



Covering the Court

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

Spring 2019

Rivals Unite to Help Feed Children in Phoenix

In the competitive arena of Club Volleyball, where tribes of boys, girls and parents celebrate and mourn with each serve and whistle, one Arizona Coach decided to use that passion for a common good.

John Sharpnack has been a coach in the Arizona junior volleyball scene since 2000 and has seen, felt and coached some successes and disappointments but realized these on court mini-dramas are nothing compared to what he sees with a charity he's been involved with for the last 6 years.

Kitchen on the Street (KOS) of Arizona has been serving the community since 2007. KOS was started by Vince, Lisa and Taylor Scarpinato when they heard thousands of children received breakfast and lunch at school but were going hungry on weekends. They began a food backpack program providing shelf stable meals and snacks assembled for food insecure children.

"I was invited to volunteer with KOS by a good friend of mine and founder of KOS Vince Scarpinato in 2010," Sharpnack recalls. "At the time they were hosting local food distribution events on the 4th Saturday of every month. After my first event I was hooked, I absolutely loved it! Over the years I became more and more involved with KOS, inviting my friends and family to events and eventually organizing my own volunteer events to include the volleyball community. After about 5 or 6 years of volunteering, I was asked to join the Board of Directors and continue to help Kitchen on the Street grow and accomplish our goal of helping to end childhood hunger in our community."

Sharpnack, who is currently coaching with Az. Revolution in Phoenix, has been steeped in volleyball since his father Ray got him involved in coaching 18 years ago and as he has seen as both coach and player, the volleyball world is one big family.

"A couple of years back, I started having some of our teams get together for food packing events as a form of team bonding as well as an opportunity for them to volunteer and give back to their community." He says. "The kids loved it, and as word got around the volleyball com-

munity, I started getting texts and phone calls from many of my friends who coach club and high school asking if their teams could volunteer."

And so, on the last Saturday of 2018, in a small warehouse in northwest Phoenix, Sharpnack and representatives from 5 clubs and the Arizona Region Office staff came together to help this idea to fruition.

"I decided this year to host a multi-Club event because it is important for these athletes to realize they can be rivals and competitive on the court but Arizona volleyball is a family and I wanted to them to come together for a good cause. I reached out to some of my good friends from other clubs: Storm Elite, Az Sky, Club One, Fear VBC, and asked if they wanted to participate in an event with

my team at Revolution Volleyball. Without hesitation, everyone responded with the same answer of ABSOLUTELY!"

In addition to the fulfillment of backpacks for the food insecure kids, Sharpnack came up with the idea of each club hosting a food drive for

single serving applesauce or fruit cups which are one of the items packed into the backpacks of food. For the event, over 6000 cups were donated.

"The event was better than I could ever have imagined!" Sharpnack resounded. The athletes, coaches and Region personnel packed 2000 backpacks in barely over an hour. "To see all of these rival clubs come together on a cold Saturday morning to help other children in their community and have fun doing so is heartwarming! You could see that these kids were proud of what they were doing, proud of the food that they collected, and I think some were humbled to know about some of the struggles of the kids and families that we are supporting." He said of the event he imagined.

"A year ago, this was just an idea, and to immediately have the support of other clubs, coaches and the Az. Region reps, people I am very proud to call my friends all say, 'Absolutely, whatever you need,' says a lot about the culture of Arizona Volleyball. Like it or not, we are one big family. I couldn't be more proud of every single person involved, and I hope to make this an annual event in the future."



Az. Region Celebrates 30 Year Birthday in 2019

Do you realize this year marks the 30th Anniversary of the creation of the Arizona Region? From the time when we were once part of the Sun Country Region to the creation of our own Arizona Region (1989) to the present, the Region has grown from less than 500 members to more than 10,000. Yet, even with this amazing growth, the size of the Arizona Region full-time staff remains small. Despite operating one of the few tournament seasons with guaranteed equal number of events for every team, the Region manages to operate this extraordinary approach for 700+ teams with only 5 full-time staff. These staff members and a brief summary of their duties are:

Office Manager (Becky Hudson) – As Office Manager, Becky handles everything related to the Region Office including hiring and managing staff, keeping the finances for a Region that is increasingly complex every year, and handling any question related to the Region that the membership, parents, staff or public might send her way.

Registrar (Lisa Naughton) – Lisa handles the paperwork for thousands of registrations each season. She works with club directors to make sure all of the players are registered for USA Volleyball events in a timely manner and especially for any national events like National Qualifiers and Junior Nationals. In addition, Lisa is usually the first person that anyone speaks to when they call the Region. If she can't answer a question, she knows who can.

Outreach Director (Eric Hodgson) – As the Outreach Director, Eric's job almost defies description. He is in contact with anyone who wants to know more about the Region. He travels all over the state to work with anyone who wants to learn or offer more education concerning volleyball whether it be for a community group, a school or anyone else. Eric also produces the Region Newsletter and helps coordinate the summer sand league at Victory Lanes. A critical and often overlooked passion of Eric is his willingness to meet with any club that wishes to better educate their parents and to teach them how to appreciate their child's involvement in a positive and supportive manner.

Tournament Director & Website Manager (Gil Wartell) – Gil has the time-consuming task of keeping the Arizona Region website up-to-date with new information and new photos. In addition, every week of the fall and spring seasons, Gil locates sites for tournaments and then coordinates and posts the sites for the participating teams.

Office Staff (Kellen Walters) – Kellen works behind the scenes to make sure all hardcopy data related to junior players is coordinated with online information and is accurate and up-to-date.

It is this small group of dedicated Region workers that come in to the office on a daily basis to keep the Region running smoothly. It is through their efforts that we provide first-rate service for the membership. Together with the time, devotion and leadership provided by the Junior Division Coordinator (Charlotte Pottle), the Adult Division Coordinator (Ron Pelham) and the Officials Division Coordinator (Earl Capps), the Region continues to grow and provide opportunities for both juniors and adults to play in a safe and competitive environment.

Let's be clear however, none of these people are paid what they are really worth to the membership. It is their passion for the game of volleyball and their desire to help the Region fulfill its mission that continues to motivate them to give their best effort day after day. If you encounter any of these people, please take a moment to say "thanks."

Here's to another 30 years of Arizona Region volleyball,

Harold W. Cranswick

Commissioner, Arizona Region of USA Volleyball



If Wishes Came True, What Would Yours Be? By Harold Cranswick

The Region leadership has been holding a retreat every summer for more than 20 years with the intention of discussing ideas and planning for the future. One of the exercises we have engaged in at the retreat was introduced to us by John Kessel, USA Volleyball Director of Sports Development, when he attended one of our retreats a number of years ago.

The exercise is simple. As John explained it, he told the leadership group to imagine that each of us had a magic wand with the ability to wave that wand and make any wish come true. The question is what wish would you like to see come true?

Some past wishes were: A league for players 18 to 24 years old, Regionals to be held in a convention center, a semi-pro team for men and/or women, increased coordination with local organizations to provide volleyball opportunities for the disabled and greater awareness about the Region itself.

Here is the challenge: If you were handed the magic wand, what would be your wish for the Region? If you have an idea or a wish, please send it. We are very interested in knowing what things are of interest and what direction our membership would like us to consider when planning for the future of the Arizona Region.

E mail me, Harold Cranswick, at Harold@azregionvolleyball.org and let us know what the next great idea is for our Region.

DAVID RUBIO VOLLEYBALL CAMP 2019

May 28 - 30 MINI CAMP Time: 9am to 3pm Age: 7-13 years (first time player or beginner) Format: Skill Introduction and play Cost: \$180.00—Includes lunch.	July 12-14 TEAM CAMP Player Minimum: 8 per team minimum Total Girls Teams: 36 Total Boys Teams: 12 Time: 7/12 2pm-9pm, 7/13 9am-4pm, 7/14 9am-4pm Format: Two sessions per day. 1st— Individual Skill Training 2nd— Team Tournament Play Cost: \$110.00 per player (Coach or representative coaches team) \$140.00 per player (Each team is provided with a coach) *Coach is responsible for enrolling team.
May 28 -30 SERVE & PASS CAMP LIMITED ENROLLMENT! Time: 5pm to 8pm Age: Under 18 years of age Cost: \$130.00	July 15 - 17 ELITE CAMP (130 max enrollment) Time: 7/15 9am-9pm, 7/16 9am-9pm, 7/17 9am-Noon Format: This camp is not for the beginner. It is tailored for the mid to upper level club player or JV to Varsity level high school player. Drills will push and challenge players. Cost Commuter: \$300.00 Cost Resident: \$425.00—Includes meals and lodging.
July 6 - 8 INTERMEDIATE & ADVANCED CAMP Time: 7/6 9am-9pm, 7/7 9am-9pm, 7/8 9am-Noon Age: 10-18 years Sample Format: 9-11:30a // Setting & Hitting 2:00-4:30p // Serving & Passing 6:30-9:00p // Campers choice of playing indoor or outdoor Cost Commuter: \$300.00 Cost Resident: \$425.00 - Includes meals and lodging	July 9 - 11 POSITION CAMP Time: 7/9 9am-9pm, 7/10 9am-9pm, 7/11 9am-Noon Age: 10-18 years Sample Format: 9-11:30a // Position Training 2:00-4:30p // Position Training 6:30-9:00p // Team Training Positions Covered: Setting, Outside & Opposite Hitting, Libero, Middle Blocking Cost Commuter: \$300.00 Cost Resident: \$425.00—Includes meals and lodging.



For camp information and on-line registration visit:
www.davidrubiovolleyballcamp.com
or contact Amanda Rubio 520-818-8668
davidrubiovolleyballcamp@gmail.com
@DRubioVBCamp DavidRubioVolleyballCamp
This is not an official function of the University of Arizona.

Junior Division Gets New Voices, Urging Communication

For many years, most of the decisions concerning the Junior Division fell primarily on the shoulders of the Junior Division Coordinator, Charlotte Pottle, along with the help of one or two other club directors. However, all that has changed. A survey of club directors was conducted and the results indicated that most club directors wanted to be more involved in junior issues.

The result is a new structure that will give club directors a greater voice and the Junior Division Coordinator additional input and help. The new Junior Committee will be comprised of the Junior Division Coordinator and two representatives from each of four club-size categories. Each category will represent a different size club based on the number of teams that were fielded the previous year. In addition, each category will have a representative from the Metro area and another from a non-Metro sub region. By having representatives from the various geographic areas as well as the various size clubs, the Junior Committee will provide feedback from a larger and more diverse group of club directors than in the past.

The new Junior Committee members will come from:

Clubs with less than 5 Teams: Amy Strawn - Metro-East and Natali Sobczak - Rural-North

Clubs with 5 – 9 Teams: Abby Vick - Metro-West and Alan Ramage - Rural-North

Clubs with 10 – 19 Teams: Nicole Green - Metro-North and Bill Lang - Tucson

Clubs with more than 20 Teams: Jen Leo - Metro-East and A.J. Malis - Tucson

The Junior Committee will meet to discuss issues like seeding at the beginning of the season, issues of concerns to the clubs, scheduling and agendas for Junior Forums, and future planning to name a few. Communication between the members of the Junior Committee and the various clubs of similar sizes is encouraged and expected to go both ways.

Look for messages from the Junior Division Coordinator with respect to future Junior Committee meetings.

A poster for Sun Devil Volleyball Camps 2019. The background is a dark image of a volleyball court with spectators. The title "SUN DEVIL VOLLEYBALL CAMPS 2019" is at the top in large white letters. Below the title are six boxes, each representing a different camp. The boxes are arranged in two columns of three. The left column has "FUTURE SUN DEVIL CAMP" and "ALL SKILLS CAMP". The middle column has "POSITIONS CAMP" and "Hitting/Setting Camp". The right column has "ELITE SKILLS CAMP" and "TEAM CAMP". Each box contains the dates, grades, and cost of the camp. At the bottom center is the Sun Devil logo, a stylized sun with a devil's face. Below the logo is a line of text: "Sun Devil volleyball camps are open to any and all entrants, limited only by number, age, grade level, and/or gender. To register or for more information, visit SunDevilVolleyballCamp.com".

Camp Name	Dates	Grades	Cost
FUTURE SUN DEVIL CAMP	July 8-12	Grades K-5	Cost: \$350
POSITIONS CAMP	July 9	Passing/Defensive Camp Grades 8-12	Cost: \$100
ELITE SKILLS CAMP	July 12-14	Grades 8-12	\$450 overnight \$360 commuter
ALL SKILLS CAMP	July 15-17	Grades 6-12	Cost: \$330
Hitting/Setting Camp	July 10	Grades 8-12	Cost: \$100
TEAM CAMP	July 18-20	Grades 9-12	\$230 overnight \$120 commuter

Sun Devil volleyball camps are open to any and all entrants, limited only by number, age, grade level, and/or gender.
To register or for more information, visit SunDevilVolleyballCamp.com

Az. Sizzle Take Silver in NVA Championships By Bryan Lewis

Arizona Sizzle took 2nd place in the 2018 NVA Championships which were held at the Ball Sports Academy in Angola, Indiana on January 6th-7th. Sizzle qualified for the NVA Championships back in December by going 3-1, defeating the Santa Barbara Rising Tide in consecutive matches and splitting matches 1-1 with the Costa Mesa Blizzard. Sizzle finished the regular season 3-3 which gave them the 2nd seed coming out of the Western Conference to go to the Championships.

Sizzle had their first round match against Pineapple, led by Olympic Gold Medalist Lloy Ball. Sizzle ended up losing the match 3-0 to Pineapple and was sent to the Challenge bracket. Their first Challenge Bracket match put them against Western Conference rival, the Costa Mesa Blizzard. Led by outside hitter Joe Kauliakamoa who had 15 kills and 6 digs for the match, Sizzle knocked out the Blizzard 3-0. The second challenge match, Sizzle squared up with the Chicago Icemen. Sizzle displayed incredible defensive efficiency, including a 12 dig effort by libero Drew Winterstein and an offensive effort by Srdj Nadazdin who added 11 kills. Sizzle was able to make it to the

Championship match with a 3-0 sweep of Icemen.

The back to back 3-0 victories put Sizzle into the finals with a rematch of the first round against Pineapple. Sizzle tried to use its momentum leading into the finals, unfortunately Pineapple didn't lose a set all tournament and the finals were no exception as Pineapple defeated Sizzle 3-0 in the finals to become the 2018 NVA Champions.

Sizzle's run to the finals was a great step in the right direction for professional men's volleyball in Arizona. The team's character and camaraderie exemplified the benefits in the goal of growing the professional game in the United States. Look for Phoenix Ascension, the new name of the Arizona Sizzle, to compete during the 2019 NVA Regular Season which begins April 6th in Louisville, Kentucky.

The 2018 Sizzle are: Opposite, Bryan Lewis, Liberos Micah Steiner and Drew Winterstein, Middles Connor Dougherty, Mark Olsen, Keaton Berry and Taylor Harrington, Setter Zach Melcher, Outsides Srdj Nadazdin, Joe Kauliakamoa, Vince Zanzucchi, Alex Keicher, Cullen Mosher and Jacob Byers.

Vince Zanzucchi Selected NVA All-Star, Tours China

Arizona Sizzle Outside Hitter Vince Zanzucchi was selected to the 2018 NVA All-Stars. The All-Star team, which consisted of all the top players that played in the National Volleyball Association, traveled to China where they competed in 6 exhibition matches. The NVA All-Star Tour of China began in Shanghai, where the team was able to train at the Chinese National Team facility for 3 days before competing against the Shanghai Golden Age Volley. Shanghai Golden Age Volley has been the top Men's Professional Team in China for over 2 decades. After two exhibition matches in Shanghai, the NVA All-Star team traveled to Hangzhou where they competed in 2 matches against Zhenjiang Men's Volleyball Club. The final leg of the tour, the NVA All-Stars rode the world renowned bullet train north to Beijing where they would face off against Beijing Baic Motor Volleyball Club. Vince Zanzucchi had his most successful match against China's second ranked Beijing Baic Motor where he recorded 11 kills, 5 digs and 3 aces in a 5 set loss.

Arizona Sizzle Men's program has since become Phoenix Ascension for the upcoming NVA 2019 season, which will begin April 6th.



Arizona Junior Beach Program Reaches 18th Season in the Sun

The Arizona Region's Junior Beach Program bumps into its 18th season, offering up affordable beach doubles out at Victory Lanes in North Phoenix Tuesdays, Thursdays and Sundays for all ages.

The Region's Beach page will have the entry form which is still just \$20 to join and \$10 per tournaments, prices that have not risen since the program's inception. The page will also have the calendar which lists the ages and specific dates for those ages to play.

To register, go to your Webpoint account and click on Region Clinics to the left of the page.

You can always play up into an older age group, but you cannot play down into a younger one, just like indoor.

With just a shade under 300 athletes participating in the program last summer, which runs from

mid May to the end of July. The Region, in its efforts to get these athletes to play more, expanded to three nights a week four years ago and it was received very well.

The focus of the Jr. Beach program is an opportunity for our athletes to learn the sand game in a fun, affordable and predominantly coach free environment. The program has seen many of our Region's finest players learn the game on their own and use that knowledge and retention to further their indoor and professional careers as well.

We encourage you to come out and give it a try. You may struggle at first, but the game will win you over. Parents, sit back and enjoy the casual atmosphere that surrounds these fine athletes and the program. For more information, go to the Region's website at www.azregionvolleyball.org



NAU SUMMER 2019
VOLLEYBALL
NORTHERN ARIZONA
ELEVATE YOUR GAME WITH THE 2015 AND 2018 BIG SKY CHAMPIONS!

ALL SKILLS CAMP
JULY 13-15, 2019 OVERNIGHT: \$400 / DAY CAMPER: \$275

TEAM CAMP
JULY 16-18, 2019 OVERNIGHT: \$225 / DAY CAMPER: \$100

ADVANCED CAMP
JULY 19-21, 2019 OVERNIGHT: \$425 / DAY CAMPER: \$300

CONTACT ANNA LOFGREN | ANNA.LOFGREN@NAU.EDU
WEBSITE: NAUVBCAMP.COM

Secretary/ Treasurer Report for Az. Region By Becky Hudson

Region Growth in 2019

With 6 months remaining in the 2019 season the Arizona Region has already exceeded our membership counts over 2018 season. Our junior membership is up 551 members; our adult membership is up 45 members.

With the Boys Junior National Championships held in Phoenix in July 2018 we experienced a 23% growth in boys' participation in the 2019 Boys Club season held in the fall of 2018. The total number of teams jumped from 61 in 2018 to 75 in 2019.

2018 Teams		2019 Teams
14s	8	15
15s	4	9
16s	18	17
17s	9	10
18s	22	24

The 2019 spring season for boys 14s has begun. In 2018, 16 teams competed in the Boys Spring season; a 25% increase over 2017 participation.

Girls team registration is up for 2019 (613) over 2018 (592). Girls membership is up 386 participants from this same time last year as well.

Adult team registration is down over 2018 – Men's Division is down 2 teams and the Women's Division is down 8 teams.

The Arizona Region is growing strong year over year. Thank you for your participation!

Changes are coming in 2020

We don't know much about the 2020 season yet but we do know one very important change that is coming. Webpoint will no longer be the membership registration system for USA Volleyball and the Arizona Region. USAV put out an RFP for a new registration system and the number of options was whittled down to two – Webpoint and SportsEngine. SportsEngine won the contract and so they will be the new USAV Registration system starting with the 2020 season.

The Region staff will be trained later in the year on the new system operation and will in turn train the club directors in the admin side of the system. As we learn more about this new system we will post notices on our website and send out info specific to club directors. Keep watch for the new information to come.

2019 Cactus Classic Offers Unique Az. Experience

By Bill Lang

The Tucson Convention Center was home to the annual Cactus Classic Invitational over MLK Weekend, hosting over 20 courts of volleyball action under two roofs at the Tucson Convention Center (TCC) and Sporting Chance Center. The event is hosted by the Club Cactus Juniors Volleyball Club making it Arizona's only convention center tournament run completely by an Arizona club.

Teams from Arizona, California, Nevada, New Mexico, Texas, and Hermosillo Mexico all competed in the three-day event that finished Jan. 21st with divisions named after popular cacti found in Southern Arizona. The Gold Division is fittingly named the Saguaro Cactus Division, followed by the Golden Barrel Cactus Division, the Cholla Cactus, Ocotillo Division, and so forth. Team trophies were awarded in all divisions giving all teams a chance to play for some hardware in the early-season invitational.

In the 18 Saguaro Division finals, Club Cactus 18-Mizuno (AZ) rallied to defeat SAVA 18-Black (AZ) to win the 18-and-under division and giving the CCJ team their second win in a row. AZ Epic 17-Mizuno Lisa (AZ) defeated EP Diggers 18-Madelynne (SU) to claim third place overall.

The 16 Saguaro Division final featured another all-Arizona match with AZ Epic 16-Mizuno Jamey (AZ) defeating Club Cactus 16-Mizuno (AZ) for the championship. In the consolation match, RVC Impact 16 (SU) defeated BBCLV 16-Black (SC) from Nevada for the Saguaro Division third place trophy.

The 15 Saguaro Division final had the Arizona and Sun Country Regions battling on Court 1. RVC Xplosion (SU) defeated Club Cactus 15-Mizuno (AZ) and completed the tournament without dropping a set all weekend. AZ Kings 15-National (AZ) beat Matrix 15-Beast (AZ) for third place.

The 14 Saguaro Division was held on Court 1 Monday afternoon. TX Storm 14-Smack (SU) defeated Blaze Ignite (AZ) in the Championship. Prior to the finals, many witnessed what could have been the championship match as TX Storm held off Arizona's EVA 14's UA (AZ) 23-25, 25-21, 16-14 after dropping their only set all tournament. In the consolation match, FIEL (MX) from Hermosillo defeated SAVA 14-Black for the Saguaro Division's third place.

In the 13-and-under division, an "International Final" featured AZ Epic 13-Mizuno Mike (AZ) defeating u13 Club Cougar (MX) to take home the trophy. In 12-and-under division, Wolf Pack 12 N1 (SU) defeated AZ Epic 12-Mizuno Troy (AZ).

"The goal of this event is to create a unique and competitive environment for Arizona volleyball teams," according to Tournament Organizers. "This is an opportunity for local volleyball teams to play in an event that looks and feels like a JNQ against teams from out-of-state without having to travel very far. It is a premiere event for the younger players and it really helps promote our sport and the Arizona Region."

With over 595 competitive matches under one roof, live results, personalized player gifts, a Saturday night coaches' mixer, and two feature courts with stadium seating, it is easy to see why this year's event impressed all players and parents and has become a popular tournament for teams from Arizona and bordering states. "Unsurpassed in their efforts to provide a quality experience," commented AZ Epic Volleyball Club coach Troy Sherman. "I'd like to other coaches and club directors to come and join us at this event in the future"

The annual event generates an estimated economic impact of \$1.8 million dollars in downtown Tucson and is sponsored in part by Mizuno USA and Tucson Sports – a division of the Metropolitan Tucson Visitor's Bureau. Looking forward to next year, CCJ has announced that the 2020 Cactus Classic Invitational may have a new look next season as the event is in working on plans to expand into the TCC arena – home of the 2008 and 2011 USAV High Performance Championships.

Arizona Region Offices Moving First Week in March

Effective the first week of March 2019, the Arizona Region office is moving into a new office space. The location offers the Region the ability to program 6 courts and be able to hold education sessions (IMPACT clinics, CAP Courses, Score/Ref training) in classrooms located in the building. And it is heated and air conditioned to boot! The Region will be able to offer programming that has been in the planning for the past 30 years. For example, the Region would like to offer beginner leagues for adults and youth, sitting volleyball, coaching clinics and camps, a junior college men's league, senior volleyball leagues and/or tournaments and other underserved opportunities to grow the game. It is also scheduled to have 4 sand courts added in the near future. The opportunity presented to the Arizona Region Board of Directors was something that could not be passed up.

The facility is located at 7100 W. Erie Street, Chandler, AZ 85226. The email addresses and website will remain the same. The phone and fax numbers will change – at the time of this publication, it is not known what those numbers will be. They will be posted on the website and sent them out via social media as soon as they are known.

If you try to contact the office the week of March 3 – 8 and do not reach anyone by phone, please email your question, issue or problem for a reply. If you leave a message on the current phone during that week, your message will not be retrieved. Send your emails to the following:

office@azregionvolleyball.org (Becky), lisa@azregionvolleyball.org (Lisa) or play@azregionvolleyball.org (Gil).

A promotional poster for the 2019 All Skills Overnight Camp. The background features a volleyball player in a white and purple jersey, a city skyline at night, and palm trees. The text is in white and yellow. The GCU Volleyball logo is on the left. The main title is '2019 ALL SKILLS OVERNIGHT CAMP'. Below it is the tagline 'Play with the Lopes | Improve Skills | Have Fun'. The text describes the camp, led by GCU Women's Volleyball coaching staff and players, exposing campers to fundamentals and individual skills. The dates 'JULY 12 - 14' are prominently displayed. Below that is 'Brand New Canyon Activities Center!'. A note mentions 'For athletes entering grades 7-12. Resident and commuter options available.' Two columns list costs and camp inclusions. The website 'gcuvolleyballcamps.com' and contact email 'emily.witsaman@gcu.edu' are provided. A small disclaimer at the bottom mentions NCAA rules and GCU's non-discrimination policy.

GCU VOLLEYBALL

2019 ALL SKILLS OVERNIGHT CAMP

Play with the Lopes | Improve Skills | Have Fun

Led by GCU Women's Volleyball coaching staff and players, the GCU Volleyball All Skills Overnight Camp exposes campers of all positions and levels to fundamentals and individual skills of the game. Campers will develop volleyball skills including passing, setting, hitting, serving, defense and movements of the sport. As the camp progresses, athletes will apply skills to competition.

JULY 12 - 14

Brand New Canyon Activities Center!

For athletes entering grades 7-12. Resident and commuter options available.

Cost:	Camp includes:
• Resident: \$500	• T-shirt
• Commuter (meals included): \$450	• All meals for residential campers
• Commuter (meals not included): \$400	• Lunch and dinner for commuters with meal option

Get the details and register at
gcuvolleyballcamps.com

Questions? Contact emily.witsaman@gcu.edu

Per NCAA rules, all sport camps and clinics conducted by Grand Canyon University are open to any and all entrants and enrollment is only limited based on age, grade level, gender, or number restrictions as specified by each camp. GCU, while reserving its lawful rights in light of its Christian mission, is committed to maintaining an academic environment that is free from unlawful discrimination. Further detail on GCU's Non-Discrimination policies can be found at gcu.edu/titleIX ©2019 Grand Canyon University 19ATH0237

GRAND CANYON UNIVERSITY

Az. Fear Captures 4 of 5 Region Titles for 2018

Az. Fear won four of the five age divisions during Boy's Regionals, held Dec. 8, 2018 in Phoenix.

In the 18's division, Az. Fear's 18 JB team topped the Aspire 18 Black squad for the gold.



In the 17's division, the Az. Fear 17 TD team took the gold defeating the Aspire 17 Black.



In the 16's division, Az. Fear's 16 TS topped Fear's 16 SL for the division crown.



The 15's division saw the Fear 15 RW upend the Aspire 15 Black.



And in the 14's division, the Victory 14 Black team topped Az. Fear's 14 BP for the championship.



Congratulations to all the boy's teams and clubs that played this season.



SafeSport: Controlling the Controllables in Season

In Sports Psychology experts advise athletes to control the things they can change and let the uncontrollables take care of themselves. But that is difficult for an athlete because they are accustomed to working to stay in control. They work on keeping their emotions in check, they strive to cut down errors so that they experience success on the court, and they work on their craft to be as precise on each skill of their game. Athletes feel comfortable when their environment is in control. Keeping Volleyball safe is about keeping our environment safe as well. The younger the athlete the more out of control they play and live. They are trusting and believe that others will keep them safe.

When there is an issue on the court between players or even a coach athlete conflict it seems to boil down to the lack of control. Coaches demand that their athletes control their actions and trust them to have the best interest of each athlete on the court. Players need coaches to take the time to stop practice to have a teachable moment. Players will often forget that their quest to control their situation will affect what others think and do around them. It is in those times that players forget to respect others and keep their emotions in check that they run into conflict.

Coaches can model this in how they treat players, parents, and coaches. Let's take time to bridge the gap between other teams by remembering to respect what other clubs and coaches are doing with their athletes. Let's remember to appreciate our opponents in the spirit of good competition. Remember it's not about recruiting someone away from their current team but an opportunity to experience safe volleyball in the joy of competition. Let's also remember to continue to be the positive adult for our athletes instead of an out of control individual who wants to control everybody around us. Here are some ways that you can bridge that gap on game day.

1. Before the day begins ask a coach how long they have been coaching.
2. When teams are warming up watch players not just to see ways to beat the other team but to appreciate good play.

3. When the official makes a good call let them know.
4. When a team steps up to officiate for a team from out of town say thank you.
5. When a player has a good day recognize their efforts in front of the team at the next practice.
6. Pick up the trash at the end of the day on your court before you leave.
7. Say thank you to the site director who has worked a really long day.
8. At the end of a match look the opposing coach in the eye and tell them something you thought they did really well.
9. Watch the way other coaches talk to their players.
10. Try to learn one new thing every time your team plays.

Let's keep the court Safe

Cindy Kirk

SafeSport Director, Arizona Region of USA Volleyball

SUMMER 2019

VOLLEYBALL CAMP AT THE BEACH HOUSE

The ONLY indoor summer camp on the beach in Arizona!
Join us for fun and exercise in a super cool, air-conditioned facility.
Our coaches will offer training and drills that focus on passing, setting, hitting, serving and game strategy. Athletes will be grouped by age and skill level.

2 sessions per day | 4 hours per session | 8 am - 12 pm & 1 pm - 5 pm
\$40 drop-in* or \$179/week for all 5 days
Ages 7-15 | Boys and Girls**
24 kids max per session
All camp attendees will receive a Beach House Volleyball t-shirt!


Space is limited - Register today via our website at:
beachhousevolleyball.com/events

2019 CAMP SCHEDULE:

WEEK 1: 5/28 - 5/31/19***
WEEK 2: 6/3 - 6/7/19
WEEK 3: 6/11 - 6/14/19***
WEEK 4: 6/17 - 6/21/19
WEEK 5: 6/24 - 6/28/19
WEEK 6: 7/8 - 7/12/19
WEEK 7: 7/15 - 7/19/19
WEEK 8: 7/22 - 7/26/19
WEEK 9: 7/29 - 8/2/19

QUESTIONS? Email brian@beachhousevolleyball.com
or call us at (623) 234-3555 to learn more.

* Minimum 3 days per week for the drop in rate.
** \$10 sibling discount per week for multiple registrations.
*** \$145 for a 4 day week.



2019 Adults, Masters and Sizzle Information by Ron Pelham

Adults

The Arizona Region is looking to start a 4's coed, women and men's league in April. Teams will play two matches twice a week.

Masters

Anyone interested in a Master Division? We looking into the possibility of hosting a master's division at one of our adult division tournaments.

Open Nationals

The 2019 Open National Championships will be held May 24-29 in Columbus, Ohio. Please register your team and reserve your hotel as soon as possible at

the link: <https://www.teamusa.org/USA-Volleyball/Calendar/2019/May/24/Open-Nationals/Participant-Info>

Arizona Sizzle

Women will play in the U of A and ASU Spring Tournament March 30th and April 6th.

We are looking to take both Men and Women to participate in the 2019 Open Division at Nationals. Please contact Ron Pelham at

AZHP@Azregionvolleyball.org. if you're interested or have questions.

Region Offers Camp Page for Athletes, Schools and Directors

The Arizona Region of USA Volleyball continues a tradition of offering to both camp directors, parents and athletes a link for posting and exploring summer volleyball camp opportunities for the 2019 season.

The link can be found on

the top of our Region webpage at **www.azregionvolleyball.org**.

If you have a camp you would like to submit, ensure all the information is in an e-mail WITH a pdf copy of the camp flyer to be attached to the information.

This way, parents and ath-

letes alike can peruse the section, finding camps in their area, price range and appropriate instruction level.

Please e mail Gil at **Play@azregionvolleyball.org** with your camp information as soon as you have it secured.

Region Continues Blogs for Coaches, Parents

The Arizona Region continues to offer a coaching and a parent blog for our membership.

The coaching blog, Arizona Sidelines, has recently featured interviews with GCU Men's Volleyball Coach Matt Werle and a special interview with former USA National Team Assistant Coach and recently hired Canadian National Women's Team coach Tom Black. You can read/listen to this blog at **arizonasidelines.blogspot.com**.

The parent blog, titled Court of Parent Opinion, talks about issues and information that face volleyball parents. You can find this blog at **courtofparentopinion.blogspot.com**

We welcome your questions and ideas for the blogs. Please send them and any feedback you have to **outreach@azregionvolleyball.org**.

The logo for OddiTees Custom Apparel features the brand name "OddiTees" in a large, bold, red sans-serif font. Below it, the words "Custom Apparel" are written in a smaller, black, serif font. The entire logo is enclosed within a thin black rectangular border.

'19 High Performance for Beach and Indoor Information

The Arizona Region will be hosting a Pre-USAV Indoor HP Tryout Clinic on Sunday, March 17, 1 pm - 4 pm at Spiral Volleyball Facility - 400 N. 56th Street, Chandler, 85226. Cost is \$35 for pre-registration in Webpoint or \$50 walk up. Sign up in Webpoint under "Other Region Clinics." The clinic is for girls born in 2005 or earlier. The clinic will prepare the participants for the USAV HP tryouts as well as introduce them to the AZHP Staff.

AZHP will be looking to field the following teams for the 2019 High Performance Championships held in Ft. Lauderdale, Fl. July 18 - 22, 2019:

Boys

International Youth Division (born in 2000 and after), National Division (born in 2001 and after) and Regional Division (born in 2002 and after).

The AZHP Tryout/Clinic will be held on Saturday, May 18th (10 am - 1 pm), and/or Sun, May 19th (1:30 pm - 4:30 pm) @ Spiral Volleyball. Athletes may attend 1 or 2 days (there is no requirement to attend both camps, but recommended)

Girls

International Youth Division (born in 2002-2003), National Select Division (born in 2004-2005) and Future Select (born in 2006-2007).

The tryout/camps will be held on Friday, May 10th (6 pm - 9 pm), Sat, May 18th (10 am - 1 pm) and Sun, May 19th (1:30 pm - 4:30 pm) @ Spiral Volleyball.

Offering a multi date Tryout/Camp gives athletes the opportunity to attend several dates. It also give athletes another opportunity should they not be availa-

ble one day and again should they have a bad day. There is no requirement to attend all dates. Girls participating all three days will be given a \$100 credit toward their HP fees should they make the team. Participants will register for 1, 2 or 3 days in Webpoint starting in April.

USAV High Performance

USAV Girls Indoor HP Tryouts Friday, March 29th @ Spiral VBC

The time is 4 pm - 8 pm. Please arrive a minimum of 1 hour prior to check in and begin physical training prior to the start of the tryouts. Register for the tryouts at <https://www.teamusa.org/usa-volleyball/high-performance/indoor/tryouts>.

Create an account in Ex3 if you have not already done so and then register for the tryouts through the Ex3 system. The cost does go up as the tryouts near. Registration up to 1 week prior is \$90, within one week of the tryouts the cost is \$115, walk up registration is \$140.



Beach High Performance

USAV Girls & Boys Beach HP Tryouts (U13 - U23) are Friday, May 3rd @ Victory Lanes

USAV Beach HP Tryouts will be held for men and women/boys and girls in the U13 - U23 age divisions (those born in 1995-2006) zonally. Visit the USAV HP Beach page for more information and to register.

For more information, contact Ron Pelham at AZHP@azregionvolleyball.org



Arizona Hosting NQ for USA National Beach Tour April/May



The Arizona Region will once again host a National Qualifier for the USA National Beach Tour in late April and early May for boys and girls 12's to 18's.

The USA National Beach Tour is a joint effort between USA Volleyball and the 40 regions across the US. This tour is a merger of the Junior Beach Tour (JBT) and the American Beach Tour (ABT) and is the "officially sanctioned beach tour of USA Volleyball." This year, the 2019 National Championships will be held in Manhattan Beach, California in July.

Arizona's BNQ dates are Sunday, April 28th for the U12 and U14 and the following Sunday, May 5 for the U16 and U18 boys and girls. The tournaments will be held at Victory Lanes Sports Complex in North Phoenix.

To register for the NQ or for more information on the tour itself and the other NQ's around the country, go to their website at www.nationalbeachtour.com.

NBT Desert Freeze Awards Bids to Nationals

Living up to its name, the NBT Arizona Desert Freeze saw teams from all over Arizona and beyond battle un-desert like conditions and earn bids from 6 different age and gender divisions into the National Beach Tour Championships.

Temperatures hovered in the mid 50's on December 27th at Victory Lanes Sports Park in north Phoenix, and spent most of the time in the '40's on the 28th which saw competitors playing full matches in both pool and bracket play.

Canon Bongard and partner Sydnee Broadway swept through the 18's division, not dropping a match and defeating Alexandra Parkhurst and Alyssa Garber in the final 21-19, 21-19. In the third-place match, Miranda Erro and partner Summer McDonough topped Taryn Ames and Analy Carbine. All four teams were awarded a bid to the National Beach Tour Championships in July, 2019 in Manhattan Beach, Ca.

In the Girl's 14's division, Korah Nordin and Gracie Smith topped Kaydon Meyers and Kalia Cole for the gold medal.



Trevor Hickman and Christian Johnsen earned the NBT Championship bid by winning the boy's 14's division.

Marielle Ramos and her partner Ralynn De Jesus won the girls 12's division.

The boys 16's division was won by Kyle Anderson and Tate Miller who topped the team of Preston Conolly and Jarrett Spartz for the gold.

On Dec. 27th, Bongard and Broadway showed why they were the team to beat by winning the 16's division without losing a set. They topped Caprice Lorenzo and Jelina Lynch 21-11, 21-10 in the final. In the third place match, Kennedy Farley and Adna Mehmedovich outdueled the team of Olivia Elmore and Reese Waters 21-17, 21-16 for the bronze medal. All four teams were awarded bids to the NBT Championships.

Take Your Volleyball Communications to the Next Level By Jen Barber

Social media is a useful communications tool engaging coaches, clubs and athletes in the sport of volleyball. Everyday, we see authentic and inspiring posts by local clubs connecting with their fans on a personal level. And we LOVE it!

Here are a few tips you can use and share:

If you'd like to be more relatable and accessible through social media, be sure to respond to your fans/followers in a timely manner. Don't let a legitimate message go unanswered. Many times, prospective athletes and potential business partners make that first contact through Facebook, Twitter, Instagram, etc.

Appreciation is a valuable character trait. You can use social media to thank your coaches, families and volunteers. Shout outs are a fun way to recognize those you value and who've accomplished amazing goals.

Remind younger athletes about the power of social media. Every single post is a form of public relations for that student athlete and their posts last an eternity on the internet. (Nothing ever really "disappears.") It's heartbreaking to see negative or unbecoming posts resurface and eventually prevent talented kids from pursuing their athletic - or academic - goals in the future. Coaches seek out social media as a recruiting tool and routinely disqualify athletes who post photos of themselves with drugs and/or alcohol, using offensive language, and dressing inappropriately. A wise rule of thumb is this: If you have any concerns about a post creating a conflict - don't post it.

This year, the Arizona Region of USA Volleyball renews its effort to increase communications. We want to hear about and share all the great things happening in the region with our clubs, partners, and families. Please send your information to us and/or tag us in your posts.

We welcome your feedback and encourage you to follow us and share our links through your social media so no one misses out on important region news and updates.

Keep up the great work!

Jennifer Barber

Social Media Coordinator



Arizona Region of USA Volleyball: On Facebook

**<https://www.facebook.com/AZRegionVolleyball/>
<https://www.facebook.com/ArizonaRegionAdultVolleyball/>
<https://www.facebook.com/AZRegionBeach/>**

On Instagram
<https://www.instagram.com/azregionusavolleyball/>

On Twitter
**<https://twitter.com/usavaz>
<https://twitter.com/AzRegionBeach>**

**The Arizona Region
of USA Volleyball**

7100 W. Erie St
Chandler, AZ 85226
www.azregionvolleyball.org



www.azregionvolleyball.org



P.E. Teachers from the Deer Valley Unified School District recently invited the Az. Region to come out and work with them during their in-service day on the different disciplines and skills they can use and bolster in their P.E. classes going forward. Sitting Volleyball was one of the teachers' favorite games during the session. Region Outreach works with schools in team, PE class, coach and teachers settings. Feel free to contact us to help enhance your current volleyball programming OR to help bring volleyball into your school or organization.

Outreach@azregionvolleyball.org.