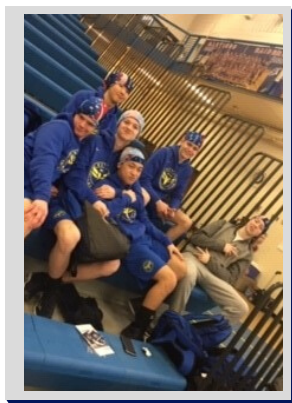
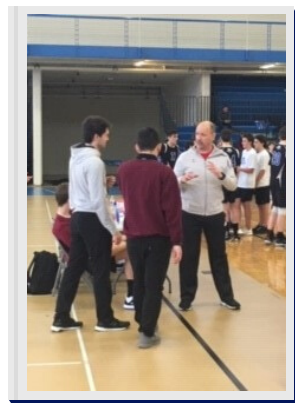


court connection

PRESENTED BY NORTH COUNTRY REGION VOLUME I ISSUE VIII
JANUARY 22, 2020

**OFFICIALS TRAINING AND RATING
HOSTED JANUARY 12 & 18, 2020
BOYS WINTER TOURNAMENT &
REGION RANK #1**



Left: Travis Karlin, NCR Officials Chair works with two new NCR officials at the Boys Winter Tournament.

Right: Vital 18-1 Boys sporting some new USA Volleyball.

Hastings, MN & Mayer Lutheran High School - North Country Region's **Boys Winter Tournament** and **Region Rank Tournament #1** hosted some firsts in the Region. The **Boys Winter Tournament** was staffed with many of the Region's National Level officials. Experienced USAV officials working alongside the Region's up-and-coming officials provides additional support to new, provisional and region level officials. Teams from Minnesota, Iowa and Canada competed in this full day event with Minnesota Select taking home the championships in both the Open and Club Divisions.

North Country Region hosted the first ever Region Rank Tournament on January 18th, 2020. Tim Harlow served as the officials trainer and rater during the tournament. Coaches were treated to no officiating duties with both an R1 and R2 provided for the tournament. Two new officials were added to the Region's officials crew after a full day of officiating. Thank you to Mayer Lutheran High School for being a good host.

Tournament Directors who would like to host an officials rating and training clinic at their North Country Region sanctioned tournament should contact Beth Modaff (beth@ncrusav.org).

**North Country Region
High Performance
Tryouts**

March 6th, 2020 - Winona St. University
Lead Tryout Coach - Joe Getzin

April 24th, 2020 - Augustana University
Lead Tryout Coach - Jennifer Jacobs

**HIGH
PERFORMANCE
COACHES
WANTED**

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 INFORMATION - CLICK HERE or Contact Sean Lindersmith sean@ncrusav.org**

NEXT →

**REGION RANK
TOURNAMENT**



Jan 31 - Feb - 2, Minneapolis CC



February 8 - 9 (11u-15u)

February 15 - 16, (16u-18u)



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.



Don't offer false praise

"False praise is the worst thing a parent can give – the best type of praise is genuine praise," says Gilbert. "If you want to praise kids, it should be genuine and earned. If the praise isn't earned, don't say anything. We overcomplicate things by thinking we need to say something positive about everything."

Focus on process, not results

Studies have shown that parents shouldn't focus on grades that their children receive – instead, focus on the way that they're playing and performing. And as a coach in particular, the way you praise an athlete based on outcome versus progress can change how your athlete views success. If you only praise your athletes after games they win, Gilbert warns that the athletes will learn to focus on the outcome rather than the skills it takes to perform at a high level.

Help them master their skills

Student athletes tend to have higher self-confidence long after they've left high school. "But confidence doesn't come from false praise," says Gilbert. "It comes when an athlete feels competent. So, if your athlete is getting better, that's how their confidence will build. To pump up confidence, focus on teaching skills rather than praising them."

Praise what's in their control

It can be tempting to point out how a young athlete 'destroyed the other team' or 'crushed the competition.' But that puts an emphasis on the negative side of sport, versus praising the athlete's personal performance.

"You want to reinforce the positive things that they're doing and that they can control, not things that are dependent on how other athletes perform. And in team sports, parents shouldn't put down other athletes on the team while praising their own child."

Follow your athlete's lead

"After the game, don't start with a breakdown of how you thought it went," says Gilbert. "Ask how your athlete felt about the game and let the conversation flow from that."

Sometimes your athlete doesn't need praise, they may just need to quietly contemplate how the game went, or even talk through what went wrong during the competition.

Praise others on the field


Gilbert recommends pointing out great plays by other athletes as well as your own. "We think we're doing a favor by protecting them and offering this false praise, but really what we should be doing is talking about what an athlete did well, and also about what other athletes did. It's OK to point out another player on the team, or on the opposing team, who had a great game," says Gilbert. "That helps teach your child how to handle losses and wins more gracefully."

Gilbert concludes by recommending that coaches "make a checklist for pre- and post-game routines, and a checklist for how often he or she is praising individual athletes on the team to make sure you're paying attention to everyone."

He adds, "You have to be proactive about making sure everyone on the team is being acknowledged," says Gilbert. It's so easy to miss a quieter athlete during a season, but every athlete on the team should end the year feeling valued for their progress, skill development, and attitude.

by TrueSport

USA VOLLEYBALL MEMBERSHIP CARD - VERIFY INFORMATION

 <p>5587704</p> <p>North Country Region Membership Card 2020 Season</p> <p>Name: Joe Awesome Member #: NOS555555FJ20 LOP: J4 Member Dates: 11/13/2019 - 10/31/2020 Club Name: JVB Rush</p>	<p>BG Status: N/A BG Exp: N/A Badges: 2</p> <p>Commissioner: Laura Bush</p>
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- Front -

We get so worried about being "pretty" and having a "pretty life."
Let's be pretty kind.
Pretty funny.
Pretty strong.
AND pretty supportive.

Junior Online Officiating SYSTEM OVERLOAD

WHAT COURSES ARE IN JUNIOR ONLINE OFFICIATING TRAINING

- NO19 North Country Region Officiating Overview NO20_999
- Junior Second Referee (w/quiz) US20_102q
- Junior Signals (w/quiz) US20_103q
- Scoring Basics Non-deciding Set (w/quiz)
- WHEN ALL COURSES ARE COMPLETED AN R2 BADGE IS EARNED
- EXPIRES FALL 2021

USA Volleyball Academy can become bogged down when many members are utilizing the training courses at the same time (Sundays or long holiday breaks). It has been known to happen that courses become frozen, the system shuts down, or courses cannot be added to your Academy. We know it is frustrating. USA Volleyball Staff is adding more space on its server to accommodate this overload. Just know ALL of us (USA Volleyball and Region Staffs) work diligently to provide solutions as quickly as we are able.

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**

In leadership, there are no words more important than trust. In any organization, trust must be developed among every member of the team if success is going to be achieved. Mike Kryzewski

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**



What does it mean when a tournament is sanctioned by NCR - USA Volleyball?

It means.....

- the host club is committed to providing a safe and respectful environment for participants both on and off the court
- ... teams are playing in a tournament where ALL adults working regularly in ANY capacity with minors (coaches, club directors, chaperones, tournament directors, officials, etc.) have passed a rigorous USA Volleyball approved background screen and participate in ongoing SafeSport and IMPACT training
- ... the host club and its tournament are insured by USAV and supported and assisted locally by the North Country Region in-house staff
- ... athletes are playing at their appropriate age level and are following the eligibility rules set forth for the sport of volleyball by USAV
- ... paid officials, as well as scorers and youth work teams, are trained properly on the rules of volleyball as provided by USAV
- ... all events including PODIUM and GOLD MEDAL tournaments are promoted through valuable NCR-USAV marketing resources to over 400 member clubs and over 18,000 individual members

EVENTS EVENTS EVENTS EVENTS #EARNIT

USA Volleyball Webpoint + AES = **safety checks**.
NCR Tournament Directors continue to be a partner
in ensuring that best practices and policies are met!



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

HIGH VOLTAGE 15-1



REGION RANK



POINT SYSTEM



PODIUM EVENTS

USA Volleyball

QUALIFIER EVENTS

NOT APPLICABLE

OPEN DIVISION

Competition = 10 Points
1st Place = 25 Points
2nd Place = 23 Points
3rd Place = 22 Points

NOT APPLICABLE

NATIONAL DIVISION

Competition = 10 Points
1st Place = 21 Points
2nd Place = 20 Points
3rd Place = 19 Points

Competition = 5 Points
1st Place = 9 Points
2nd Place = 8 Points
3rd Place = 7 Points

USA DIVISION
FORMERLY
REGION GOLD OR OPEN

Competition = 10 Points
1st Place = 18 Points
2nd Place = 17 Points
3rd Place = 16 Points

Competition = 5 Points
1st Place = 6 Points
2nd Place = 5 Points
3rd Place = 4 Points

AMERICAN DIVISION
FORMERLY
REGION SILVER OR
INTERMEDIATE

Competition = 10 Points
1st Place = 15 Points
2nd Place = 14 Points
3rd Place = 13 Points

Competition = 5 Points
1st Place = 3 Points
2nd Place = 2 Points
3rd Place = 1 Point

PATRIOT DIVISION
FORMERLY
REGION BRONZE OR
INTRODUCTORY

Competition = 10 Points
1st Place = 12 Points
2nd Place = 11 Points
3rd Place = 10 Points

* Points Awarded for Finish will be Added to Participation Points



Blogs For the Volleyball Nerds

A Coaching Perspective

Welcome to my website where I share coaching perspectives that I have acquired over 30+ years of teaching and coaching.

A Coaching Perspective Items relating to coaching, education and other interesting areas. It is beneficial for the coach or volleyball fan who wants to dive deeper into sport, strategy, philosophy, and process.

Jim Stone vast volleyball knowledge and experience that spans over 40 years shares his insight and research on teaching fundamentals, improving a team, and topics that cross the volleyball borders into everyday life.

Current Favorite Post - *The Demise of Expertise* - [CLICK HERE TO READ](#)



Woot Woot Shout Outs

Annandale, MN - North Country Region visited Jean Just, tournament and club director for JVB Rush on January 4, 2020. The Region delivered new USAV rule books, mini-notebooks, and bag tags. The JVB Rush Tournament teemed with activity both on and off the floor. Director Just organized parents to R1, scheduled pool play to consist of two sets per match only and then a re-seeded for bracket play. Players, parents and fans appreciated the format and staying on time!



HYPE VOLLEYBALL 141s -

competed in the January 4th JVB Rush Tournament. The team made time for North Country Region to snap a quick team picture before they headed back to the court.

The team had a successful day and a lot of FUN!



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](#)



Member Benefits The Latest

Art of Coaching - NCR complimentary subscriptions emails were sent from Art of Coaching to eligible coaches on January 21st. Only **40 complimentary subscriptions** currently remain. First come, first served!

Special Offer

LIMITED OFFER TO 120 ELIGIBLE COACHES*

STARTS: DECEMBER 16, 2019

WHAT: ART OF COACHING SUBSCRIPTION

HOW: CHECK YOUR EMAIL - SENT BY A.O.C.

WHO: ELIGIBLE COACHES

USA Volleyball

AOC
ART OF COACHING
VOLLEYBALL

ELIGIBLE COACHES ARE...

Current Members
IMPACT Certified
SafeSport Trained
USA Volleyball Background Screened

*First Come, First Served



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 inspring 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.