



COVERING THE COURT

ARIZONA REGION
OF USA VOLLEYBALL

SPRING 2023



AZ HIGH PERFORMANCE CLINICS & TRYOUTS | PAGE 6

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MAKING "HER" STORY

The Arizona Region of USA Volleyball extends a heartfelt CONGRATULATIONS to two trailblazing coaches from Arizona making history in women's volleyball.

In January 2023, the University of Arizona named Charita Stubbs as the next head coach of Arizona Volleyball, following the retirement of Arizona's long-time head coach Dave Rubio.

In February, Head Coach Stubbs hired Deitre Collins-Parker as Arizona Volleyball's new assistant coach. This dynamic duo have served on the coaching staff for our award-winning AZ High Performance program, and we can't wait to see what they accomplish at the collegiate level!

PICTURED RIGHT: DEITRE COLLINS-PARKER & CHARITA STUBBS
AZHP SUMMER 2022 | PHOTO COURTESY: JAYDA CHEE



FAST FACTS ABOUT THE AZ REGION

ARIZONA REGION OF USA VOLLEYBALL

– THE LEADER IN ARIZONA VOLLEYBALL –

Girls volleyball is the most popular team high school sport in the United States. Nearly 328,829 girls, ages 11-18, are members of USA Volleyball.

The Arizona Region of USA Volleyball is one of 40 volleyball regions under USA Volleyball. We offer indoor and beach opportunities for boys, girls & adults.

Overall membership in the Arizona Region is 12,206. This is our highest membership ever! It's a 16.7% growth over the same time last season.

Adult females up 18.6%,
Adult males up 14.1%.
Adult membership includes adult players, officials, junior coaches, chaperones & any other adult associated with a club.



THE "AZ REGION" TOURNEYS YOU ATTEND ARE COORDINATED BY THE ARIZONA REGION OF USA VOLLEYBALL

USA Volleyball has 40 regions... and we are the "regional" organization for USA Volleyball in Arizona. In fact, we promote, govern, oversee, plan and coordinate amateur indoor and outdoor volleyball tourneys for youth and adults!

Our mission is to provide a variety of opportunities in safe, positive and appropriately competitive environments. We are a nonprofit organization.



“FROM THE COMMISH”

Pictured left in blue: AZ Region Commissioner Harold Cranswick started playing as an athlete in the AZ Region in the 1970's.

He joined the Board of Directors in the 1980's.

He has served in the role of Commissioner since 1997.

THE GOOD, THE BAD, & THE UGLY

If you are associated with a junior team in the Arizona Region then you have probably noticed teams that are scheduled to play at:

- local schools have plenty of relatively close parking but you may or may not have had a designated space for a team camp;
- Legacy (Bell Bank Park) have plenty of parking but you may have to pay for parking, you have a long walk to the facility and team camps are not allowed;
- Court One find parking to be a challenge, you may or may not have to walk some distance and there is some space for team camps;
- Spiral or the Region find parking to be a challenge, you may or may not have to walk some distance and it is difficult, if not impossible, to find a space for team camps.

So – you may be wondering why are there such differences and what can be done?

First, it is important to realize that the owner(s) of each facility control the outside of their facility. While the Region contracts with the owner(s) for the use of their courts, it is the owner(s) who makes decisions about fees and parking spaces as well as rules regarding “team camps” somewhere in or around the facility.

As far as the parking issue is concerned, here is what it looks like based on the facility:

1. Local schools –

- a. *Parking* - Schools usually have plenty of parking and, to date, we have had no real issues with parking availability at schools.
- b. *Team Camps* – Schools make the rules on team camp space and it is critical that teams and spectators collect and remove their own trash and leave the facility and surrounding areas as clean as they found it.

2. Legacy (Bell Bank Park) –

- a. *Parking* – Parking is plentiful but there is usually a parking fee and, in some cases, it will be a bit of a hike to get to the building.
- b. *Team Camps* – Legacy does not allow team camps.

3. Court One –

- a. *Parking* - Until recently, the City of Tempe overlooked the fact that many people parked along the street where No Parking signs lined the street. It is unclear what the future holds but it is always best to obey signs and to refrain from parking in lots that belong to businesses.
- b. *Team Camps* - The owners of Court One have been very nice to allow as many team camps as the area on the north side of the building can hold however, as with schools, it is critical that teams and spectators collect and remove their own trash and leave the facility and surrounding areas as clean as they found it.

4. Spiral or the AZ Region Facility –

- a. *Parking* - During the pandemic, a new architectural design was approved by the City of Chandler for the area between the two buildings that would include a redesigned parking lot as well as four new sand courts. As tenants, the Region has been very excited about the prospect of improved parking and new sand courts but, as of this point in time, progress seems to have stalled and the Region has no additional information to share. As a result of the loss of the parking lot, many people are attempting to find parking spots as close as possible to the two buildings, often with no luck. The Region is reaching out to the business owners in the surrounding area to see if there is any possibility that the Region could work a deal to use some or all of their empty parking spaces and then charge a fee for parking that would offset the cost of attendants and any clean up afterwards. One of the problems the Region is encountering is the fact that, in the past, a few folks have left so much trash in the parking lots that the business owners don’t really see volleyball teams and spectators in a favorable light. Until a deal can be reached, the Region is asking everyone to park on Erie Street as well as the streets both north and south of Erie Street.

**PLEASE DO NOT PARK IN DRIVEWAYS, ON CURVES, IN
FRONT OF FIRE HYDRANTS OR IN PARKING LOTS
BELONGING TO THE BUSINESSES.**



- b. *Team Camps* - The land in between the buildings is still torn up so please refrain from setting up team camps until construction is finished and the Region indicates we have approval to set up team camps once again. Since no team camps are allowed at Legacy, the Region is quite certain it is possible to go without team camps until the remodeling is completed.

Continue ➞

After reading about the locations, there are two BIG and very important lessons and requests to emphasize:

1. If you pack it in, please pack it out.

As you can see, no matter where teams are scheduled to play, it is CRITICAL for everyone to collect their trash and take it when you leave. Please clean up after attending a tournament.

2. Behavior

The rude, disrespectful and shameful behavior of some players, coaches, parents and/or spectators continues to cause the Region to lose officials as well as tournament sites. Yelling at Region staff and officials, bringing food in the facility and leaving trash in the gym and parking lots is making more and more facility owners begin to question whether or not it is worth hosting a tournament for the amount they are paid. Please play hard, cheer for your team and show class and respect for others.

If these requests seem extreme, please keep in mind that the **Arizona Region is doing it's best to keep fees as low as possible while providing as many playing opportunities as possible for our members.** Please help us keep the Arizona Region tournament season as inexpensive as possible by working with us on the parking situation, the team camp issue and the treatment of others.

From the court,

Harold W. Cranswick
Commissioner
Arizona Region of USA Volleyball



#AZREGION





**SAFESPORT
HELPLINE**

www.safesporthepline.org | 866-200-0796

**REPORT
ALL COMPLAINTS**
PLEASE RESPECT THE REFS
AND ALL AZ REGION STAFF.
THANK YOU!

Submit Complaint
To submit a complaint with the AZ Region, scan the QR code and complete the form with your device.

FIND THE COMPLAINT FORM
ON OUR WEBSITE
WWW.AZREGIONVOLLEYBALL.ORG

TELL US ABOUT IT!

Aloha, AZ Region Members...

As you may already know, there is no systematic coordination of complaints sent to the AZ Region, either by regular mail, email or filed through SportsEngine. This failure is especially true in the area of complaint receipt, logging and tabulation. To remedy this, the AZ Region has implemented a new complaint process, effective this past January.

All Region tournament sites will now have posted Complaint QR Code signs on display which you can scan with your mobile device. The same QR code is also available on the AZ Region website (www.azregionvolleyball.org) homepage. Once the form is completed and submitted, your complaint will be officially received with its own timestamp and logged into our system.

Your entry will then be forwarded to the appropriate division for resolution. Complaints sent by regular email or through SportsEngine will no longer be considered officially received. Complaint phone calls made to the Region office or staff member will be directed to file online. Each submittal will be checked for veracity and follow up contact will be made. Be brief in your Incident Description narrative, as excessive word counts will delete your submittal. Detailed statements can be requested later. Complaints filed but later denied by SafeSport must re-file in our system.

This new process is intended to expedite complaint submittals and prevent complaint loss through email misdirection. Match Comment Forms formerly available at Site Directors' desks are now obsolete. Any further questions may be directed to the Ethics and Compliance Officer. Take care and have a great season.

JR Salima
Ethics Compliance Officer
Arizona Region of USA Volleyball
Mobile: (602) 614-9263



SUBMIT A COMPLAINT
WWW.AZREGIONVOLLEYBALL.ORG

SUN DEVIL VOLLEYBALL CAMPS AT ARIZONA STATE UNIVERSITY

SCAN THE QR
CODE BELOW!



OR GO DIRECTLY TO
SUNDEVILVOLLEYBALLCAMPS.COM



SPRING DIRECTORS FORUM MAY 7, 2023 | 1 - 3PM

LOCATION: AZ REGION FACILITY
WATCH YOUR EMAIL FOR REGISTRATION

DEAR CLUB DIRECTORS,



PLEASE SHARE THIS NEWSLETTER WITH YOUR TEAMS AND FAMILIES. IT'S OUR HOPE TO SHARE THE GOOD NEWS HAPPENING IN OUR REGION AND TO OFFER OUR RESOURCES TO ATHLETES WANTING TO TAKE THEIR GAME TO THE NEXT LEVEL.

WE APPRECIATE ALL YOU DO!! THANK YOU!



#AZREGION | WWW.AZREGIONVOLLEYBALL.ORG

AZ Region Represents with Ron Pelham



The Arizona Region of USA Volleyball has a highly competitive **High Performance** program led by Ron Pelham.

Again this summer, Arizona Region High Performance will participate in the Volleyball All-Star Championships hosted in Ft. Lauderdale, Florida July 19-23, 2023.

ARIZONA REGION HIGH PERFORMANCE

2023 AZ HIGH PERFORMANCE CLINICS & TRYOUTS

FRIDAY, MAY 19: 5:30 - 8:30PM

SATURDAY, MAY 20: 10:30AM - 1:30PM

SUNDAY, MAY 21: 1:00 - 4:00PM

**Athletes are not required to attend all three days of clinics/tryouts. However, attending more than one day may give the athlete a chance to improve and give the coach a better idea of their work ethic and skill.*

Selected athletes will train: **July 10-14, 2023**

The AZHP delegation travels as a whole from **July 17-23, 2023.**

WWW.AZREGIONVOLLEYBALL.ORG/HIGHPERFORMANCE



RON PELHAM | AZ REGION OF USA VOLLEYBALL



REGISTER
THROUGH
THE AZ
REGION
WEBSITE!



THE ARIZONA REGION REPRESENTS FOR NORCECA BOYS U19 CHAMPIONSHIP ROSTER



CONGRATS!! We are so proud of
Finn Kearney & Trevell Jordan!!



BY COMMUNICATIONS MANAGER B.J. HOEPTNER EVANS (BJ.EVANS@USAV.ORG) | MARCH 9, 2023, 05:28 PM (MST)

Twelve Chosen for NORCECA Boys U19 Championship Roster



FINN KEARNEY



TREVELL JORDAN

TWO OUTSTANDING ATHLETES
REPRESENT THE ARIZONA REGION
OF USA VOLLEYBALL FOR NOCECA
BOYS U19 CHAMPIONSHIP ROSTER.

HOW DID THEY TAKE THEIR GAME
TO THE NEXT LEVEL? **BOTH PLAYED
FOR THE ARIZONA REGION'S HIGH
PERFORMANCE PROGRAM.** AND
BOTH PLAYED FOR BOYS
VOLLEYBALL CLUBS IN THE ARIZONA
REGION OF USA VOLLEYBALL.

- **Finn Kearney made the Top 12 roster**
#11 Finn Kearney (Opp, 6-5, 2006, Phoenix, Ariz., Sandra Day O'Connor HS)
- **Trevell Jordan is an Alternate**
Trevell Jordan (MB, 6-8, 2006, Mesa, Ariz., Desert Ridge HS)

UNIVERSITY OF ARIZONA

VOLLEYBALL CAMPS

MAY 30TH - JUNE 1ST // 9:00AM - 3:00PM

MINI CAMP

\$200

MAY 30TH - JUNE 1ST // 4:00 - 6:00PM

SERVE & PASS

\$120

JULY 8TH-9TH // 9:00AM - 12:00PM & 2:00 - 4:00PM

INTERMEDIATE/ ADVANCED

\$220

JULY 10TH-12TH // 9:00AM - 3:00PM

POSITION

\$50 **OR** \$350
PER SESSION ALL SESSIONS

JULY 14TH 2-3:00PM // JULY 15TH 9AM-4:30PM
JULY 16TH 9AM-4PM

TEAM CAMP

\$175

JULY 6TH 9:00AM - 5:30PM // JULY 7TH 9:00AM - 2:30PM

ELITE VOLLEYBALL

\$290



RITASTUBBSVOLLEYBALLCAMPS.COM



2023 Adult Volleyball

Arizona Region of USA Volleyball

WHO CAN PARTICIPATE:

- FORMER HIGH SCHOOL, COLLEGE OR RECREATIONAL ATHLETES
- RECENT HIGH SCHOOL AND COLLEGE GRADUATE WHO AREN'T PLAYING

2023 SEASON

REGION TOURNAMENTS:

- MARCH 12
- APRIL 2
- APRIL 23
- MAY 7TH IS AZ REGION ADULT CHAMPIONSHIPS



IF YOU HAVE INTEREST IN PUTTING A TEAM TOGETHER, PLEASE CONTACT THE REGION OFFICE WITH TEAM NAME AND TEAM REPRESENTATIVE CONTACT INFORMATION.

ADULT OPEN NATIONAL CHAMPIONSHIPS

MAY 26-31, 2023 IN DALLAS, TEXAS

WWW.AZREGIONVOLLEYBALL.ORG/ADULTS

ADULT DIVISIONS FOR THE OPEN NATIONAL VOLLEYBALL CHAMPIONSHIPS

DIVISIONS AND DATES OF PLAY FOR THE OPEN NATIONAL VOLLEYBALL CHAMPIONSHIPS BEGIN WITH OPENS MAY 27TH -30TH, AA/B MAY 26TH-28TH, A/BB MAY 29TH-31ST, AND COED 4'S AND REVERSE COED 4'S MAY 27TH -28TH.

WE ENCOURAGE ANY AND ALL PLAYERS AND TEAMS TO COME OUT AND JOIN US IN CELEBRATING THE SPORT WE ALL LOVE.

MORE INFORMATION:

PLEASE VISIT THE USA VOLLEYBALL WEBSITE. HERE YOU CAN FIND INFORMATION ABOUT THE TOURNAMENT, REGISTRATION AND HOUSING OPTIONS, TOURNAMENT RULES, AND MORE.

[HTTPS://USAVOLLEYBALL.ORG/EVENT/2023-OPEN-NATIONAL-CHAMPIONSHIP-OPENS/](https://usavolleyball.org/event/2023-open-national-championship-opens/)

[HTTPS://WWW.VOLLEYBALLHOTELS.TEAMTRAVELSOURCE.COM/USAV-OPEN-NATIONAL](https://www.volleyballhotels.teamtravelsource.com/usav-open-national)

IF YOU HAVE ANY QUESTIONS REGARDING THE TOURNAMENT DATES OR ANYTHING ELSE, PLEASE DON'T HESITATE TO CONTACT US.

CONTACT RON PELHAM

AZHP@AZREGIONVOLLEYBALL.ORG
www.azregionvolleyball.org/adults

BRING IN YOUR BEACH BID!



WWW.AZREGIONVOLLEYBALL.ORG/BEACH

Spring and summer beach season is warming up!

The #AZRegionBeach program has a lot to offer in 2023!



AZ DESERT OPEN

Our Desert Open is the Arizona National Qualifier for the USAV National Beach Tour. The AZ Region holds qualifying tourneys at Victory Lane Sports Park located on 43rd Avenue south of Pinnacle Peak Road in north Phoenix.

Top three finishes in each division earn a berth to the USAV Jr. Beach Nationals held in Fort Lauderdale, Florida July 18-23rd.

The Desert Freeze tournament, held on January 29th after being rained out a month before, saw 14 team bids awarded for Nationals in six different age and gender divisions! CONGRATS TO ALL!!

Below are the Desert Open dates and divisions.

Register online today!! For more information, contact the Region Office.

APRIL 30, 2023

BOYS & GIRLS

12s & 16s

MAY 7, 2023

BOYS & GIRLS

14s & 18s

**REGISTER
ONLINE**

www.azregionvolleyball.org/beach

**TOURNEY LOCATION:
VICTORY LANE SPORTS PARK**

FATHER'S DAY TOURNEYS 2023

FATHER DAUGHTER BEACH TOURNEYS!

www.azregionvolleyball.org/beach

AZ
REGION
BEACH
VOLLEYBALL

MOTHER'S DAY

BEACH VOLLEYBALL

**DESERT OPEN
NATIONAL QUALIFIER**

BEACH

WWW.AZREGIONVOLLEYBALL.ORG/BEACH

Your Recruiting Questions Answered

Q&A with #AZVolleyballMom, Jen Barber | AZ Region Social Media Coordinator

If your athlete is looking to continue a volleyball career at the collegiate level, a few do's and don'ts can make the recruiting process a little less daunting.

In this issue of Covering the Court, I'm pleased to share a Q&A with the head volleyball coach at Embry-Riddle Aeronautical University in Prescott, Arizona, Jill Blasczyk.

Not only does Coach Blasczyk have extensive experience as a club and high school volleyball coach, she's also had an impressive career as an athlete at the University of Arizona. "A four-year starter for the Wildcats, Blasczyk's team made four consecutive trips to the NCAA National Championships. In 1999 the squad made it to the Sweet Sixteen, and in 2000, the team claimed the Pac-10 Championship en route to making the Elite Eight of the National Tournament. During her senior year, Arizona made it to the Women's Volleyball Final Four, led by Blasczyk's Pac-10 leading .426 hitting percentage. She earned Pac-10 All-Conference & AVCA Pacific All-Region honors and was named a first team All-American in 2001."

We thank Coach Blasczyk for her time helping us "dig" into this important topic! -Jen Barber | #AZVolleyballMom

Q. As a collegiate coach, where do you search for prospective athletes?

A. The short answer is: everywhere. Most of my physical, in-person recruiting is done at various club tournaments throughout the nation, as well as camps, clinics, or combines. I do not spend much time searching on recruiting databases. I find that I have more success making person-to-person connections by having virtual or in-person conversations.

Q. The volleyball community is close-knit. How important is word of mouth in the recruiting process?

A. Yes, I've experienced the close-knit volleyball community phenomenon for most of my life. Word of mouth goes a long way in the recruiting process. If someone I know and trust recommends a player for our program, I am going to follow up with that recommendation 100% of the time.

Q. What would you say are the three most important things for an athlete to remember when contacting a coach for the first time? (Is it important for an athlete to show they've done a little homework about the program?)

A. 1) The internet is your friend. Use available resources (websites, social media, etc.) to investigate a school, volleyball program, roster, coaches, and schedule – before contacting a coach or coaches.

2) Make communication personal and be persistent. If you are sending me an email stating that you are a 6'4" left-handed opposite, aspiring rocket scientist with a 4.2 GPA who loves mountains and hiking trails... you are going to get my attention. Even if I do not respond to your initial contact, send another email or pick up the phone and call. I received a hand-written letter (in the mail!) from a prospective student-athlete last summer and it got my attention.

3) Avoid mass emails. Please don't send an impersonal, form email with our university's name auto-filled into the middle of the second paragraph. It will get deleted.

“You are the magic.
You need to take initiative in
your recruiting experience
and market yourself.

–Jill Blasczyk

”



JILL BLASCZYK | EMBRY-RIDDLE AERONAUTICAL UNIVERSITY, PRESCOTT | HEAD VOLLEYBALL COACH

PHOTO CREDIT: Valerie Fox | ValerieFoxPhotography.com

Q. When you are scouting players at national tournaments, what are you watching? In addition to skill, how important are behavior, communication, and body language on and off the court?

A. I am observing everything at national tournaments. I am recruiting good humans above all else. I am observing your physicality, athleticism, competitiveness, effort, vocal leadership on and off the court, volleyball training and skillset, instincts, and discipline. Even more importantly, I am observing how you interact with teammates, coaches, officials, and parents – especially after mistakes or losses. Are you running on and off the court? Are you carrying your equipment and water bottle? Are you eating healthfully and staying properly hydrated? Are you picking up garbage and water bottles from the bench area after your match? Are you laughing and enjoying the company of your teammates? Little things can have big implications.

Q. As parents, we're told our most important role is to support our kids by being positive spectators and letting the coaches coach. Do you watch parent behavior? Can a parent's actions influence your decision in the recruiting process?

A. Definitely. I'm looking for green flags, yellow flags, and red flags all over. Parents (and parent behavior) can offer great insight as to what kind of student-athletes they're raising. Is a prospective athlete looking over at the sideline during the match? Are parents offering unsolicited feedback to players, coaches, or officials? Are comments positive? Are comments negative? It's so interesting to witness the dynamic of a club team's sideline.



Parental green flags: cheering for the team, encouraging words, neutral or positive body language, giving players space to be with their team and coaches during a tournament.



Parental red flags: coaching during match, complaining about players/coaches/officials, disassociated or poor body language when daughter is on the bench, or carrying players' bags for them.

Q. As a coach, how important is it to you to find team members who are a good fit for what your university/program can offer? (In addition to academic goals, feel free to add anything here about attitude, personality, competitive drive, too.)

A. It is everything to find student-athletes who are a good fit for our university and volleyball program. It's important for prospective student-athletes to identify what they are looking for in a collegiate experience. There are so many factors to consider and so many options. Find a school that you would be happy attending as a regular student, if volleyball were not a part of the equation – then you know you're at the right place.

Q. As a high school athlete, what questions should prospective players ask coaches? Is it okay for an athlete to ask a coach about the time commitment between athletics and academics? What other questions do you commonly hear?

A. Ask the questions that are relevant to your decision making process. Be prepared to ask SOME questions; it shows that you are curious and want to know more. Yes, I think it's important to ask questions about the time commitment required of academics and athletics at a particular institution. A typical question I get is, "What does a day in the life of a student-athlete look like?" I usually defer to our student-athletes to answer this kind of question, but it's important to have an understanding of what you would signing up for.

Q. Here's the toughest question. What is the etiquette for asking about academic/athletic scholarships? It's such an important question for both parties. But when is the appropriate time to bring up money? Should a coach initiate the conversation first?

A. Scholarships are extremely important, but never a topic I would lead with. There is some foundational research you can do on your own regarding a particular institutions' scholarship opportunities. Please don't inquire about scholarships in your initial communication. Beyond that, it is usually safe to ask "how do scholarships work at _____?" or "what is the criteria for earning a scholarship?" Don't forget – there is more money "out there" in academic scholarships than athletic scholarships. At our institution, academic and athletic scholarships can be combined. That means high academics can pay off too. Do yourself a favor and get good grades.

Q. The process of communicating with a coach can be intimidating for a teenager, but I also find it's a great life-long skill. I'm sure you've seen student athletes grow tremendously during this time in their lives. Do you enjoy the recruiting process as a coach?

A. It can be uncomfortable for a prospective student-athlete to communicate directly with coaches, but it is absolutely necessary. Don't worry, it can be awkward for me too. Ha! That being said, I want to recruit someone who is willing to put themselves out there for an opportunity to compete at the next level. I do not want to recruit someone hiding behind the communication of a parent or recruiting coordinator. Yes, I enjoy the recruiting process, for the most part. I enjoy meeting new people and getting to know families, who eventually become friends, long after volleyball is over.

Q. Would you like to include anything I may not have asked?

A. My advice: There is no magical recruiting platform or app. You are the magic. You need to take initiative in your recruiting experience and market yourself. A paid recruiting profile is not necessary. You can create a free recruiting profile with a YouTube channel where you post current highlight and match footage. Send emails, make phone calls, and write letters. Show up to camps, clinics, or showcases at schools you would like to attend. Keep an open mind and enjoy the process!



RECRUITING DEADLINES

“


- **Women's NCAA Division I and high-level Division II:** The first divisions to start evaluating recruits. Many programs put together a list of 13 to 14-year-old prospects to watch and evaluate over the following few years.
- **Men's NCAA Division I and II:** Programs start evaluating recruits around the 15- to 16-year-old age group & continue evaluating as the recruit grows and matures.
- **Most NAIA, Division III and NJCAA programs:** Coaches start evaluating recruits when they are 16 or 17-years old. Since academics are big part of the recruiting process, coaches will look for more complete school transcripts and SAT or ACT exam scores.

JUNE 15TH AFTER A RECRUIT'S SOPHOMORE YEAR: For all volleyball disciplines (men's, women's and beach), NCAA Division I and II college coaches cannot directly communicate with recruits – or their families – until June 15th after the recruit's sophomore year.

For NAIA, NCAA Division III and NJCAA: Fewer restrictions allow coaches to directly communicate with recruits. "Most coaches at these levels start communicating with recruits after their sophomore year, primarily for academic reasons and because these divisions typically finalize recruiting rosters later than NCAA DI and DII programs," explains Sue Webber, partnership director for USA Volleyball partner Next College Student Athlete, which helps guide athletes through the college recruiting process.



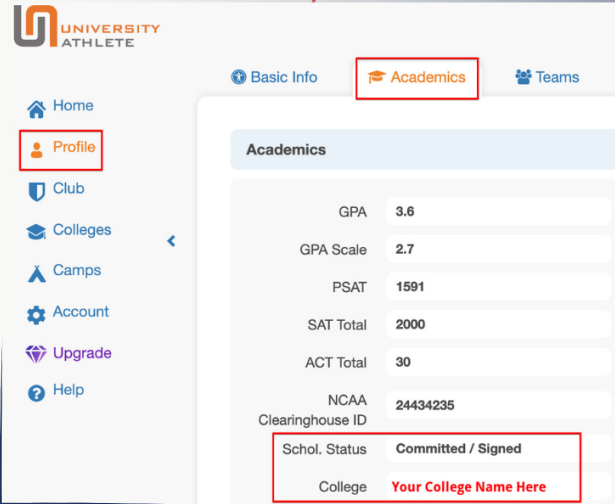
USA VOLLEYBALL partners with Next College Student Athlete, helping guide athletes through the college recruiting process.
SOURCE: <https://usavolleyball.org/resource/college-recruitment-timeline>



RECRUITING TIP

If you choose to use a recruiting app, make sure it's updated!!

Commits: Here's how to update your commitment status on **University Athlete.**



The screenshot shows the University Athlete app interface. On the left is a navigation menu with options: Home, Profile (highlighted with a red box), Club, Colleges, Camps, Account, Upgrade, and Help. The main content area shows the 'Academics' tab selected, displaying a table of academic statistics:

GPA	3.6
GPA Scale	2.7
PSAT	1591
SAT Total	2000
ACT Total	30
NCAA Clearinghouse ID	24434235
Schol. Status	Committed / Signed
College	Your College Name Here



CHECK OUT MORE GREAT TIPS @ WWW.AZREGIONVOLLEYBALL.ORG



#AZREGION & #AZVOLLEYBALLMOM



REMINDER

Every team must be on its site by the first match of the pool start time, and the coach must attend the Coaches Meeting!



PACK IT IN. PACK IT OUT!

www.azregionvolleyball.org/facility-teamcamp-guidelines

Thank you for keeping our facilities clean!



NAU JULY 2023 NAU

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

NAUVBCAMP.COM

LUMBERJACK
VOLLEYBALL CAMPS

JULY 8TH-10TH
ALL SKILLS

JULY 11TH-13TH
TEAM CAMP

JULY 14TH-16TH
ADVANCED CAMP

JULY 21ST-23RD
DAY CAMP



Scan here or visit our website to sign up and learn more!

NAU
VOLLEYBALL

Why Coaches AND Parents Should Know About “Relative Age Effect”



Submitted by Eric Hodgson
Contact: erichbke@msn.com

Theodore Roosevelt coined the adage, “Comparison is the thief of joy.”

So often, parents, coaches and other players and teammates compare athletes to others, wondering why their daughter can't jump serve like the other 13-year-old on her team, or why the middle blocker for our boys' team can't seem to close a block fast enough.

We think it's a deficiency in coaching, or in parenting or maybe our athlete just isn't working hard enough or is competitive enough.

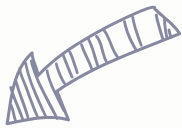
The universal answer to these thoughts and comparisons is rooted in biology: We are ALL different! Take a breath and let that sink in.

Judging young players on what other athletes their age are doing is a fool's errand. How fast a youth's brain processes, how quick their bodies react to specific outside stimuli, how they engage themselves emotionally are all variables that have no timeline and despite what we think, cannot be predicted.

One area that affects our athletes, however, is called Relative Age Effect (RAE).



Simply explained, USA Volleyball's registration starts on September, 1st of each year. Those **athletes born in September, October and November, the first quartile of the registration period, will be 9 to 11 months older** than those born in June, July and August, the fourth quartile. That might not seem like a big effect, but think for a moment about your own growth spurt. **For many middle school and teenagers, they can transform into different people in just a year. bigger, stronger, faster, able to process information quicker- all the things that can help an athlete reach their next level.**



All-Star, High Performance and National level teams are often laden with first quartile athletes because of their physical and mental advantages over their younger aged peers. Those athletes that are chosen for those teams often have more opportunities to compete at higher levels, more access to better facilities and resources and usually better coaching and training.

If your son or daughter is a fourth quartile athlete, don't despair. Recognize this and understand the biases associated with it. You will be happy to know that this effect evens out around 17 years old as most athletes come into their own regarding physical and mental capacities.

In the meantime, don't compare your athlete to others. Accept their gifts now, encourage them to follow their passions and understand that the playing field will even out.



#AZREGION

"In the meantime, don't compare your athlete to others. Accept their gifts now, encourage them to follow their passions and understand that the playing field will even out." -Eric Hodgson, Arizona Region of USA Volleyball

FOSTERING GOOD SPORTSMANSHIP

Submitted by Cindy Kirk

SafeSport Director | Arizona Region of USA Volleyball



I hope as the 2023 season is just about half complete that your season has been a great one.

I would like to tell you about a 12's team I have had the privilege of coaching this year. There are times when you are 12 that it will take some work to get an overhand serve over the net. The time invested by parents and coaches and individual lessons are all dependent on everything coming together when that day an overhand serve goes over the net during a match. What a sense of accomplishment those players feel when that happens.

I had a person ready to experience that feeling and it wasn't happening, so I subbed a player in for her hoping that the next match it might happen. She assured me she was ready for the opportunity. I subbed her in for the player who subbed for her. She did get her serve in, but the story is so much more.

The person she subbed in for was genuinely happy for her to have the opportunity to experience success. It's a moment in the making. I like to foster this, but it doesn't start and stop with coaches. It's about good attitudes by players, parents who are trusting the process, and the entire volleyball community fostering good sportsmanship. SafeSport is not about fixing what is broken, it's about making the moments before it is broken.

The Arizona Region has certainly grown over the years. We have 710 girls teams this year, 28 boys spring teams, 18 Adult teams, 104 boys fall club teams and all the beach players who compete throughout the year. Our region is not about those numbers but each player who hits the court or sand to play a sport they love.

Large numbers can at times kill the small intimate feel of being a person who matters. Stories like the one I shared with you happen constantly. Yes, there are times when ugliness of competing comes to the forefront, but let's make sure the positive stories outnumber the ugly stories. Let's keep our players, parents, coaches, directors, officials, and our staff keep in mind the joy of what we do for our time on the court.

Parents often begin the adventure of club volleyball because they want their son or daughter to experience a positive growth experience.



No one signs up for a sport because they need something to do on a Saturday morning. They want the empowerment for the child and volleyball is a great way to do that. -Cindy Kirk

When the joy of volleyball is overlooked for just winning at the cost of those players, it has been a joy to teach teams what the expectations for each person should be. To educate a player that her words on social media were inappropriate and to have a player realize that is huge. We have really grown numerical and the quality of our region. Let's continue to do that with each match we play.



GROWING THE GAME

Q&A with #AZVolleyballMom, Jen Barber | AZ Region Social Media Coordinator

WE'RE HONORED TO SHARE WITH YOU INSIGHT ABOUT GROWING THE GAME OF VOLLEYBALL WITH ONE OF THE SPORT'S BIGGEST ADVOCATES. MATT WERLE IS THE HEAD COACH OF MEN'S VOLLEYBALL AT GRAND CANYON UNIVERSITY.

In putting together this spring's newsletter, I thought it might be fun to take a look at membership stats. I know overall membership is on the rise. But, wow!! Check this out!

Arizona Region of USA Volleyball Membership from August 8, 2022 through January 31, 2023:

- Overall membership - 12,206.
This is our highest membership ever. It is a 16.7% growth over the same time last season.
- While our Junior Girls membership is up 14.5%, our Junior Boys membership is up **32.5%**!

What's behind the growth?? We turn to Grand Canyon University Men's Volleyball Head Coach Matt Werle.

"A native of Meadville, Penn., Werle played two years with the junior national team and was Team USA's starting setter for the 2007 Junior World Championships. He trained one season with the men's national team in 2010." After moving to Arizona years ago and being hired as the Graduate Assistant for the GCU Men's Volleyball Program, Werle also took a role coaching at AZ Fear. Along with AZ Fear, he coached girls at Spiral and one other time with AZHP. He also played as an athlete for the Region adult volleyball program on AZ Sizzle.

Werle adds to his impressive career as he enters his eighth season at the helm of the GCU men's program. Our youth athletes also know him as last year's head coach of our Arizona Region High Performance Boys International Youth team which won the Gold last summer!

We thank Coach Werle for all he does to "Grow the Game!"-Jen Barber | #AZVolleyballMom

Q. Boy's/men's volleyball is growing quickly. What do you contribute to the growth of the sport?

A. There is always a buzz around the men's side of the sport during the Olympics and that always help introduce athletes. I have done my best to help expose athletes in the State to the fun the sport provides. Volleyball is unique sport that you need an entire team and the intricacies as plays develop keep things fresh. Introducing athletes has been the hardest part, but once they get a chance to play or see it played at a high level they usually fall in love with it. Along with being introduced, the increased opportunities at the collegiate level have lead to an easy argument for local high schools to add the sport. Along with local opportunities, there are states across the country that now have it as a sanctioned sport.

Q. What is the greatest change you've seen in the sport of volleyball since your time as an All-American athlete to now as a head coach?

A. There are three changes in the sport that I have noticed: the speed of offenses, the overall athleticism of each player (verticality, agility, arm speed) and utilization of the back row attack.



Q. What is your advice for youth athletes wanting to compete at a higher level?

A. Don't pigeon hole yourself to one sport or one position; some of the best athletes are multi sport athletes. Be coachable and be a student of the game while making sure you don't get burnt out. Maintaining a balance of what's enough or what could I be doing more is important. Academics are a must. Without being too harsh, I delete most emails with a HS GPA less than a 3.0. There is a lot of correlation to success in the classroom and success on the court.

The AZ Region of USA Volleyball is truly athlete forward. They try to provide opportunities for athletes and help them succeed. -Matt Werle

Q. When recruiting, what are you watching and looking for in a prospective player?

A. The first thing that catches our eye is their skill. If we believe they have what it takes to be on the court for us some day, we will then dive deeper into other attributes. We want to make sure they have good character, are a good teammate, want to play at the next level, fit our University and program.

Q. When a player commits to training with you, whether at the collegiate level or in AZHP/camps, what do you hope the athlete takes away from their time with you?

A. A deeper love and passion for the sport. The sport will only grow if the athletes in it are advocates for it. I still think I am 'young enough' to be some of these guys' big brother and I really like to play that role. Tough love with honesty has seemed to work really well for most of these guys. As cliché as it may sound, I try to help build their confidence and make sure they have fun. We talk a lot about playing loose and having fun in our pregame speeches and timeouts.

Q. You have been a huge supporter of the Arizona Region of USA Volleyball. We appreciate all the time you've given to the Region. Any thoughts on your time with the Arizona Region of USA Volleyball? Any advice for families, youth, adults looking to play or get involved?

A. The AZ Region of USA Volleyball is truly athlete forward. They try to provide opportunities for athletes and help them succeed. The one thing that I ask is to trust coaches and club directors. Trust that they have your kids' best interest in mind. No coach gets into the sport for money, they coach because they love volleyball and love working with the youth. Show the coaches some leniency with their decisions and support them.

I have kids and any parent knows that their own child can be frustrating. Remind yourself that no kid is perfect and every coach is still learning how to handle personalities; a lot of times it is a guess and check process hoping that it is the right word choice or delivery of message and it may not always land as intended. We all want the best for our kids and yours.

Q. Finally, what has been your greatest personal moment in the sport of volleyball?

A. Having the opportunity to wear USA on my uniform or coaching attire. I will always remember each time I get to wear USA and hear the National Anthem; it gives me chills every time. Outside of volleyball, the best part of this sport is the people. The relationships that I have been able to make because of this sport are some of the best relationships I have.



Matt Werle served as head coach of our Arizona Region High Performance Boys International Youth team in 2022 which won the Gold!




ONLINE EDUCATION FOR PARENTS, PLAYERS & COACHES

Submitted by Cindy Kirk

Junior Club Director | Arizona Region of USA Volleyball

I don't know if you are ready for some growth as a player, parent or coach. But a good way to do this is through online education. Coaching education is available to all of us via the USA Volleyball website.

Here is the link to help excite your practices and your growth as an individual.

 <https://usavolleyball.org/stories/usa-volleyball-show>

The Arizona Region of USA Volleyball meets in May at the Spring Director's Forum to discuss the issues we want to change for the 2024 season. The junior committee is working on a Director's survey to initiate talking points. If you would like to send in topics, feel free to email Cindy Kirk @ ckirk514@gmail.com.

2023 AZ REGION SPRING DIRECTOR'S FORUM
MAY 7 | 1-3PM | AZ REGION FACILITY

Let's take these words by Kerri Walsh to motivate us to be better players, supportive parents, encouraging coaches. One more step, one more pass, and one more practice.

-Cindy Kirk



“That wall is your mind playing tricks on you. You just need to say, ‘One more step, I can do this. I have more in me.’ You’ll be so proud of yourself once you push yourself past your threshold.”

— Kerri Walsh



**JUNIOR GIRLS
INDOOR VOLLEYBALL
2023**

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USA Volleyball

4 EMPLOY PROPER CHEERING TECHNIQUES

Do not boo or intimidate any player, official or spectator.

Avoid “The Gasp”

No “coaching” from the sidelines.

It is fine to appreciate great performances – by either team!

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GCU

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ALL SKILLS CAMP
JULY 8 - 9

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JULY 10 - 11

FOR ATHLETES ENTERING GRADES 1-5

SETTER CLINIC
JULY 13

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ELITE CAMP
JULY 14 - 16

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Questions? Contact gcuvballcamps@gmail.com

GCU's sports camps and clinics shall be open to any and all entrants (limited only by number, age, grade level and/or gender).

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