

# court connection

PRESENTED BY NORTH COUNTRY REGION VOLUME I ISSUE XIII  
April 27, 2020

## A Note from North Country Region

LAURA BUSH, REGION COMMISSIONER/EXECUTIVE DIRECTOR  
LETTER TO MEMBERSHIP

Dear Friends,

I hope this issue of **Court Connection** finds you, your family, and friends safe and healthy. It has been wonderful to connect with many members on a quick phone call, email, or social media. We are right there with you as we all move forward together.

Since the last **Court Connection**, USA Volleyball has made the decision to cancel USA Volleyball Adult Open Nationals and to extend the date to not sanction events to May 8, 2020. Our National Governing Body is hard at work to salvage a volleyball season and to be nimble as each of us adjust to this new normal.

On a Region level, our sole focus is **you**. Your Region Staff continues to update events, add resources, provide opportunities, and be of service. Please let us know if there is an opportunity we can seek or a service to provide that makes this volleyball activity slow down more digestible.

This issue of **Court Connection** shares how to access recent events we hosted via instagram and to share new events on the May schedule. Additionally, **AWARD NOMINATIONS** are open through **MAY 18th**. If you have time to recognize and celebrate a coach, a club director, or player then please do! Here is to staying connected and celebrating the game we love!

## Social Media Connection

MAKE THE MOST OF YOUR MEMBERSHIP

Connect with North Country Region via social media. Daily updates and shares with the volleyball community, Olympians, online coach clinics, and FUN! It's an adventure! Come join and share your volleyball adventure.



@NCRVolleyball



@ncrusav



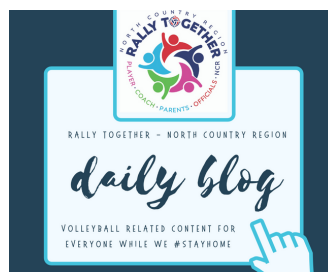
@northcountryregionvolleyball



**Dustin Watten - USA Volleyball Men's National Team** - On April 22nd, Dustin took over the Region's Instagram. Check out highlights to see his takeover. **Contact Dustin** if you would like him to have a ZOOM MEETING with you club.

## This Just In

GET THE MOST OF YOUR MEMBERSHIP



for a daily dose of volleyball. **CLICK HERE TO CONNECT TO THE BLOG**

**UPDATED DAILY** to connect you with upcoming events, at home workouts, volleyball skill improvement, articles, and more. Lots of fun and good information



**COFFEE STOP with NCR and Hugh McCutcheon - May 2nd.** Region Club Leaders have been invited for a Saturday, mid morning coffee break to talk volleyball, ask questions, and connect over coffee.



**USA Volleyball Women's National Team - May 5th.** Youth and junior age players will be invited to join a virtual meet and greet with a few former NCR members who are now now wearing USA jerseys. Registration Information will be sent via email later this week.



**College Coach Panel PART II May 12 @ 5:00 pm CDT.** Presented with the American Volleyball Coaches Association (AVCA) - the College Coach Panel is to serve as an educational session for our members who are

who are interested in learning more about college athletics. **CLICK HERE TO REGISTER - IT IS MEMBER BENEFIT**



## The Car Ride Home

# A PLACE FOR VOLLEYBALL PARENTS

North Country Region's website has a section dedicated to **YOU**, the parent! With the assistance of local sports psychologists, leaders in sports, USA Volleyball and club directors, the North Country Region staff collects, updates and provides resources to better serve the entire membership.

## Covid 19 Family Resources

BY USA VOLLEYBALL



Our Volleyball National Governing Body - **USA Volleyball** (which you are a member) has a dedicated webpage to assist players and parents. The page is updated regularly with upcoming **webinars**, news **articles**, at home **activities**, ways to **connect**, and much more. **CLICK HERE TO VIEW and BOOKMARK**

### Volleyball Training/Tips/Fun Stuff on Social Media

- Follow U.S. Beach National Team Athletic Performance Coach Christian Hartford on Instagram for workout tips while self-isolating. @chartford10
- Follow #VolleyOn on Instagram and Twitter for creative ideas on how the volleyball community is staying strong!
- Your kids play different sports? No problem! (MadFrog) - Twitter
- At-home trick shot challenge - Twitter
- Club One AZ Volleyball - Twitter
- Circle City VBC getting creative with a pool noodle - Twitter
- Back to where it all started - Twitter
- Make up a game! (Norcal VB)- Instagram
- Work on your ball control (Ontario VB)- Instagram
- No net? Get creative! (United Volleyball) - Instagram
- Father-daughter creativity - Instagram
- Letter Fitness (Heidi Anderson - USAV Cadre)
- Flip a Coin Workout (Heidi Anderson - USAV Cadre)
- Digital Coaching Center - Get valuable coaching tips on a variety of topics relating to volleyball from some of the nation's best coaches - Hudl

## Is Your Club a 2020 Gold Medal Club?

BY NCR STAFF



**EDINA, MN** - In its second season, the Gold Medal Club recognizes clubs who have met a standard of excellence. When awarded the Gold Medal, the club is celebrated on the NCR website, able to post their Gold Medal on the club's website, social media, and newsletter. Criteria is below.

- All teams within club are registered with North Country Region.
- Teams are listed as active in USA Volleyball Webpoint.
- All teams have accurate and valid rosters in USA Volleyball Webpoint.
- All coaches of the club have cleared the USA Volleyball approved background screen, have completed IMPACT Certification, have completed SafeSport Training, and completed officiating requirements.
- All junior members of the club have completed officiating training.

**CLICK HERE TO SUBMIT YOUR APPLICATION**



## ADVANCED EVENT SYSTEMS (AES) - WHAT IS IT?

**North Country Region** provides this member benefit for North Country Region tournament directors and USA Volleyball active clubs who register for Region sanctioned tournaments. What was once a technology platform utilized by a few tournament directors in the Region, NCR contracted with AES so that the technology is utilized by all of our clubs and tournament directors.

With a focus on SAFETY, AES works with USA Volleyball Webpoint to further validate the credentials of each member. For adults to be placed on a USA Volleyball Webpoint roster or a Region Tournament AES roster the adult must be:

- on a club that is verified as USA Volleyball active
- a current current USA Volleyball member
- cleared a current USA Volleyball background screen
- completed IMPACT training
- and are current in SafeSport training

The **benefits** of utilizing this service far outweigh any concerns that a club or parents may have about adults following USA Volleyball safety guidelines.



### Junior Club Director

## HUB - IMPORTANT INFORMATION

## TRYOUT DATES UPDATED FOR THE 2020-2021 SEASON

At the March 29th North Country Region Board of Directors Meeting, the Board of Directors approved the following tryout polices effective September 1, 2020.

- 14 and under tryouts, no tryouts or forming of teams can occur until the last Saturday of October.
- Should a state's high school volleyball season (MN, ND, SD, or MI) be cancelled, club volleyball tryouts may occur two weeks after USA Volleyball approves event sanctioning for the Region.

## MORE MEMBER BENEFITS

### Tournament Registration System

- AES makes it easy for club directors to register their teams in numerous events - all in one place!
- When a tournament accepts registration fees online, club directors can manage their payments right from their AES account.
- Default team rosters can be created making it quick and easy to upload verified rosters directly into individual tournaments.

### Tournament Management System

- AES provides tournament directors with a one-stop shop for setting up and managing their own events from start to finish.
- TDs have access to up to date information about team registrations, division capacity and fee payments – then they can easily manage that information to ensure the best operation of their event.
- AES makes it easy for TDs to communicate event information directly to participating teams.
- NCR provides the use of this AES platform at no cost to our member clubs.

### Club Business Resources

*SMALL BUSINESS ADMINISTRATION, CARE ACT, PAYCHECK PROTECTION PLAN*

[CLICK HERE](#) for information provided to the Regions and National Governing Bodies concerning loans that assist small businesses. Businesses with 500 or fewer employers (this includes non profit 501(c)(3)) is a minimum threshold for qualification for the paycheck protection plan. Contact your banker!

[CLICK HERE](#) for Grants and Loans Resources for USA Volleyball Clubs

[CLICK HERE](#) Article *How to get aid for a small business hit by a virus*

*Feel free to connect with and reach out to North Country Region.*





## Official News

# ***Growing and Supporting Officials***

## The Official Highlight

BY BETH MODAFF

### HIGHLIGHTING OUR NCR OFFICIALS

Have you ever played a pickup game of volleyball? While it's great fun, it just doesn't carry with it the same level of play as a game that is officiated. The presence of officials brings a certain feeling of importance to the match and an added level of organization to the game that amps up everyone's level of play.

Being blessed to have exceptional officials right here in our midst, North Country Region has recently reached out to some of our officials with some questions to help us all learn a little bit more about each of them. We are grateful to our officials who took the time to communicate with us, and we are excited to highlight them here in Court Connection as well on our social media outlets!

Let's meet our next official. . . .

#### PHIL RENDINA

**Why did you decide to become an official and how long have you been officiating?**

I decided to officiating to stay in contact with the game after playing. I've been officiating for 20 years.

**Tell us about the most exciting match you have ever officiated.**

The most exciting matches are those where both teams are evenly matched and playing error free creating exceptional rallies.

**What do you love most about officiating?**

Keeping updated with the game and interacting with the players and other officials.

**What is your favorite book or movie and why?**

I don't have a favorite.



Phil Rendina - Hard at work doing what he loves.

## Coach of the Year - Club Director of the Year

BY NCR STAFF

The American Volleyball Coaches Association (AVCA) and North Country Region are affiliate partners working together to grow and recognize Region coaches. The 2020 awards include **Coach of the Year (each age division recognized)**, **Club Director of the Year**, **Net Works Award** and **Innovation Award**. Both the Net Works Award and the Innovation Award are **NEW** this season and embrace the spirit of volleyball coaches who serve others and continue to serve their teams even when volleyball activity slowed down. [\*\*CLICK HERE TO NOMINATE\*\*](#)

ROBERT L LINDSEY MERITORIOUS SERVICE AWARD - [\*\*NOMINATE HERE\*\*](#)

REGION FOUNDERS AWARD - [\*\*NOMINATE HERE\*\*](#)





**CONTACT: CHAD BRAEGELMANN**  
**HEAD VOLLEYBALL COACH**  
**2019 NSIC COACH OF THE YEAR**  
**EMAIL: [cjbraegelman@stcloudstate.edu](mailto:cjbraegelman@stcloudstate.edu)**

# 2020 ST. CLOUD STATE VOLLEYBALL CAMPS

## HUSKIES SKILLS CAMP

**WHAT: DAY CAMP**  
**WHEN: JULY 27-29, 2020**  
**AGES: GRADES 4-9**  
**PRICE: \$195**

## ELITE POSITIONAL CAMP

**WHAT: DAY/RESIDENT CAMP**  
**WHEN: JULY 23-25, 2020**  
**AGES: GRADES 9-12**  
**PRICE: \$345**

**CONTACT: MARCI TAUMALOLO**  
**ASSOCIATE HEAD VOLLEYBALL COACH**  
**EMAIL: [mataumalolo@stcloudstate.edu](mailto:mataumalolo@stcloudstate.edu)**



**MORE INFO:**  
[www.scsuhuskiessportcamps.com](http://www.scsuhuskiessportcamps.com)

Owned and Operated  
by VolleyReb LLC

# GUSTAVUS **SPRING & SUMMER VOLLEYBALL CAMPS 2020**

**LIL' GUSTIES SPRING CLINIC SERIES**  
APRIL 18, APRIL 26, & MAY 3 | GRADES K - 5

BRAND  
NEW!

**LIL' AND MIDDLE GUSTIES DAY CAMP**  
AUGUST 3 - 6 | GRADES K - 5 AND 6 - 8

**ADVANCED POSITIONAL TRAINING CAMP**  
JULY 26 - 28 | GRADES 9 - 10

**ELITE COLLEGE PREP CAMP**  
JULY 29 - 31 | GRADES 11 - 12

**LEARN MORE AND REGISTER AT: [WWW.GUSTAVUSVOLLEYBALLCAMPS.COM](http://WWW.GUSTAVUSVOLLEYBALLCAMPS.COM)**





## Skills + Position Camps

These camps are designed to offer a balance of training between the general skills of the game, and training on the skills for each specific position. In addition to skill and position training, both camps will include contests and team competition.

Attacker training will focus on all aspects of attacking including approach, arm swing, shot selection, off-speed and position specific attacks. There will also be work on blocking as well.

Setter training will focus on all aspects of setting from basic footwork, form and technique to advanced concepts including attacking, deception, and emergency skills.

Libero training strives to create master ball-handlers. We will cover every first contact skill from basic passing and setting form to emergency defensive skills like overhand digging, sprawls and extensions.



Terry Culhane,  
SMSU Head Coach,  
AB-Tier Wisconsin Head Coach



**Follow us!**  
SMSUVolleyball

## Intermediate Skills + Position Camp

**JULY 13-16, GRADES 6-11** (Starting Fall 2020)  
Check-in July 13, 12:30-1:30pm in RA Facility  
Monday 1:30-4:30pm, 6:30-9:00pm  
Tuesday 9:00am-noon, 2:00-5:00pm, 7:00-9:00pm  
Wednesday 9:00am-noon, 2:00-5:00pm, 7:00-9:00pm  
Thursday 9:00am-12:30pm

This camp will include a lot of work on the fundamental skills of volleyball, along with covering the foundational concepts in each position training group. It is a great camp to re-establish your basic skills while learning some position concepts that will help you take your game to the next level. All meals included for Resident and Commuter campers.

## Advanced Skills + Position Camp

**JULY 17-19, GRADES 8-12** (Starting Fall 2020)  
Check-in July 17, 12:30-1:30pm in RA Facility  
Friday 1:30-4:30pm, 6:30-9:00pm  
Saturday 9:00am-noon, 2:00-5:00pm, 7:00-9:00pm  
Sunday 9:00am-noon, 1:30-4:30pm

This camp is for experienced players who are serious about wanting to take their game to a new level. It combines a fast-paced, high-repetition review of the foundational skills of volleyball, balanced with high intensity position-specific training and plenty of competition to create an action-packed camp. All meals included for Resident and Commuter campers.

## Young Mustangs

**JULY 27-29, Grade 4-6 & K-3** (Starting Fall 2020)  
Grades 4-6: check-in July 27, 8:30am in RA Facility  
Monday-Wednesday 9:00am-noon  
Grades K-3: check-in July 27, 8:30am  
Monday-Wednesday 9:00-10:30am

This camp is a great opportunity for young players to get introduced to the game of volleyball. Each student will be given basic instruction geared toward their level of experience. In addition to learning the skills there will be games and competition daily.

## Team Instructional

**JULY 20-23, VARSITY TEAMS**  
A representative can check-in your team  
Sunday, July 19, 7:00-8:00 pm (Optional)  
Check-in July 20, 8:00-8:30am  
Monday 9:00 am-4:30pm, evening 6:30-8:30pm  
Tuesday 9:00am-4:30pm, evening 6:30-8:30pm  
Wednesday 9:00am-4:30pm, evening 6:30-8:30pm  
Thursday 9:00am-2:00pm

This camp has been a huge hit with teams in the past, and coaches speak very highly of it. This varsity camp includes 36 teams from around the Midwest. Teams in attendance have included multiple state tournament participants as well as State Champions. The camp includes skill and position training, team practices run by the SMSU camp staff, and scrimmage sessions during the day. The evening session has also proven to be very popular, offering two hours of additional team competition on Monday, Tuesday, and Wednesday. Coaches are welcome to attend and assist in training free of charge. Help start your season on the right foot by being a part of this great camp!

## Boys Camp

**JULY 27-28, Grades 5-12** (Starting Fall 2020)  
Check-in July 27, 1:45pm in RA Facility  
Monday-Tuesday 2:00-4:00pm

This camp is in its third year! This is a great opportunity for boys to learn more about the game of Volleyball. We are looking forward to growing the game for boys in the area!

## ONLINE REGISTRATION

To register online or learn more, visit:  
[www.SMSUvolleyballcamps.com](http://www.SMSUvolleyballcamps.com)

For additional information:  
Tyler.Boddy@SMSU.edu, 507-537-7383  
Terry.Culhane@SMSU.edu, 507-537-7125

## REGISTRATION FORM

Camper's Name \_\_\_\_\_  
Age \_\_\_\_\_ Grade (entering Fall 2020) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
\* Please print clearly as your confirmation will be sent via email.  
Email (optional) \_\_\_\_\_  
Phone \_\_\_\_\_  
Parent(s) \_\_\_\_\_  
T-shirt size: (Circle one)

Adult Sizes (Gr 7 and up): S M L XL  
Sizes for Young Mustangs Campers ONLY (Gr. K-6):  
YS YM YL S M L XL

Position: S OH MB DS RS  
Roommate Preference:  
2 campers to a room, 4 campers to a suite.

SELECT YOUR CAMP(S)!	Full Payment	Deposit* (non-refundable)
Young Mustangs I (Gr. 4-6) July 27-29	\$80	
Young Mustangs II (Gr. K-3) July 27-29	\$50	
Int. Skills & Position, July 13-16, Resident	\$345	\$100
Int. Skills & Position, July 13-16, Commuter	\$285	\$100
Advanced Skills & Position Camp		
July 17-19, Resident	\$325	\$100
Advanced Skills & Position Camp		
July 17-19, Commuter	\$280	\$100
Boys Camp (Gr. 5-12) July 27-28	\$50	
TOTAL AMOUNT PAID (all camps)	\$	

If you pay the deposit now, you may pay the balance on the first day of camp.

Make Check Payable to: SMSU Volleyball Camps  
SEND TO: SMSU Volleyball Camps  
Business Services, Southwest Minnesota State University  
1501 State Street, Marshall, MN 56258

I understand the camp directors, instructors, or SMSU will not be held responsible for injuries while the hotel student is attending the camp. I authorize the directors to secure any emergency treatment deemed necessary. The camp directors, instructors, or SMSU will not be held responsible for the payment of this emergency treatment. Any hospital or doctor fees that are a result of camp injury will be the responsibility of the parent or camper's guardian. I also acknowledge the student is physically ready for the activity of the camp.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Office Use Only (Acct. 33-8003)  
Date Received \_\_\_\_\_ Check # \_\_\_\_\_ Amount \_\_\_\_\_



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