



Covering the Court



The Official Volleyball Newsletter of the Arizona Region of U.S.A. Volleyball Fall 2017

Arizona Presence Felt in National and International Competitions

The Arizona Region was proud to see some of it's best and brightest take big stages in our sport over the past spring and summer.

On the Beach side, Ahwatukee's Betsi Metter-Flint and her partner Kelley Larsen completed a dream season. The pair won the AVP event in San Francisco and were runners-up twice, adding a fifth and two seventh place finishes to a season where they ended up as the third



Two Arizona women played over the summer with the Women's National Team. Libero Amanda Benson from Litchfield Park and outside hitter Madi Kingdon both played in several National team events including the Pan Am Cup where they won the gold medal and the FIVB World Grand Prix where the team took a 5th place.



Glendale's Dan McConnell was named to the U.S.A. Men's Preliminary roster for the 2017 FIVB World League.

ranked AVP team overall.

The duo also competed in two FIVB events in their quest for a spot on the USA Beach team in the Tokyo Olympics in 2020. They dazzled with two golds in two attempts in China, winning in Tangshan Jiangning and also in Ulsan.



Chandler's Jonny Bowles was named to the U.S. Boy's Youth National Team which competed in the FIVB Boy's U19 Championships held in Bahrain.

Glendale twins Madison and McKenna Witt, coming off a stellar senior year at the U of A sand program took third in the NVL's Long Beach offering in mid July.



Brooke Nuneviller from Chandler was named the libero for the U.S.A. Girl's Youth National Team which competed in the FIVB U18 World Championships in Argentina.

Congratulations to these wonderful athletes and their accomplishments this summer and for representing Arizona volleyball in such fine fashion.



From the Commish... “Roger and Me”: Lessons from a Great

With the beginning of the year, the new season is in full swing. Last year was great but it's a new year with new challenges. Here's why I enjoy reading many different books and magazines and what they have to offer our Region.

For some of you, the title may be a bit misleading. There is nothing related to politics or movies in this title. No, the title is the result of reading the August 28th edition of Sports Illustrated magazine. In the article titled, “Artist in Residence,” author J. Jon Wertheim shared the results of his interview with tennis great, Roger Federer. As with so many things I read, I instantly saw a connection between the message in this article and our Region. In this case, Roger Federer provided some interesting insights for the Arizona Region.

To quote the author: “At his core, Federer is a utilitarian who makes decisions to maximize output and efficiency. He treats his career like the business venture that it is. As the suits in the suites sit open-mouthed watching Federer, they can also find plenty of lessons to apply to their day jobs.” As I read through the five lessons, it was clear to me those lessons applied to our business, the Arizona Region. Let me explain.

Lesson 1: Change is difficult, but obsolescence is worse.

As the author reminds the reader, “In tennis, as with investment funds, past performance is no guarantee of future results.” Such is the case with our Region as well. The Arizona Region has enjoyed tremendous success with the growth of the number of junior teams and clubs, with the performance of many of our junior boys and junior girls teams at the various National Championship tournaments, with the results of our Region High Performance Indoor and Beach teams, with local representation at Boys Junior Nationals and Adult Nationals in Phoenix. The Region will encourage and support a continuation of such success but, as our mission states, we plan to do more. Our Board continues to ask the question, “What else can we do to help ‘Grow the Game?’” Look for the Region to think beyond what we have done in the past and try new ideas to inspire additional juniors and adults to get involved in Region activities and participate in a wider variety of volleyball experiences.

Lesson 2: Don't live quarter to quarter.

Consider this statement: “While some players are concerned with every fluctuation-and the effect of upticks and slides-Federer plays the long game.” The Arizona Region Board of Directors goes about its business like Federer. While there are many events to be concerned with in the Region Office, the Board has upmost confidence in the Office staff to deal with the day-to-day operations. Rather, the Board uses the Annual Retreat to reflect on the past and plan for the long run. By focusing on the future, the Board is continually exploring new and innovative ways to fulfill our mission. Such thinking goes beyond the immediate needs and concerns of the present and encourages Board members to consider what ideas, concerns and issues need to be addressed that are in the best interests of the members of the Region. Sometimes the decisions that must be made are difficult and challenging because the Board is focusing on the horizon. Some members might find those decisions hard to understand because their focus is on the issues of that moment. Such decisions may require the Board to fully explain the reason for their decision so our members can fully understand. For example, the Board is concerned with the large number of junior girls who do not continue to play volleyball for fun once they graduate from the junior division to the adult division; with increasing opportunities for juniors to play volleyball in socio-economically challenged areas; with promoting the expansion of boys volleyball in more Arizona high schools and increasing the number of boys teams and clubs and with finding additional funding sources to help deal with all of the previous concerns.

Lesson 3: Embrace rivalry.

The author states: “If competition brings out the best in us, what does rivalry-a sort of turbo-competition-do? There are all sorts of social science data that bear out its benefits.” Since competition is a critical part of our Region, such a statement is worth considering. Teams and clubs in our Region face competition from within the Region as well as competition from other Regions and sometimes other countries. Whether it be junior clubs or the High Performance program, individual players deal with competition for spots on a team and then again for playing time.



The Region is designed to provide clubs and teams with the opportunity to compete against appropriate level competition whenever they participate in a Region tournament. Such competition over the years has resulted in many players elevating their game to the point of being offered a college scholarship; in individual players earning a spot on a national team whether it be a junior national team or one of the squads that participates in Olympic level play; in officials continuing to improve and earn national and international recognition by their involvement in prestigious college level playoff matches, USA Volleyball Championship matches, Olympic matches, international matches and AVP and FIVB matches. The time and energy that coaches have invested to prepare for competition has resulted in some of the Arizona Region coaches moving on to greater opportunities in national and international coaching.

And it's not just competition from within the Region that demands the attention. The Board is very aware that our members have many choices in today's world – and that includes volleyball choices. The Board is constantly looking at the present and considering ways to provide better and more varied opportunities for our members in the future. It isn't enough for our players to compete – the Region must compete as well.

Lesson 4: Leaders set the culture.

As Wertheim states, "The message is clear: If the guy at the top discharges his duties with not just professionalism but with joy, and he's generous with time and refreshingly candid, what excuse is there for a lesser player not to do the same?" These are words for all of us in leadership roles to think about. We set the culture. Our Region will be rolling out a new Purple Card this year and there is no better time for our leadership to set the culture. We strive to provide a competitive, fun and safe environment for our members. In order to do that, the Board has made the decision to empower the officials and to strongly encourage our leadership to set the culture for parents and spectators in general, their conduct being the impetus behind the Purple Card. Everyone – from Board members to staff to club directors to coaches – must realize the leadership role each plays and become the role model we want our members to emulate.

The Board has an obligation to set the culture so the membership is confident that decisions are made in the best interest of the long-run health of our members and the Region, that policies are reasonable and consistently enforced and that the decisions of the Board are made with the mission and vision of the Arizona Region in mind.

Lesson 5: Balance is Key.

This is one area we all need to work on. In the article, Wertheim notes, "Much as savvy companies enforce employee vacation time, Federer knows that sometimes working less enhances productivity and helps stave off burn-out." Whether it is the Office staff, members of the Board, club directors, coaches and/or players – it would be wise for all of us to embrace the notion of "balance." Yes, it is true that we all love the sport but the health of our members and our Region improves when we all have balance in our lives. The Region needs to make sure we have the right size staff so our Office staff can maintain balance in their personal lives. Likewise, the recent SI magazine had a cover article on a 9-year old baseball player. Both the player and his parents are solely focused on baseball to the point of spending outrageous sums of money and time on his development. I recently met with David Hines of the AIA and discussed the challenges of young athletes specializing in a single sport. David agreed with the research that shows how young athletes benefit from cross training and balance in their lives.

We may not all be world class athletes like Roger Federer but we can all benefit from the lessons he has learned over the course of time. Whether the focus is on our Region or your own situation, we can all learn and grow.

Here's to another great season!

From the court,

Harold W. Cranswick

Commissioner, Arizona Region of USA Volleyball



AZHP 2016 Competes in Ft. Lauderdale

The 2017 High Performance Championships was another great experience for our athletes from the Arizona Region. High Performance Championships provides a unique experience unlike club or high school and allows for athletes to learn and grow in competition. AZHP takes 50 to 55 athletes from different clubs and bring them together in short period of time. This is a great opportunity to be pushed beyond your limits and compete in a fast pace high level environment. The athletes and coaches are exposed to some of the best volleyball in the country. The coaches are forced to make quick adjustment and the athletes a challenge to apply the adjustment immediately. The quality of training mixed with competition allows each player to walk away with lifelong friends and memories.



For the first time AZHP fielded a Future Select Team in The High Performance Championships. These young ladies proved the athletes in Arizona can compete with anyone, anywhere and anytime. Mary Dison and Ryan Dimal brought these ladies together and built team chemistry any director or coach would be proud of. Our young athletes worked extremely hard and their efforts were rewarded with a 6-1 record and a second place finish. A very impressive display of teamwork, dedication and poise from such amazing young athletes.

Another first for our program was having enough talent to put two teams in the National Select Division. Megan Taylor and Jarrod Barajas's team bonded on day one. They worked hard during our week of training in AZ and learned how to connect and compete in a short amount of time. The team went 6-2 with a 5th place finish, they're only two losses were to the teams playing in the finals. The team was comprised of extremely competitive athletes who gave 100% effort and focus for each and every match. Our focus was on a consistent first ball contact, tough serving, and having fun in each match. The girls bought in from day one and worked hard for each other. I was extremely proud of the level of play throughout the entire tournament and their commitment to each other on and off of the court. This year was filled with some ups and down, off the court bonding, and an experience the girls will always remember.

Our 2nd National Select team was coached by first time HP coaches Kyle Chapman and Melissa Hess. "Coaching HP was more than I could have hoped for. It's a much faster pace of game, and unlike club, each athlete is expected to ready to perform at all times. The athletes put 100% effort into everything they did." We only practiced for 5 days before we headed out to sunny Florida where we played for another 5 days. In just ten days the athletes improved immensely in every aspect of the game, both physically and mentally. Although the record was not what everyone hoped for, the coaches couldn't be more proud of the hard work and determination the athletes put in to each practice and match. These athletes open a new window of opportunity and athleticism for the AZ region which will be hard to match in years to come. This team impressed all of us by never quitting. They could've easily given up, but they didn't.

Wow, the International Youth Team and staff had an awesome experience at High Performance this summer. The group of athletes selected were totally invested and committed to being the best version of them possible. The competition was extremely tough and challenged us in every match. With one of our best players unable to play the other athletes stepped up a performed without hesitation. Some of them were put in situations they have never been in and handle it with true grit and determination. They were coach extremely hard by Rita Stubbs and David Thistle throughout the process and came out better athletes on the other end. Quote from Rita "I would highly recommend getting involved with the program".

The Boy's National Team also lost a talented player, but never skipped a beat. The team came together rather quickly to and performed at a high level throughout the tournament. Ryan Woodworth and Taylor Stallman keep them focus on playing together and the perfecting the fundamentals. While they faced some stronger teams they found a way to stay competitive in every match. The athletes really makes coaching HP an enjoyable experience.

Thank you to all the coaches, athletes, parents and chaperones for making this year one of the best for AZHP. Can't wait for AZHP 2018 in Tulsa, OK

Ron Pelham

Director of High Performance

Official's Obsessions...by J.R. Salima

NEW FOR 2017-18- Starting this season, the Officials Division will be implementing the use of the new "Purple Sanction Card", in order to address misbehavior by parents and spectators at Region tournaments. Due to the increase of misconduct by spectators and parents during matches, officials can now warn and sanction individuals affiliated with club teams. This new policy will be introduced to the Region during the Business Meeting at the Fall General Assembly.



NEW INFORMATION FOR THE OFFICIALS DIVISION

Here are some of the discussion highlights from our USAV National meetings in Minneapolis back in May, as it applies to upcoming seasons (in no certain order):

Starting fall of 2017, SafeSport will require each official to re-certify every 2 years (90 min video). USAV looking into re-certification through WebPoint. All officials who took SafeSport course before Fall of 2016 will need to take the new course this year (possibility of re-certification if course was taken in 2016)

VRT Modules will no longer be open source. Anyone who wants to view VRT modules will have to be a USAV member. New VRT modules for juniors will be scenario based in areas of LJ, R2, Signals and Scorer

All R2's at National Qualifiers and Bid Tournaments "MUST BE" a rostered adult. This especially applies to all clubs with travelling teams.

After 2021, there will no longer be National Scorers, only a National Rating patch. It is so that national-level scoring skills will be expected of all National officials. National Scorer ratings will be given through 2020

In the area of officiating recruitment, the Rocky Mountain Region (Joan Powell) has invited our Region to participate in a new **TAG U R IT** bag tag program. More to come on this. As for our Junior Officials graduating and going off to college, we would like to forward their officiating records to regions where they will be attending school. Hopefully, this will help retain our junior officials and assist them in becoming adult officials.

FYI: USAV has no affiliation with other VB organizations, i.e. JVA, AAU, etc. Where an official works as an Independent Contractor cannot be regulated by USAV.

NEW INFORMATION FOR THE ETHICS COMPLIANCE OFFICER

In an effort to recognize and award junior clubs who comply fully with Region requirements and standards, the Region is implementing a new "CLUB SEAL PROGRAM". Clubs that meet certain requirements can be awarded a Gold Seal or Silver Seal, depending upon the level of compliance. This seal will then be posted on the Region website and can be posted on the clubs' website as well. This program will be presented at the 2017-18 Fall General Assembly.

Have a great season,

J. R. Salima

Officials Division Coordinator



‘Ball Support’ Enjoys Adult Nationals in Minn. By Shannon Bullock

Ball Support was fortunate enough to attend the USAV Adult Open Nationals in the “Land of 10,000 Lakes.” Due to the time difference, some Ball Supporters decided to arrive before playing to explore Minneapolis and meet up with friends made from past nationals. We were also able to support other teams from Arizona who were participating. We navigated successfully through the hamster tubes of Minneapolis, a.k.a. the skywalk, to get around the city. This year the focus was on creating relationships with the referees and scorekeepers because like us, they attend every year. We were approached by several who stated that they enjoy our shenanigans and look forward to seeing us each compete each year. This made us want to spread the Ball Support spirit across the nation.

Unfortunately this year we had p.m. wave which meant we had a limited amount of time to explore the city during the day but, we were able to have a good breakfast at “The Cafe” each morning. Our first day was challenging. We played four matches back to back with only a thirty minute break between two of them. Our second day was spent overcoming soreness with the regret of not stretching appropriately the night before. Even though we only had seven lovely ladies who supported balls, we were able to compete in the silver bracket and finish 11th overall in our division!

We look forward to nationals every year and use this time to not only play volleyball but to build stronger relationships amongst our team. We learned that the ladies of Ball Support enjoy two passions, volleyball and dancing the night away. Because of this, we were invited to participate in the annual New England hosted party at the local dueling piano bar (please see image with man in monkey costume). It was also a new experience for one Ball Supporter who had never had the opportunity to travel to nationals outside the state of Arizona. And for another, it was her first nationals altogether. We think they are hooked and are looking forward to spending time supporting balls in Dallas next year!

Region Registration Costs: “My \$55 Goes Where?”

The Arizona Region is one of 40 Regions under the direction of the United States’ Governing Body for volleyball, USAV.

Each season, every player, coach, official and chaperone is asked to pay the Arizona Region’s Registration Fee of \$55. It’s important that you understand where that money goes.

First and foremost, \$22.85 of each registration goes to USA Volleyball for National programming and operations costs.

The remaining \$22.15 is used by the Region for their yearly expenses. To oversee, manage and assist a Region of almost 10,000 members that include athletes, parents, coaches, club directors, officials, adult players and reaching out to other entities of the sport, (i.e. Sitting, deaf, etc) the fees the Region collects are vital.

Our office employs just five people that han-

dle your phone calls, answer your questions and solve your issues. They also organize and manage all Region tournaments for boys, girls and adults, including Regionals. They also implement coaching education, club director meetings and official’s trainings.

Add to this the cost of running an office for a year including rent, computers and copiers, travel to and from mandatory National Meetings and adjusting budgets to continue to grow the game and you can see that the \$22.15 you have paid to the Region is an important piece of volleyball in Arizona.

Extra fees attached to Region programming, for example Jr. Beach or High Performance are used to pay outside staff, handle extra travel or training and pay for facilities.

Thank you for your continued support of the Arizona Region and our athletes and programs. Best of luck this coming season.

USOC's SafeSport Ramps up Presence In USAV

In the past year, USA Volleyball has made a significant investment into making the United States Olympic Committee's SafeSport program a presence in every sport and USA Volleyball has picked up that baton and run with it.

They started by now making it a mandatory training for all those having interaction with the youth of our sport. Now, when a coach, club director, chaperone or official registers for the new season they will be required to take the 90 minute online course the same year their background screen is due.

Parents are welcome and in fact encouraged to also take the free online course to better inform and equip themselves going forward with these issues.

SafeSport has added a 24-hour Victim Services Helpline for those athletes that maybe don't think they have a place to turn if they are being bullied, harassed or abused.



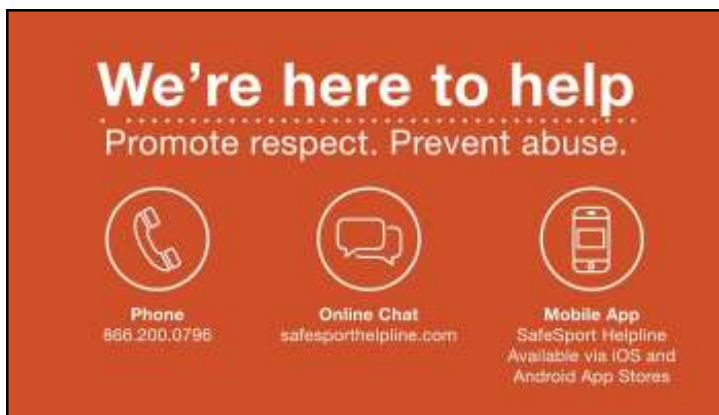
In addition, SafeSport through USAV has offered up, for the first time, training on how to investigate claims of abuse, bullying, etc. and several of our Region personnel will be taking the training to better serve our membership.

The SafeSport website was revamped earlier this fall and more changes are afoot. One of the most recent additions was lists from certain sports of those coaches banned for life by their Sports' governing bodies. These are listed on the front page of the website: Safesport.org.

SafeSport was started by the USOC in 2010 and every Olympic Sports governing body was asked to put together a program specific to that sport. USA Volleyball began their SafeSport program in 2011.

The SafeSport organization wants every person involved to know the following: 1. They address ALL forms of abuse. 2. They support athletes of ALL ages and competitiveness levels and 3. They provide education and training on both abuse prevention and response.

For more information regarding the program, you can contact the Arizona Region's SafeSport Director Cindy Kirk at safe-sport@azregionvolleyball.org or at (480) 993-6176.



Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4



www.azregionvolleyball.org

2017 Girls Arizona Region Champions

18 Open– Revolution 18 Premiere

18 Championship– Power 18 Firestorm

17 Open- Aspire 17 Rox

17 Championship– Tuba City Starlings 17 Barlow

16 Open– Az. Storm 16 Thunder

16 Championship– EVJ 16 R1 Tempe

16 Club - Deer Valley 16-1 BTU

15 Open– Arrowhead 15 Rage

15 Championship– YMCA VOS CG 15 Black

14 Championship– Az. Storm 13 Thunder

14 Club - EVJ 14 R1 Tempe

12's– Arrowhead 12 Savage