

court connection

PRESENTED BY NORTH COUNTRY REGION VOLUME I ISSUE X
February 22, 2020

USA Volleyball - National Training Team

OFFICIATING CAMP

Edina, MN - North Country Region hosted its first ever Region Officials Camp on February 7-9, 2020 during week one of SmackFest. The 11 month planning for the project, culminated in a full 48 hours of learning and teaching. With 25 campers ranging from 16 years of age to 70+ years in attendance, the National Training team taught on Friday night, coached and individually de-briefed campers on Saturday, and re-coached and re-debriefed on Sunday night. The positive feedback from the National Training Team and from the campers has the Region hosting the camp, again, in 2021

More officials' news on page 7.



Bill Thornburg of USA Volleyball
NTC, working with Tex Cuabo



What's New For You in February?

REGION AFFILIATE PARTNERSHIP PROGRAM

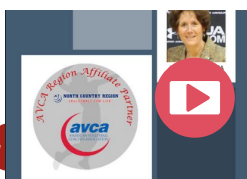
Edina, MN - February brings a wealth of benefits to our USA Volleyball - North Country Region members. As a Region Affiliate Partner with the **American Volleyball Coaches Association (AVCA)**, our members will be provided Education Tips and Recruiting Tips produced by the AVCA specifically for North Country Region. With 16 Education Tips and 16 Recruiting Tips, a North Country Region membership has another value add with this opportunity to learn from the best coaches across the USA who are willing to share their insight, knowledge, and experience. The Region will release at least one AVCA Tip per Court Connection through early summer.

Additional benefits of the AVCA and the Affiliate Partnership with North Country Region

- Reduced membership rates for Club Directors and their coaches
- Recognition in the AVCA Awards Program. North Country Region partners with the AVCA to recognize club coaches and club leadership in our Region. Winners are awarded with an individual AVCA membership and then nominated for national awards. More information about Coach of Year and Club Director of Year nominations in a future newsletter issue.



Education Tip of
the Week 2 - click
to see



Recruiting Tip of
the Week - click to
watch

Country
Region
RECRUITING
TIP OF THE
WEEK

Sixteen Segments on
College Recruiting

NEXT ➡

PODIUM EVENTS



March 7 (11u - 18u)



March 14

NEXT ➡

QUALIFIER EVENTS



March 6-8 ALL AGES



March 7-9 (11-15s)
March 13-15 (16-18s)



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.

Team Perseverance - Who Has Grit?



While individual athletes might understand how to persevere and show grit while pursuing their goals, it can be tough for a coach to bring those lessons to a whole team since each player might have different goals, respond to different motivators, and be interested in sport for different reasons. But sports are the perfect chance to teach team-based grit, which can help athletes in sport and in their future careers. Grit – like perseverance – has been defined as the tendency to “sustain interest in and effort toward very long-term goals. Research has shown that the sense of belonging that comes from being on a sports team, along with a common goal, helps children understand the importance of ‘respecting the rules and honoring responsibilities.’ Angela Duckworth, the researcher who coined the term ‘grit’ in 2007, has found that focusing on a goal as a team can improve focus in all aspects of life. But how does a coach bring grit to the entire team?

Develop a Team Mission Statement

At the beginning of the season, gather the team and create a mission statement for the season. What does grit mean for the team? What do the players want to work on from a skills acquisition standpoint? What will success look like? What does it mean to have perseverance during practice or competition? Remember, young athletes take their cues from you, so it's your responsibility to help them understand that ‘grit’ doesn't simply mean ‘winning’ or ‘never giving up.’ Help them define the team's values around grit but let them do the actual phrasing and writing. Giving your athletes ownership of this statement will help unify the team around their common mission.

Make Sure It's Not All About Game Day

If the only emphasis on your team is ‘winning the game’ or ‘game day strategy,’ it can be hard to push through rough patches and seasons that don't go according to plan. As you're talking about perseverance and dedication, make sure that language is used during practice, as well as on game day. Setting a specific goal for each athlete to achieve at practice (a certain number of repetitions of a drill, for instance) and having the athletes work together to ensure that everyone meets that goal can be one way to make sure the players are persevering together all the time, not just on game day.

Don't Pit Your Athletes Against Each Other

It's hard to push through tough times as a team when each athlete is more focused on outshining his or her teammates than performing well as a unit. For young athletes, research has shown that comparison to others, rather than an emphasis on personal development, makes sports less enjoyable. Challenge the athletes in practice, but don't make them feel as though they're being ‘graded’ against each other.

But Let Them Be Competitive

Yes – even with each other at practice. While you don't want to create a culture of comparison, you do want to allow teammates to feel competitive. Challenging each other to be better and persevering through the inevitable failure will help them at their next game...and for the rest of their lives. Deborah Gilboa, a board-certified family physician and respected youth development and resilience expert, says, “Competition can be really great for kids. If you can teach them to treat each other respectfully, they can compete all they like.” “Competition teaches,” explains Gilboa. “The winner learns how to win without over-celebrating and the loser learns how to lose without too much fuss. Kids monitor each other really well. They give honest, if harsh, criticism of poor behavior. They do not hesitate to call each other on cheating, bragging, whining. You do not need to intervene as they teach other these lessons unless the punishment is genuinely too harsh.”

Change Your View Around Winning

A recent study showcased that both girls and boys want to ‘try their best’ and ‘work hard’ during practice and in competition – and that's what makes sports fun for them. That's right: Grit is actually fun! This research dispels the traditional myth that boys are focused on winning while girls are focused on friendship. Incidentally, winning only ranked 40th in importance in this new study. Bearing that in mind, focus less on creating goals around winning and turn your focus to team-wide, process-oriented goals that the team can strive for together. Since process goals focus on personal development instead of the scoreboard, it's easier to instill a sense of grit and perseverance in the players, regardless of how the team is comparatively doing, because players can still meet goals and see progress. Keep in mind that introducing lessons of grit and perseverance during your team's practice will help your athletes look at challenges and obstacles as opportunities rather than risks.



ARE YOU A 2020 GOLD MEDAL CLUB? Learn what it takes here

2020 Tournaments - GET RANKED



Each year, USA Volleyball's North Country Region sanctions some of the most prestigious and successful volleyball tournaments in the nation. These sanctioned events are designated as **NCR GOLD MEDAL** tournaments. These tournaments are hosted by NCR-USAV member clubs and meet all Region sanctioning requirements including current membership affiliation, verification of all safety and training compliance and use of USAV tournament registration and roster verification resources.

Teams participating in a North Country Region **GOLD MEDAL** competition can rest assured that the event will be of the highest quality and value.



Like **GOLD MEDAL** events, **NCR PODIUM** tournaments are premier volleyball events; but **PODIUM** events also have important region rank implications. **PODIUM** tournaments offer NCR teams the opportunity to receive "**REGION RANK**" points awarded for both competition and finish.

Beginning in January 2020, cumulative region rank points will be updated weekly on NCRUSAV.org; then following the 2020 junior volleyball season, NCR will announce the top ranked teams in each age division! Because of the ranking opportunities involved, R1 officials are utilized at **PODIUM** events. **REGION RANK INFO HERE**



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.

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.



Junior Club Director

HUB - IMPORTANT INFORMATION



TEAM ROSTERS REQUIRED IN USA VOLLEYBALL WEBPOINT

North Country Region requires:

- teams that compete in North Country Region, other Region, and/or USA Volleyball sanctioned events **must have valid rosters** in USA Volleyball Webpoint
- USA Volleyball Webpoint valid rosters are to be submitted to the tournament director of North Country Region sanctioned events **prior** to the tournament
- AES rosters **DO NOT** satisfy the requirement of having a USA Volleyball Webpoint valid roster
- tournament directors are required to turn away teams (even on the day of the tournament) that have not submitted a USA Volleyball Webpoint valid roster

Directions to ADD/EDIT/CREATE teams in USA Volleyball Webpoint - [CLICK HERE](#)



REMINDER - North Country Region discontinued TEAM FEES starting the 2019 - 2020 season.



2020 - USA Volleyball Background Screen Upgrades

To better ensure safety of all USA Volleyball participants, USA Volleyball has upgraded its background screen used to vet adults who will be working with minor age athletes. In August, North Country Region shared with membership and posted on the North Country Region website of upcoming changes with USA Volleyball background screens. The exact cost of the background screen had not been secured when the announcement was posted. Beginning January 1, 2020

- USA Volleyball background screens will be **more extensive**
- Background screen will expire every two years
- Full screen will occur each initial year of the two year screen cycle with an automatic less extensive screen in the off year.**
- A two year annual background screen is \$17.50 a year for a total of \$35 every two years.



Junior Players who are 18 or turning 18 - SafeSport Requirement

NEW Athletes 18 years of age or turning 18 during the club season are **required to complete "Core" Center for SafeSport training (per USOPC and U.S.Center for SafeSport policies)**. No Cost to Members **Parents** of minors must complete Junior Athlete SafeSport Consent Form to have access to the training through USAV Academy. Recommend to have all 17s complete the free training so no issues with adding player to a roster.

[CLICK HERE TO ACCESS CONSENT FORM](#)

Recommend

- All 17 year olds in club complete training to avoid potential roster issues during club season
- Complete training **EARLY** - 90 minutes on line
- Directions on how to access SafeSport through USAV Academy - [CLICK HERE](#)



WHAT IS A GRADE TEAM?

A "Club" that has a Junior Player, whose date of birth places them in an age division older than their current grade (USAV Age Definitions). If all team members are in the same grade or younger, the team can be made a "grade team" to accommodate the player who is older but in the same grade.

For more information about grade teams, requesting an age waiver, and rostering a grade team, [CLICK HERE](#).



WHAT IS REQUIRED TO BE ON A USAV - NCR WEBPOINT ROSTER?

- Minimum of 6 Junior Players
- Minimum of 1 Head Coach (cleared USA Volleyball approved background screen, IMPACT trained, completion of SafeSport training)
- Junior Age Coach - 17 and under (complete IMPACT, complete "Core" Center for SafeSport Training, adult - head coach present at practices and tournaments)
- Uniform Numbers of all Junior Players
- NEW** Athletes 18 years of age or turning 18 during the club season (required to complete "Core" Center for SafeSport training) [CLICK HERE FOR MORE INFORMATION](#)

"I've thought of all the reasons why I might be the wrong person to do this. 'You're too small, you're too this, you're too that.' The truth is if I can change the game, literally, for any of those girls, it's worth it. Because it's really not about me. It's about them and the future of the sport." - Jen Welter

EVENTS EVENTS EVENTS EVENTS EVENTS #EARNIT

- ✓ USA Volleyball Active Clubs
- ✓ Adults meet SafeZone Policies
- ✓ Verified Rosters
- ✓ USA Volleyball Officiating Trained



Safe Zone Environment, USA Volleyball Sanctioned, Rosters Validated, North Country Region Staff On Site, Awards, Reasonable Entry Fees & REGION RANK POINTS!

NORTHERN LIGHTS 17-1

QUALIFIED



UPDATE New! REGION RANK POINT SYSTEM	
COMpetition EVENTS	QUALIFIER EVENTS
NOT APPLICABLE	OPEN DIVISION
NOT APPLICABLE	NATIONAL DIVISION
Competition = 5 Points 1st Place = 6 Points 2nd Place = 8 Points 3rd Place = 7 Points	Competition = 10 Points 1st Place = 25 Points 2nd Place = 23 Points 3rd Place = 22 Points
Competition = 5 Points 1st Place = 6 Points 2nd Place = 5 Points 3rd Place = 4 Points	AMERICAN DIVISION FORMERLY REGION GOLD OR OLYMPIC
Competition = 5 Points 1st Place = 3 Points 2nd Place = 2 Points 3rd Place = 1 Point	PATRIOT DIVISION FORMERLY REGION BRONZE OR INTRODUCTORY

* Points Awarded for Final Placement will be Added to Competition Points



Podcasts ***For the Volleyball Nerds***



A Coaching Perspective Saying Inside the Coaching Mind is about volleyball in the state of Nebraska, is like saying the Wizard of Oz is about a tornado and a balloon flight. How does a state with three times as many cows as people, become so enthusiastic and successful, in the sport of women's volleyball? Join our conversation you will become a better coach, communicator, and team-builder.

Terry Pettit Hall of Fame Volleyball Coach who is credited with building the University of Nebraska Volleyball program. He is an avid writer, fly fisherman, and now podcaster!

Website and Podcast - [CLICK HERE](#)



Woot Woot ***Shout Outs***

SmackFest Week 1 and Week 2 - What a success for the officials, the players, the coaches and the clubs. We were able to provide hands on support directly from Region Staff to each site utilized for this metro-wide hosted tournament! We absolutely love having that direct connection to our USA Volleyball and Region members!

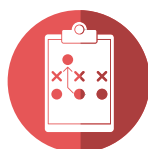


SmackFest Week 2 brought Boys SmackFest to the metro on the first day of the event. *The competition was heated. The fans were supportive. The officials provided level heads. Teams from Minnesota, Iowa, and Canada attended.*



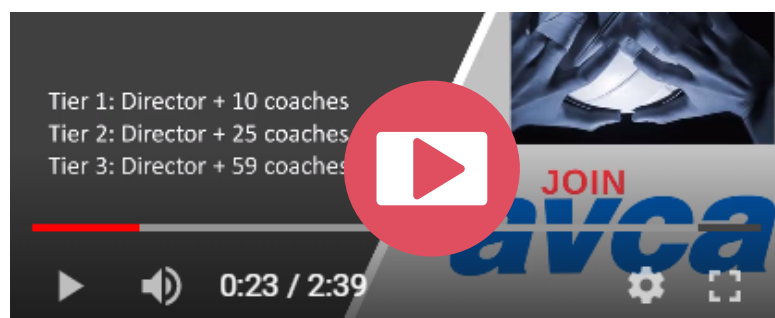
Quick Links for Members ***How-To...***

[Officiating - Online Training Instructions](#)
[Grade Teams Information](#)
[SafeSport - Parent Consent Form for 17 under training](#)
[Membership Directions and Registration](#)
[Membership Benefits Chart](#)
[Webpoint - Club Admin Manual](#)
[Webpoint - How to Print Membership Card](#)
[Webpoint - Roster Information](#)
[Webpoint - Add or Edit a Team](#)
[Letter of Commitment](#)
[Activate Club/Edit Info on Club Directory](#)
[Team Codes](#)
[Tournament Sanctioning](#)
[Tournaments Registration and Information](#)
[Tryout Sanctioning Form - List your Tryout](#)
[Transfer Policy and Procedure](#)
[Background Screen - How to Register](#)
[Certificate of Insurance Request](#)
[Incident - Injury Report](#)
[Junior Club Directory Information](#)
[Junior Medical Release Form - coaches keep](#)
[Junior Players Wanted - Request Form](#)
[Minor Athlete Abuse Prevention Policy Information](#)
[Officiating - Request In Person Clinic](#)
[Region Rank Tournament Information](#)
[Roster Requirements](#)
[Junior Player - Transfer Information](#)



Member Benefits ***The Latest***

- Reduced membership rates for Club Directors and their coaches
- North Country Region partners with the AVCA to recognize club coaches and club leadership in our Region. Winners are awarded with an individual AVCA membership and then nominated for national awards. More information about Coach of Year and Club Director of Year nominations in a future newsletter issue.





Official News

Growing and Supporting Officials

Tim Harlow - has been awarded the Glen G. Davies Referee Service Award by USA Volleyball. The award recognizes outstanding contributions to the USA Volleyball referee's certification and development program. Mr. Harlow will be presented this award at the Officials Assembly on Thursday, May 21st. The Officials Assembly coincides with USA Volleyball Adult Open Nationals which will be held in Minneapolis, MN for the 2020 season.



- **USA Volleyball National Referee**
- **USA Volleyball National Scorer**
- **UMAC Officials Coordinator**
- **PAVO Line Judge Certification**

Christina Fiebich

Fiebich has been appointed as a sitting volleyball referee at the 2020 Paralympic Games. She has been officiating sitting volleyball since 2013 and earned her World ParaVolley international referee patch in 2016. Fiebich has also been appointed to referee the Men's Paralympic Final Qualification Tournament this March in Edmond, Oklahoma, as well as the U.S. Women's Sitting Team exhibition matches against Brazil and Russia at Colorado Crossroads in Denver next month. She was selected to referee at the past two Parapan American Games in Peru and Canada. Fiebich earned her USA Volleyball national referee and scorer patches in 2011. She became a PAVO referee in 2012.

Fiebich earned her USAV zonal beach referee patch in 2014. She has officiated at the USA Volleyball Open National Championships seven of the last eight years, along with refereeing at either the USA Volleyball Girls or Boys Junior National Championships in eight of nine years from 2009 to 2017. Fiebich currently officiates collegiate matches in the Big Ten, Big East, Missouri Valley, Big Sky and Summit League. **copy provided by USA Volleyball*

National Training Camp Photos





THE CUORE PROJECT.

SHARE. EDUCATE. INSPIRE

HOW TO EXPLAIN THE CUORE PROJECT:

The Cuore Project is a content network featuring videos, photos and editorials with the goal of sharing stories and information to inspire and educate the next generation of female volleyball athletes. All our content can be found online on social media or our website.

MISSION:

As a role model and a respected veteran in her field, Lindsey Berg's mission with THE CUORE PROJECT is to enhance the lives of tens of thousands of young volleyball players. She wants to deliver athletic heros to look up to, champions to be inspired by, and stories to learn from.

WHAT YOU CAN DO TO SUPPORT:

SHARING IS CARING

Every little thing goes a long way in helping THE CUORE PROJECT reach new audiences and connect with people who will be inspired by the platform and its stories.

SOCIAL

Sharing videos and photos from THE CUORE PROJECT's platforms and tagging on all social channels will help us connect with new audiences. We are on Facebook, Instagram, Instagram Stories, Youtube and Twitter as @TheCuoreProject.

EMAIL

If you have an email network or database, you can share any of our stories and encourage your users to follow THE CUORE PROJECT on social or check out the website TheCuoreProject.Com.

WORD OF MOUTH

If you know anybody who would be interested in the content on our platform, please feel free to send to them and encourage them to check out our social media channels for more!

MERCH

We've created our merchandise to be a billboard for THE CUORE PROJECT's mission including inspiring words like *HEART*, *INSPIRE* and more. Purchase merch and wear it as a proud supporter of our mission. Merch can be purchased at TheCuoreProject.com/merch.

CONTACT: CHAD BRAEGELMANN
HEAD VOLLEYBALL COACH
2019 NSIC COACH OF THE YEAR
EMAIL: 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



MORE INFO:
www.scsuhuskiessportcamps.com

HIGH PERFORMANCE - GET ON YOUR PATH TO THE PODIUM

North Country Region High Performance Tryouts



USA Volleyball

March 6th, 2020 - Winona St. University

Lead Tryout Coach - Joe Getzin

April 24th, 2020 - Augustana University

Lead Tryout Coach - Jennifer Jacobs

The USA Volleyball High Performance Coaches Pipeline is comprised of highly motivated coaches who are committed to helping USAV identify and develop future U.S. Olympians. Coaches are trained in the U.S. National Teams' skill and system model, coach High Performance training and competition programs, and enjoy a nationwide network of some of the top volleyball coaches in the United States.

HP coaches come from all different backgrounds: NCAA Division I, II and III, current and former national team players and coaches, international coaches, junior club coaches, high school coaches, junior high coaches - you name it. All that is required is a desire to learn, a love to teach, an open mind, a great attitude and a passion for USA Volleyball and helping our national teams win a gold!

NCR HIGH PERFORMANCE INFO CLICK HERE
Contact Sean Lindersmith at sean@ncrusav.org

