport.

Secondly, by viewing sport as art rather than as war opens up a wide range of possibilities for taking sport in new directions. Sport can now be looked to as a source of inspiration for children, families, and communities. Sport can be valued as a source of knowledge where athletes, coaches and parents are able to learn about themselves, their relationships, and many fundamental human dilemmas. Sport can also become a bridge that helps us achieve unity in a fragmented world. Sport can serve as connectors for diverse populations of participants, divided by economics, education, occupation, race, gender, sexual orientation, geography etc.

When sport is approached as art it can become a source of meaning for parents, athletes, and coaches working together to give form to their sports experiences. Art helps us make sense out of the mysteries of our existence. When sport is approached as art it too can help us make sense out of our lives together. So that sport can be approached as art we need to structure the sportscape so that it energizes, renews, reinvigorates, all the participants.

What essential step can parents take to give form to a sportscape so that it does, indeed, animate the human spirit? The essential step is to redefine relationships so that all actors in the sports drama are seen as partners rather than as adversaries. By taking steps to redefine relationships, parents will have laid the groundwork for the creation of mutually supportive partnerships where each participant is enriched by their relationships with all of the other partners.

How would this paradigm shift impact the climate of sports for children? If each actor in the sports drama were to buy into this shift the virtue of consideration would rule. Athletes would not be tempted to cheat, taunt, or otherwise demean their sports mates. Coaches would treat their athletes with respect, and parents would find ways of providing support for children and coaches. We are talking about changing the images, language, and symbols we use to describe our sports experiences. In other words, I am suggesting that to make such a shift in perspective will require a major transformation of our state of mind, no easy task. Would the payoff be worth the investment in changing one's mindset? Absolutely.

David Canning Epperson, Ph.D., co-founder of the Volleyball Festival, has written widely about sports parenting for over 27 years. In 2007 he was named one of America's 100 most influential sports educators by the Institute for International Sports.

How to...

PUT TOGETHER A GREAT RECRUITING VIDEO

Athletes looking to move up and play in college will all, at one time or another, be asked to send a recruiting video. But many parents don't know what that entails. Arizona State University Assistant Coach and Recruiting Director Brent Aldridge gives these tips to parents who are putting together their recruiting tapes of their athletes.

"I like to see ten minutes of individual skill work to start." Aldridge says. "It gives

us an idea of their base skill level. From there, I like to see 20 minutes of UNEDITED game footage filmed from the end line side that the player is on." Aldridge adds, "It's always important to add the players number and position on the DVD or CD as often times the film isn't clear and we can't make out who we're supposed to be looking at."

Aldridge sees dozens of tapes a season, and says this format helps him immensely. "We only have a certain amount of time and we can usually tell within these 30 minutes if this is a recruitable player for us or not."

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to azvolley@qwestoffice.net by azvolley@qwestoffice.net.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Arizona Region of USA Volleyball | 2105 S. 48th St., Suite 108 | Tempe | AZ | 85282