

# court connection

PRESENTED BY NORTH COUNTRY REGION VOLUME I ISSUE IX  
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## What's New For You in February?

REGION AFFILIATE PARTNERSHIP PROGRAM

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

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

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



Learn More About the Value of AVCA



AVCA/NCR Tip of the Week - Blocking

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](mailto:sean@ncrusav.org)

HIGH  
PERFORMANCE  
COACHES  
WANTED

NEXT →

REGION RANK  
TOURNAMENTS



February 8 - 9 (11u-15u)

February 15 - 16 (16u-18u)



March 7 (11u - 18u)

**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



# 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.



### 5 Ways to Beat Pre-Performance Nerves

Lots of people stress out about talking in front of the class or getting laughed at if they make a mistake in front of an audience. Feeling nervous before a performance is natural — and part of your body's way of helping you do your best. The "stress hormones" (like adrenaline) that your body produces at times like these can actually help you focus.

But when worry and stress about performing get to be too much, these hormones give people that "red alert" feeling — the one that causes you to feel cold or sweaty, get butterflies in your stomach, or feel like you can't think straight.

**These tips can help you manage that feeling:**

**Be prepared.** You're less likely to freeze up if you're well prepared. Rehearse as much as you can and practice — alone or in front of others — at every opportunity. Practice until you feel relaxed and ready. Nothing calms nerves like the confidence that comes from knowing you're prepared.

**Psych yourself up.** Instead of dwelling on what could go wrong, rev up some positive energy. Watch a football team before they run onto the field. They get in a group and pray or sing a team song to pump themselves up with positive energy and team spirit. You can do this whether you're performing alone or as part of a group. Have a friend give you a pep talk. Give yourself one too. Tell yourself, "I got this!" "I'm ready to do this — here goes!" or, "This is going to be fun!"

**Learn ways to chill.** Young performers, such as Olympic gymnasts and music soloists, talk about how important it is to prepare for the pre-performance jitters as well as the performance itself. At certain types of competitions, there's quite a wait before it's your turn to perform. Some people take along inspirational photos, put together a playlist to help them relax, or learn yoga and breathing techniques to help them feel calm. Some people need to be active to relax, others need to be still and calm. Find out what technique works for you, then make a plan to use it in the downtime before a big performance.

**Don't be afraid of the nervous feeling.** When you feel performance jitters, don't freak out! Don't let the feeling stop you or intimidate you. Just let it be there. Remind yourself it's natural, just your nervous system revving up to get you ready and set to go. Know that it's up to you to manage it to your advantage. Use your positive pep-talk and calming strategies to do just that. Then, go for it!

**Look after yourself.** Before big performances it's easy to let taking care of yourself slip as you spend too much time on rehearsals and practice. You'll look and feel your best if you get enough sleep and eat healthy meals before your performance. Exercise can also help you feel good, and along with sleep and nutrition, is an excellent way of keeping those stress hormones from getting out of control. *\*TeensHealth*

## Kindness is a Superpower

What prevents kindness? I believe we live in a world where the focus is on *"what can you do for me?"* as opposed to *"what can I do for you?"* We are busy in our own world, glued to our gadgets, and thinking of the next thing to cross off our list. We forget about the person standing on the elevator with us as we look up and watch the numbers drop or raise in the awkward silence that fills the elevator. We sit next to someone without acknowledging they exist. We walk down the street, not making eye contact but looking at our phone as if something on there is so much more important than looking at someone and saying *"hi."* - Kari Swanson [CLICK HERE FOR MORE](#)





# Junior Club Director

## HUB – IMPORTANT INFORMATION



### TEAM ROSTERS REQUIRED IN USA VOLLEYBALL WEBPOINT

North Country Region requires:

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

Directions to ADD/EDIT/CREATE teams in USA Volleyball Webpoint - **CLICK HERE**



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



### 2020 - USA Volleyball Background Screen Upgrades

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

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



### Junior Players who are 18 or turning 18 - SafeSport Requirement

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

**CLICK HERE TO ACCESS CONSENT FORM**

#### Recommend

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



### WHAT IS A GRADE TEAM?

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

For more information about grade teams, requesting an age waiver, and rostering a grade team, **CLICK HERE**.



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

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

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



## 2020 Tournaments - GET RANKED



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

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



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

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



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

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

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

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

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

### MORE MEMBER BENEFITS

#### Tournament Registration System

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

#### Tournament Management System

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



# EVENTS EVENTS EVENTS EVENTS EVENTS #EARNIT

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



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

NORTHERN LIGHTS 17-1

QUALIFIED



## 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 = 25 Points  
2nd Place = 23 Points  
3rd Place = 22 Points

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

AMERICAN DIVISION  
FORMERLY  
REGION GOLD OR OLYMPIC

Competition = 10 Points  
1st Place = 15 Points  
2nd Place = 17 Points  
3rd Place = 16 Points

Competition = 5 Points  
1st Place = 5 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



## Podcasts *For the Volleyball Nerds*



www.MyLittleAthlete.biz/thedig

**A Coaching Perspective** Are you a new coach? Are you a coach that still wants to learn? Are you wanting to share volleyball basics with your players, your family, or your players' families? The host accepts questions about volleyball which range from how do I aim my serve to what are coaches looking at during practice? It is really a cool, down to earth volleyball podcast.

**Jayme DeHart** lives in Alaska and is the owner of Athlete Co. which makes and sells volleyball team gifts and apparel. Jayme loves sports and expanded volleyball apparel and love of sports into a Volleyball 101 podcast.

**Website and Podcast - [CLICK HERE](#)**



## Woot Woot *Shout Outs*

**Andover, MN** - Leah Rudzitis of DIGS Volleyball hosted a last minute officials rating/training for North Country Region at the DIGS CLASSIC on February 1st. We are so thankful for our tournament directors and their diligence to grow the game and grow the officials (four more officials earned their badge). Sean Lindersmith, Programs Coordinator, attended the event to meet our members, assist the officials, and hand out some NCR swag.



### **MVA ELITE**

A meeting of the minds for MVA prior to their match at the Minneapolis Convention Center. Volleyball took over downtown MPLS with both Northern Lights Qualifier and January Thaw occurring at the same time. Teams from across the USA and Canada competed in the three day event.



## 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 February 3rd. Only **20 complimentary subscriptions** currently remain. First come, first served!



**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



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](http://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](http://TheCuoreProject.com/merch).