



Delta Region

Volleyball Newsletter



JULY, 2012

SPECIAL POINTS OF INTEREST:

- Delta Region Meeting August 11th
- Delta Region #1 in Growth in USA
- High Performance Camp-Huge Success
- Delta Continues Coaching Education
- Volleyball After High School

INSIDE THIS ISSUE:

Delta Region Holds Election	2
Delta Having a Record Year!	2
Want to Host a Tournament?	3
Time to Update Member Info	3
HP Camps in Review	4-10
Members Chosen for National HP	11
Coaches Attend Clinic	12
Officials Information	13
Volleyball After High School	15

From the Commissioner: Why Do We Play?

It's 5:00 on a Sunday afternoon and you find yourself playing for 18th place in a large convention center with only a handful of parents and the officiating team (and their parents) watching this all-important match. No college coaches are watching and there are no trophies to be awarded the winner. A seven-hour drive home waits with players trying to catch up on their algebra homework while the parents are hoping to get enough sleep to get to work on time on Monday.

The tournament organizer promised you three matches on Saturday and two on Sunday. Since your team finished 1-2 on Saturday, you were knocked out of championship contention and you lost the first Sunday match. Coaches are grumpy & parents are ready to leave.

Why do we play this game? Some insist this is a part of growing

up...learning how to endure losing. Others simply want to get their money's worth out of an expensive tournament. An athlete once told me, "It makes the drive home much easier if we win our last match. Mom acts like we wasted our weekend if we don't win." I'm not going to try to analyze the implications of that statement.



Joe Williams,
Commissioner

Balancing the competitive desires with a dose of relevance is a challenge for athletes and their families. Realistically, less than 10% of the athletes in the Delta Region go on to play collegiate

volleyball. Their primary reason for playing junior volleyball: "To get better for my school team."

Coaches, parents & athletes must occasionally be reminded of the simplicity of this goal. In their primary social circle around which life revolves (their school) they want to excel. Junior volleyball participation gives them a chance to train, improve and see top-notch competition—and be a little better than their peers. This opportunity may end suddenly when she moves to a senior-high team where playing slots are limited. The bigger, stronger, faster athletes may simply out-play her.

As you approach the 2012-13 junior volleyball season, make sure your goals are in line with your club & team goals. Too much travel? Too expensive? Not enough practice time? Is the coach just too competitive? Not enough? If not, find a group (or form a team) that fits your goals. It's your season; let's make the most of it.



2012 MERITORIOUS SERVICE AWARDS ANNOUNCED

Named in honor of Robert L. Lindsay, the eighth president of USA Volleyball, the Robert L. Lindsay Meritorious Service award is presented each year to recognize individuals who have made a significant contribution to volleyball at the local, regional and/or international levels through USA Volleyball or one of its Affiliate Organizations. The Delta Region is honored to

have numerous individuals working hard every day to promote the sport of volleyball in our region. The following six individuals are great examples of this.

We are proud to announce the recipients of the Robert L. Lindsay Meritorious Service Award for the 2011-2012 Season. Congratulations to each of you and THANKS for all you do for volleyball and for the Delta Region!

This year's winners are:
 Ray & Jennifer Green— Club Verde
 Maureen Gray— Memphis Metro
 Nikki Skelton— NEA Volleyball
 Todd Bourdo— Little Rock Juniors
 Angie Baker— Ozark Juniors
 A complete list of former award recipients can be found on the Delta Region website at www.deltavolleyball.net.

Delta Region Headed For A Record-Breaking Year

Delta Region is headed for another membership record breaking year! With one month to go to the fiscal year-end, Delta Region is already running 23% ahead in total membership, from last year. This is the largest percentage increase of any region in USA Volleyball! Go Delta!

The increase is across the board. As of July 1, adult membership was up to 721 members against a number of 577 last season. Junior membership increased to 3039 from 2480 last

season. Total membership for 2012 should stand at 3760 members, up from 3057 last season.

"Some of the increase has been derived from our new membership price structure" states commissioner Joe Williams. "We saw 207 members take advantage of the discounted membership cost for 11u and our chaperone membership grew by 26%."

With the FREE membership for 8u, the region hopes to see a good member-

ship boost in this age group for the 2013 season.

Recap of the Past 5-Year Delta Region Membership:

2011– 3057 members = +15.8%

2010– 2654 members = +11.7%

2009– 2376 members = +14.1%

2008– 2083 members = +16.2%

2007—1792 members

For additional Delta Region information just go to www.deltavolleyball.net

Annual Board Meeting Scheduled for August 11th



The annual Delta Region Board of Directors meeting is scheduled for Saturday, August 11 in Little

Rock. To be held on the campus of UALR, the meeting is scheduled to begin at 8:00 am in the Legends Room of the Jack Stevens Center. The Delta Region

Board meeting is open to all current adult members.

A few of the topics to be addressed are: policing spectator conduct; reviewing policy on club tryouts; need for sanctioned outdoor programs; and growing boys volleyball.

The 2013 Delta Region Tournament schedule will be determined during the meeting, including dates and locations for the 2013 Delta Regional

Championships and the 2013 Delta Region Bid Qualifier.

Joe Williams, Commissioner, will present the 2012 Delta Region Membership Report and the Corporation's Financial Statement.

All members are asked to notify the region office if they plan to attend by August 4. This is just a courtesy, to guarantee seating space & lunch for all attendees.

Williams, Lambert & Okolicany Go Unopposed in Election



Your voice was heard! Three expiring Delta Region Board positions were up for grabs this month as Commissioner Joe Williams and Directors Samantha Lambert and Juraj Okolicany positions were to expire on July 31, 2012.

Nomination requests were emailed to all current Delta Region adult mem-

bers. Several were returned with one unanimous response...re-elect all three! As the nomination deadline came to an end, no other candidates threw in their hats for the open positions. Therefore, Joe, Sam and Juraj were elected by acclamation, for three more years.

This is a sign that the region is headed in the right direction. Through efforts of these three and the remaining Board, the region continues to grow in numbers and in respect. With an impressive 23% increase this season it would be hard for

anyone to ignore what is going on in the Delta Region. Congratulations to Joe, Sam and Juraj!

Additional Members of the Delta Region Board of Directors Executive Branch are Fred Gramlich, Jenny Kirk, Brad Schultz and James Collins. Each have terms expiring on July 31, 2013. Members of the Advisory Branch of the Delta Region (appointed positions/non-voting) are David McFatrigh, BJ Golden, Greg Hale, Annette Jeter, Megan Henry, Keith Hutchison and Joanie Williams.



Participation at an all-time high as 2012 Delta Region Tournaments reached team capacity.

Want to Host a Tournament in 2013?

Would you like to host a Delta Region tournament in 2013? As our region continues to grow, and gas prices and hotel costs continue to escalate, there is a BIG need for additional regional events. Most regional tournaments in 2012 filled quickly, leaving teams with holes in their schedules.

Hosting a tournament can be beneficial to your club program by offering your teams the chance to compete without the expenses associated with traveling. It is also a great way to expose your parents to the structure of club volleyball, provide community awareness and estab-

lish your club within the region. The Delta Region encourages all clubs to host sanctioned Delta Region tournaments. The size and classification of the event depends on the facilities and number of courts you have available.

With sanction approval, the region provides liability, health and accident coverage for participants, host and facilities. The Tournament Host assumes the responsibility for conduct of the event, enforcement of the rules of the facility, posting and reporting results, awards and the cost of the tournament.

Only one tournament (per age division) may be sanctioned within a one hour (1) radius on any given day. So check out the calendar and look for a date that works best for your club. Review the Tournament Guideline manual on the Delta website, then fill out a Tournament Sanction Request form and send it to the region office.

All sanction tournament requests received prior to August 11th will be considered at the Delta Region Board of Directors meeting.

Don't delay. Plan your 2013 event NOW!



"Updating now will save you headaches this fall." states Joanie Williams, Delta Region

Time to Update Member Information

Registration for the 2013 season is just around the corner (registration opens in September). Take time now to update your personal member information in Webpoint. "Updating now will save you headaches this fall" states Joanie Williams, Delta Region Registrar.

For those of you not familiar with 'Webpoint', this is the online system you logged into to register for your 2012 USAV Membership. Webpoint was originally implemented for the regions of USA Volleyball to assist in collecting current/accurate data of its members and to make registering for a club easier. But, over the past couple of years, it has developed into a primary source for club information, team rosters,

membership cards, communication, recruiting, clinic information, a place to find current information on official's certification, plus much more.

During the upcoming season you may be directed to Webpoint to input your uniform size, ACT scores, physical attributes like 'jump, reach, etc. and other items deemed important by your club director.

In order to access Webpoint you will need to know your username and password. *Don't know it?* Contact the region office for the information. *Know your login information?* Then take time today to log in and check the accuracy of your personal data. Is the email listed the *main* family email for all communications? Is your

mailing address current? *Right now I know my username and password but both are too hard to remember and I'm afraid I'll forget by the time the new season begins.* You can login to Webpoint at any time and change one or both to something that relates to you.

How do I login to Webpoint? Just go to the region website at www.deltavolleyball.net and then click on the tab "Login USAV Member Account". After you put in your username and password, your personal page will open. Take your time to look around the site. Making the necessary changes now will keep you up-to-date on regional and national volleyball news and keep you in the "know" for the upcoming season!

GROWING THE GAME THROUGH HP

HIGH PERFORMANCE SPOTLIGHT

The Delta Region consists of the state of Arkansas, most of the state of Mississippi and the western 1/3 of Tennessee. “Our Region is about 600 miles across ranging from the Ozark Mountains to Delta farm land, so we have to think differently when it comes to serving our 3,800 members” said Delta Region Commissioner Joe Williams. “We have four major population centers in our Region—Memphis, Little Rock, Northwest Arkansas and Jackson, Mississippi. However, 68% of our membership is from Arkansas with many junior volleyball clubs of only one or two teams.”

With the advent of the High-Performance program, the Delta Region fielded three HP teams for the HP National Championships in three years. “Though effort was made, it was difficult to get our top players to commit to travel necessary distances to make it a true regional team. Regardless of where the program was headquartered, someone would be facing a four-hour drive.” As a result, the Delta Region Board felt High-Performance efforts might payoff better by focusing on an HP training Camp each year.

“It was a ‘shotgun’ approach—we wanted to provide more athletes better training opportunities rather than focusing on only a dozen for an HP competition team.

After experimenting with tryouts and nominations, the decision was made for regional club directors to nominate players for two training camp formats in the 13s/14s and 15s-17s age groups. The top players would attend the Delta Region HP camp while the second-tier selectees would attend the HP Elite Player Camp.

“I was overwhelmed by the nominations,” said Office Manager Joanie Williams. “We expected about 40 total athletes, but ended up with over 250 nominations.” It was clear we had tapped into some demand for HP training. “We hated that not

every athlete nominated would get to attend.” In order to let more participate, the Delta Region then decided to expand to the two-level camp system. “We doubled our capacity overnight, but we had to assemble our staff.”

USA Volleyball CAP cadre Todd Dagenais (University of Central Florida) had conducted a 2010 regional CAP course in Memphis and agreed to return to head up the 13s/14s program. “Getting Todd back into our Region was a real boost. I think he’s one of the bright volleyball minds and communicates well with young athletes,” said Commissioner Williams.



Favorite son Chris Poole, an Arkansas native and successful former head coach of three Arkansas college volleyball programs agreed to return from his post at Florida State University following his team’s Final Four appearance in 2011. “Getting Chris back in our Region was a real coup,” said Commissioner Williams. “He has instant credibility and a track record of success. Many other coaches agreed to work our 15-17 HP Camp for the opportunity to spend time and learn from Coach Poole.”

By the time the coaching staff was assembled, 18 college coaches had been hired to work the Delta Region HP Camps. “There had been a tremendous turnover in the Region’s college coaching ranks, so we used our HP Camps as an opportunity to welcome these coaches into our Region, said Joanie Williams. “Getting familiar with volleyball in our Region--and our athletes—will pay big dividends in the future.” she continued. “Their collec-

tive attitude was ‘What can I do to help?’ as they all seemed to enjoy the opportunity to work with our athletes.”

The two-day camps began with registration on Saturday morning, May 26 and concluded at 4:00 Sunday afternoon. “Our initial surveys from the campers said both the length of the camp and the timing (Memorial Day weekend) was excellent. While a few junior teams were competing, most have either completed their seasons or have taken a break before national championship events.” At only \$125 per athlete, the camps were not designed to produce a profit. “We were more concerned with making this a quality experience for these 160 athletes than watching our pennies” said Joe Williams. “Our Region Board has been very supportive of spending Region money on things that benefit as many athletes as possible.” In addition to the training, athletes received “Growing the Game” camp t-shirts in coordination with USA Volleyball’s theme for 2012.

“Our site hosts made this possible,” said Joanie Williams. “Coaches Sam Lambert at Rhodes College, Ray Green at Lyon College and Dustin Sahlmann at Philander Smith College coordinated the use of their facilities and were exceptional partners in our HP camp efforts. They got the opportunity to get prospective students on campus and our Region was able to take advantage of some excellent facilities. It was a win-win.”

USA Volleyball HP materials and training recommendations were used throughout the camp. “The High-Performance program has some great training ideas I would encourage any coach to review,” said Joe Williams. “There is no point to re-inventing the wheel when such groundwork has already been completed.”



Delta Region

Players Participating

Last Name	First Name
Anderson	Alyssa
Avery	Mikayla
Beckner	Paige
Black	Alexa
Bouchoc	Emily
Bradley	Kelsey
Carr	Khristian
Chronister	Devyn
Climer	Courtne
Crawford	Catherine
De Gruy	Natalie
Gilliam	Madison
Hamilton	Payton
Hamilton	Taylor
Heuertz	Jessica
Holt	Katelyn
Homan	Annie
Huff	Kimberly
Irwin	Mackenzie
Jennings	Merit
Jones	Drew
King	Mariah
King	Ashton
King	MacKenzie
Knight	Nicole
Kohler	Hannah
Lerma	Meredith
Long	Emily
Pugh	Molli
Rice	Hannah
Rice	McKenzie
Rose	Natalie
Sampson	Melissa
Schaedig	Markie
Shell	Jayne
Singleton	Evangeline
Skinner	Rachel
White	Christina
Williams	Dacia
Wolfe	Amanda
Wood	Roxanna

15-16-17 HP CAMP LYON COLLEGE



COACHING STAFF

LEAD BY **Chris Poole**, Florida State Head Coach
David Rehr, Head Coach Arkansas State University
Ray Greene, Head Coach Lyon College
Ryan Meeks, Head Coach Hendrix College;
Meredith Fears, Head Coach Harding University
Tina Seals, former Head Coach at Mississippi State
Heather Witham, Assistant Coach John Brown University



MY WEEKEND AT THE DELTA REGION HP 15-16-17 CAMP

BY Roxanna Wood, MJVA

My name is Roxanna Wood (Memphis Juniors Volleyball Association) and I had the pleasure of traveling to Lyon College on Memorial Day weekend to participate in the 15's through 17's HP camp, which was ran by Florida State head coach, Chris Poole. This camp was smoothly ran and fun, but, most importantly, it was a rewarding experience for technique and college athletic information. On the volleyball court, players were trained individually based on their position. Then, players were put into teams and competed against each other in fun games. I truly enjoyed the opportunity of being able to work with new players and coaches in such a competitive and worthwhile setting. Unique to this camp, the college coaches set aside a time to answer questions about nutrition, scholarships, recruiting processes and the differences and perks of each college division. If given the opportunity, I would definitely return to this great camp!

15-16-17 Elite Player Camp at Philander Smith College

www.deltavolleyball.net

MY WEEKEND AT DELTA REGION ELITE CAMP

By Taylor Lindberg, Benton Volleyball Club

Hi. My name is Taylor Lindberg and I play J.O. Volleyball for the Benton Volleyball Club. I am fifteen years old and participated in the 15-17's Delta Region High Performance Camp in May, 2012. The camp was held at Philander Smith College over the Memorial Day weekend.

On the first day, most of the focus was on passing and setting. The coaches looked at my setting form and had me move my whole body to get to the ball. I was also taught that keeping a flat platform is the key to passing. On the second day of camp I worked on serving and hitting. Coach Trish from Missouri Southern University helped me focus on keeping my elbow up when making contact with the ball. She showed me a drill I could use at home to work on keeping a high elbow.



COACHING STAFF

LEAD BY Trish Knight, Southern Missouri University;
Dustin Sahlmann, Head Coach Philander Smith College;
Tripp Swisher, Assistant Coach University of Memphis;
Rose Obunaga, Head Coach Stevens College;
Shilah Perry, Head Coach at Siloam Springs High School



PLAYERS PARTICIPATING

Last Name	First Name
Andrews	Chelsea
Ballard	Allyson
Banter	Sara
Bell	Gloria
Best	Lakin
Bracken	Bailey
Brown	Lauren
Chambers	Lauren
Cook	Lauren
Covington	Olivia
Crow	Jessica
Curtis	Sophie
Davis	Taylor

Last Name	First Name
Delozier	Danielle
Dutton	Mallory
Fuelling	Alexandra
Harrison	Lindsey
Heithoff	Julia
Herman	Abbigayl
Hill	Maya
Hudgeons	Anna
Iriana	Olivia
Kahle	Sara
Kelley	Susannah
Krantz	Kaitlin
Kuykendall	Jacquiline
Lindberg	Taylor

Last Name	First Name
Manley	Madison
Moffett	Olivia
Pillow	Savannah
Rumans	Lainey
Sahlmann	Britney
Sandborn	Madison
Smith	Ashleigh
Tackett	Hannah
Thompson	Breanna
Tillman	Keandra
Wallace	Shelby
Ward	Mallory
Williamson	Sydney

13-14 DELTA REGION HP CAMP, RHODES COLLEGE



My Weekend at HP Camp
By Lucy Woodbury, Club Verde

Volleyball is my passion. Playing for my school and Club Verde is my favorite thing to do. I'm always wanting to improve my skills. The 13-14's HP camp did just that. There I learned all sorts of techniques. Some of them included a different and quicker way to get under hard hit balls or setting shanked balls into the right area. Our head coach, Todd Deganaïs, had a lot of experience with coaching so he knew exactly what to teach us and how. The other coaches were just as good. At the camp I met players from all over the region. The best part of the camp was that I got to play with people that were as good as or better than me, and I learn a lot from everyone there. The entire experience was instructive and fun.

PLAYERS PARTICIPATING

Last Name	First Name
Anderton	Callie
Aaron	Emilee
Anderton	Callie
Bennett	Marley
Burke	Caitlyn
Catt-Jarrett	Gabrielle
Cochran	Bailey
Cox	Hannah
Crunk	Kelsey
Davis	Sara
Dear	Mackenzie
Dietz	Mikayla
Duncan	Mary "Abigail"
Ferrante	Taylor
Fowler	Emilie
Gaines	Anna
Goodwin	Lexis
Grams	Skylar
Graziosi	Anna
Greer	Mia
Hale	Jordan

Last Name	First Name
Hayes	Kylie
Hickman	Rachel
Jennings	Hunter
King	Savannah
Lovett	Brooklyn
Mathews	Ansley
Nethercutt	Sara
Pressley	Madelyn
Qualls	Hannah
Robbins	Mia
Seabrook	Kate
Sebag	Celestene
Sell	Margaret
Shrum	Madison
Sink	Kristen
Smith	Kathryn
Strand	Kendal
Tolliver	Logan
Williams	Elizabeth
Wilson	Kaitlyn
Wisdom	Reilly
Woodbury	Lucy



COACHING STAFF

LEAD BY **Todd Deganaïs**, Florida State Head Coach
Samantha Lambert, Head Coach Rhodes College
Christine Mooberry, Head Coach Union University
Ariel Apolinario, Asst. Coach Union University
Phyllis Anyango, Jackson Juniors



13-14 DELTA REGION ELITE PLAYER CAMP, RHODES COLLEGE



Players Participating

Last Name	First Name
Sleeper	Caroline
Barnhill	Victoria 'Tori'
Blend	Reagan
Brandt	Samantha
Brunson	Autumn
Burford	Sarah
Cantrell	Kamari
Coffee	Kayton
Cormican	Hayley
Dixon	Kadre
Eubanks	Julia Blair
Floyd	Alexandra
Freeman	Alye

Last Name	First Name
Garvin	Faith
Halford	Brooke
Hopper	Lauren
Joseph	Lauren
King	Mary Katelyn
McClanahan	Blair
McLarnon	Katie
Morgan	Sydney
Morris	Madisen
Orellana	Grace
Parish	Cady
Rainey	Brooklynne
Rector	Madeleine

Last Name	First Name
Richardson	Canaan
Roach	Cameron
Sanders	Katherine
Sellers	Kennedy
Stansbury	Samantha
Stewart	Cade
Stoecklein	Morgan
Tyer	Madison
Uhlig	Madison
Wall	Molly
Wharton	McKenna
Wicker	Magan
Williams	Karsen

COACHING STAFF

LEAD BY **Justin Dee**, Former Delta Region HP Director

Joe Thomas, Arkansas Warriors; **Carla Anderton**, Memphis Juniors;

Kari Duncan, Memphis Juniors; **Keith Haney**, Tupelo Juniors



MY WEEKEND AT THE DELTA REGION 13-14 ELITE CAMP

By Kayton Coffee, Club Net

What do you think of when you hear the phrase volleyball camp? Do you think of sweltering gyms while doing endless drills and conditioning? The 13's and 14's Elite Player Camp at Rhodes College was much more than this stereotype. It was exciting meeting other athletes in the Delta Region with the same passion for volleyball as me. We focused on the fundamentals and technique of volleyball. Instead of tedious, the drills were challenging mentally and physically. Throughout the duration of the camp there was an obvious development in each player's performance and skill level. The best thing about the camp for me was how the coaches made a conscious effort to know every player. As an athlete it was wonderful to be acknowledged as an individual. This incredible camp was a great learning experience that I will always remember.

GROWING THE GAME THROUGH HP



My Days at 13-14 Elite Camp

By Caroline Sleeper (Tupelo Juniors)

When I signed up for the 13-14 Elite Player Camp in Memphis I expected to compete with players on my skill level. When I got there, I was stopped in my tracks. I have been playing this sport for about a year. I played a full season as a Corinth Warrior and then played club ball for Tupelo Juniors. Most of the girls I met at camp had been playing two, three, or even four years already! I quickly realized that I could learn a lot more from them. I watched as they played and I picked up tips and new ways I could execute a skill. I can honestly say that when I left Rhodes College, I was a different volleyball player. Learning from these girls gave me a different perspective on the game. It gave me the string desire to become a better player.



Camp Memories

By Sara Davis, Ozark Juniors

Hello Delta Region! I was honored to be invited to the 13/14 HP camp. It was an amazing experience. Coach Dagenais, head coach UCF, lead the camp and coaching staff. The camp began with some fun competition that encouraged players to get to know each other. Our training alternated between competition and drills that focused on technique and strategy, often using tennis balls instead of volleyballs! Then, there was the grueling core muscle training. Trying the exercises made us laugh a lot, and yes, we were sooo sore afterward! We finished up with final competitions and awards. Thank you, Delta, for the opportunity to learn from coaches at the level. The camp was fun, challenging and allowed us to make new friends. See you on the courts!

www.deltavolleyball.net



My Days at HP Camp

By Kaitlyn Wilson, (Mississippi Juniors)

At this camp I had the pleasure of meeting and learning from the head coach of the University of Central Florida, Todd Dagenais. This was a life changing experience in my volleyball career! I learned many new techniques and tactics to use when facing an opponent, as well as made many new friends. The overall experience was a great learning opportunity, as well as made many new friends. The overall experience was a great learning opportunity, where I came away with more than just new volleyball skill training. I can say that I was very blessed to have been selected and that I was able to have participated with the other high performers!



GROWING THE GAME THROUGH HP



Weekend at HP Camp
By Kimberly Huff, Ozark Juniors



The 15-17s High Performance camp is one of the best camps I've attended. I enjoyed every minute of it. My name is Kimberly Huff and I play for the Ozark Juniors 15-1s. I thought the camp was so beneficial, because I had a chance to be coached by multiple college coaches who all have a different take on the game. Though the days were long, I continued to learn more every time I was in the gym. I was worried when I got there because I didn't know anyone, but throughout the course of the week I made great friends and learned to play with all sorts of players. I feel like my game has improved immensely! I would recommend this camp to anyone who really loves the game of volleyball.



NATIONAL USA VOLLEYBALL HP PROGRAM

USA Volleyball High Performance offers a number of different programs for athletes of all ages and varying skill levels. Placement into programs is determined by the tryout results from all of the more than 50 boys and girls tryouts located in cities all over the country. While many volleyball players dream of representing the United States in competition internationally or at the High Performance Championships, the Athlete Pipeline constitutes a much larger HP family than just the National, A1, A2, and Continental Teams.

USAV High Performance Camps are held throughout the country each summer for players who have been identified as having the potential to travel up the Athlete Pipeline as their careers progress. USAV HP Camps feature High Performance training modeled after our U.S. National Team's practice sessions, some of the country's top coaches, and camp teammates from diverse areas of the country.

Athletes chosen from the **Delta Region** to participate in USA Volleyball's National HP Program are listed here. Congratulations to each of the players.

Aaron	Emilee	Select	Training Camp	Ft. Smith Juniors	Middle
Anderton	Callie	Select	Development Camp	MJVA	Setter
Arvin	Lindsay	Select	A1/A2 Program	Memphis Metro	Libero
Bradley	Kelsey	Junior	A3 Camp	LR Juniors	Setter
Brankle	Beth	Youth	A3 Camp	Ozark Juniors	Libero
Catt-Jarrett	Gabrielle	Select	Development Camp	NEA Volleyball	Outside Hitter
Cole	Kelly	Youth	A3 Camp	Memphis Metro	Libero
Connolly	Constance	Select	Training Camp	Memphis Metro	Setter
Cunningham	Mikaela	Junior	A3 Camp	Jackson Juniors	Middle
Cunningham	Kate Grace	Select	A3 Camp	Memphis Metro	Middle
De Gruy	Natalie	Youth	Training Camp	MVA	Outside Hitter
Dear	Mackenzie	Select	Training Camp	Fatchmo	Outside Hitter
Dietz	Mikayla	Select	Development Camp	Ft. Smith Juniors	Outside Hitter
Dixon	Kadre	Select	Training Camp	Club Net	Middle
Edie	Aubrey	Junior	A2 Program	Ozark Juniors	Setter
Fenwick	Alex	Select	Development Camp	Ft. Smith Juniors	Outside Hitter
Fitzgerald	Emma Kate	Select	Development Camp	Ft. Smith Juniors	Middle
Fuelling	Alexandra	Youth	A3 Camp	MJVA	Libero
Grams	Skylar	Select	Development Camp	Ft. Smith Juniors	Setter
Hardin	Grace	Youth	A3 Camp	Memphis Metro	Middle
Hasley	Taylor	Select	A3 Camp	Memphis Metro	Setter
Hochu	Stephanie	Select	A3 Camp	Memphis Metro	Middle
Irwin	Mackenzie	Youth	A3 Camp - Continental Team Alternate	Ozark Juniors	Middle
James	Chelsea	Youth	A3 Camp	Memphis Metro	Middle
Jones	Lurlethia	Youth	A3 Camp	Memphis Metro	Outside Hitter
King	Ashton	Youth	A3 Camp - Continental Team Alternate	MVA	Outside Hitter
King	Mariah	Junior	A3 Camp	Ozark Juniors	Middle
Long	Emily	Youth	Training Camp	LR Juniors	Setter
Marshall	Tatum	Junior	A2 Program	Ozark Juniors	Libero
Paine	Kathryn	Select	Training Camp	Memphis Metro	Outside Hitter
Pillow	Savannah	Youth	Training Camp	Jackson Juniors	Setter
Porter	Devan	Youth	A2 Program	Memphis Metro	Outside Hitter
Presley	Makenzie	Select	Development Camp	Ft. Smith Juniors	Outside Hitter
Pruitt	Kristina	Youth	A3 Camp	Memphis Metro	Libero
Riley	Autumn	FSL	A2 Camp	Club Net	Libero
Sayre	Helen	Youth	Training Camp	Ft. Smith Juniors	Libero
Schmidt	Lauren	Youth	Training Camp	Jackson Juniors	Libero
Seering	Kendall	Youth	A3 Camp	MJVA	Libero
Shepherd	Sabrina	Youth	A2 Program	Ozark Juniors	Middle
Tipton	Jamie	Youth	Training Camp	Ft. Smith Juniors	Setter
Tipton	Jennifer	Select	Development Camp	Ft. Smith Juniors	Setter
Waller	Brieann	Youth	Training Camp	Ft. Smith Juniors	Outside Hitter
Woodard	Elizabeth	Junior	A3 Camp	Memphis Metro	Middle

COACHING CORNER



Delta Region Coaches proved again that they want to stay ahead of the game. On Saturday, November 19 over 60 coaches attended a one-day coaching clinic held on the campus of Philander Smith College in Little Rock. Instructor for this year's clinic was USA Volleyball's own John Kessel. Participants were privy to John's extensive volleyball knowledge derived from over 40 years of first-hand top level training. "It was a big honor to have John teaching our clinic" states commissioner Joe Williams. "John is a huge part of the day-to-day operations of USA Volleyball, and rarely has time to conduct regional clinics. This is just another indication that USA Volleyball is aware of the passion the Delta Region has for Growing the Game of Volleyball!"



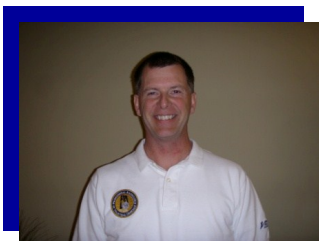


OFFICIALS INFORMATION

Coming Soon to Volleyball Ref Training Site

If you liked VolleyballRefTraining this season, you're gonna love it next season! Coming soon, you will find web-based, individual log-ins for any official or player in the Delta Region. For users, this means you'll be able to start and stop clinics/modules and pick up where you left off. If that isn't enough, in the near future, the site will be INTEGRATED WITH WEBPOINT!! So, when an official (adult or junior) registers and takes an exam or clinic on VRT, the score will flow AUTOMATICALLY into Webpoint. For those of you who didn't hear Joanie screaming this past season, Joanie (Delta Region office manager), had to personally record every test score and rating into each member's personal Webpoint site...over 6000 entries. Yep, she'll be glad when this is completed.

What's more, VolleyballRefTraining.com is about to become THE source of all information for USA Volleyball Officials. The VRT team has been hard at work on the new site – migrating and reorganizing information and designing new pages to hold the public and password-protected information and resources that is needed. Gone will be the days of not knowing where to go for that application, how to register for a clinic or where to find a specific rule interpretation.



Keith Hutchison, Ref Chair

We look forward to working with each of you during the upcoming season.

Please don't hesitate to let us know what we can do for you.

www.volleyballreftraining.com

Megan Henry, Score Chair



- Do you know where you
- put your DCR Rule book?
- The book you received
- this season is the same
- one that will be used in
- the upcoming 2013 sea-
- son. Very few books will
- be distributed in 2013.
- So, make sure you hang
- on to the one you got
- this season!

Still Available...Support Your Delta Region Officials shirt. If you did not get one this season and would like to purchase one, just call or email Joanie at the Delta Region Office. The shirts are a cool way to show that you are certified to officiate and know what you are doing. Shirts are **\$10** and come in adult sizes Small– XXLarge.



AROUND THE REGION



GROWING THE GAME TOGETHER





What is There to Do in Volleyball After High School?

By John Kessel, USA Volleyball Director of Education, Disabled, Grassroots and Beach Volleyball

A very sad factoid crossed my desk recently from Athletic Business magazine. They cited a study stating that only five percent of high school varsity players still participate in their sport when they are 30 or more years old. It might make sense with football, but not for the lifetime sport of volleyball. We have Masters National Championships for the age groups that start at 30 and over, and in five year increments, go all the way up to 75 & over Nationals. Many younger players might not know of the myriad of ways to get even better at volleyball, while also helping grow the game. Here are highlights of those ways to keep playing this sport made in America.

Play USA Volleyball

Many players are aware of what USA Volleyball does at the Junior Olympic Volleyball level, as one in six high school players are found playing JOV ball in their off season. The thing is, for almost 80 years, kids had to play with adults, as there was no junior volleyball programming until the late seventies. So even when in high school, and certainly after, you can get on teams at the USAV skill levels of Open, AA, A, BB, and B, and work towards competing in the US Open National Championships. This same event even has the Masters age groups, but skill level nationals have no age definition, only talented competitors of many ages.

Play Varsity on an Athletic Grant in Aid

Volleyball is one of the top three scholarship sports for women. This is the gold ring many riding on the training carousel of junior volleyball are seeking. While there are significantly fewer for men, there are scholarships and varsity opportunities as well.

Play Varsity Without a Scholarship

Volleyball is a varsity program at 90 percent of the Division III NCAA schools, 318 of the 352 in 2001, however no volleyball athletic grants in aid are allowed for any sport at the Division III level. At the Division I and II levels, not all schools have a full complement of scholarships, so varsity team slots exist for players getting only partial scholarships, and even no scholarships.

Walk on at NCAA Division I, II & III, NAIA, and NJCAA

At all levels, even if you are not recruited, most programs encourage you to "walk on" or tryout and train with the team. While the traveling roster is 12, injuries and in the spring, graduation of seniors, means programs seek more than just the scholarshiped/recruited team members.

Play Collegiate Club

NIRSA, the National Intramural and Recreational Sports Association, (www.nirsa.org) has a wonderful National Championship for collegiate club teams, now in its second decade. Nearly 200 men's and women's teams compete in this event held each spring. The club teams have tryouts, and generally train two or three times a week, competing regionally against other club teams prior to ending the season at Nationals. If you do not have a club, start one, and contact USA Volleyball for a special NIRSA club program CD that will help you get started.

Play Collegiate Intramurals

Volleyball is the most popular fall intramural sport on every college campus. Both coed and single gender competition at various levels exist. It is a great way to start a new school year, representing your dorm, making new friends, and improving your skills. Winter and Spring leagues also exist, and in some warmer climes, beach or grass competition is programmed during the warmer months.

Play Park & Recreation

Whether you are in school or out working, every town with a park and recreation program offers volleyball, both coed and single gender competitions. Form a company team, or a school team, and find the right level and make new friends. Many Park & Rec centers also have Open Gym on the weekends (also a good way to hook up with teams, and social opportunities as well). There also are classes offered, where you can keep improving your skills through such education.

Cont....What is There to Do in Volleyball After High School?

By John Kessel, USA Volleyball Director of Education, Disabled, Grassroots and Beach Volleyball

Play Beach or Grass

Ask for a portable outdoor court for Christmas, and you can play anywhere! Set it up in a park or on the beach and you will have new friends in a short while. Good outdoor courts can be found in even the smallest towns, and most places have a grass park that volleyball enthusiasts congregate in, just ask around. Get involved in your USAV Regional outdoor play, as well as that of AVPNext. Go www.avpnext.com and check out the opportunities to play and get involved in great beach and grass events that even lead to AVP Main draw qualification.

Coach and/or Officiate

Finally, there are countless opportunities to coach or officiate at the Middle, Junior and High School level, as well as at the Jr. Olympic and recreational level. You will be a better player if you take the time to coach. Simple and powerfully true. Volunteer to coach or teach, as everybody is looking for help. This can also be fun income if you officiate, or coach/teach in some programs. Form a club or a club team, Junior Olympic programs for both boys and girls can be set up for 18.17.16.15.14.13.12.10 & under.

Help youth at the YMCA/YWCA, Boys & Girls Clubs, Police Athletic Leagues, Girls Scouts USA, United States Youth Volleyball League (www.usyvl.org), and other programs. There also are opportunities to develop or coach Disabled athletes, all the way up to the Paralympic level. Help create programming for sitting volleyball for males or females, standing teams for men, or Special Olympics programming –where volleyball is a hugely popular sport in the fall.

In many leagues, the coaches do the officiating, where a clinic is required but no test. Better is to take the test and become a USA Volleyball rated official, you can even make better money in many programs.

So, keeping playing and being involved in this great lifetime sport. Programs need your talent and expertise! For more ideas and information, check out the USA Volleyball web pages at www.usavolleyball.org. and sign up for Rotations, the twice a month newsletter.

John Kessel: Since 1985 John has been working for the National Governing Body of the sport, USA Volleyball (USAV), now as Managing Director of Region Services. He serves as the staff liaison for all 40 USAV Regional Volleyball Associations (RVAs), USA Disabled Programs (Paralympic, Special Olympic and Deaflympic), Starlings USA, National Parks and Recreation Assoc., the YMCA and over 30 other Affiliated Organizations working with USAV. He was Team Leader for the 2000 USA Olympic Beach Volleyball Teams in Sydney, which brought home one gold medal, and for the 2004 USA Paralympic Women's Sitting Volleyball Team in Athens, which came home with the bronze medal. In 1995, Volleyball Magazine's special Centennial issue named him one of the 50 most important people in the sport in the past 100 years. His main goal is to help make coaches more efficient, positive and creative, no matter what level - 7 year olds in an elementary school program or National team players and programs. He challenges old ways of thinking and help coaches create what they need, while having fun in the process.



Photos courtesy of FIVE and USA Volleyball



Kessel maintains the Grassroots Section on USAV's website. Many new ideas are posted to the *Grow the Game Blog* - found at www.usavolleyball.org/blog/blog/220. There, recommendations on new books for coaches to learn from, clinic ideas, training tips and many other coaching secrets are shared. This section hosts the key information and ideas to create successful programs for players and supporters of all ages.

The Delta Region was honored to bring in John Kessel as a presenter during the 2011 Arkansas AAHPRED Convention, in conjunction with the 2011 Delta Region Coaching Clinic, both held the same week in Little Rock. During the AAHPRED Convention, John spoke to elementary P.E. teachers from across the state on how to grow the game of volleyball in their classes. His presentation was the most attended of any other sports presentation during the convention. This is a good sign of how interest in the sport of volleyball is growing in our area! Helping John during the convention were Delta Region Office Manager, Joanie Williams; Lyon Volleyball Head Coach & Club Director of Club Verde, Ray Green; Rhodes College Head Coach & Club Director of Memphis Juniors, Samantha Lambert; and Philander Smith Head Coach & LR Junior Coach, Dustin Sahlmann.