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MATCH POINT

*The Official Newsletter of the
Bermuda Volleyball Association*



Volleyball "Tip" of the Quarter

Can You Last 6 Seconds?

Did you know that the average volleyball rally lasts only 6 seconds?!

Since there is such a short time frame in each play to show your skill, to be successful in volleyball, you need to be able to perform quick, explosive moments.

The following exercises should help to build the power, speed, and strength necessary for volleyball:

- Interval Training
- Side Lunges
- Box Jumps
- Calf Raises
- Short Sprints: Unfortunately running lines is a great way to train for volleyball!

Contents:

HSPY Award	2
Youth Camp	3
NT Update	4
Upcoming Events	5

Recent Events

The final 3 months of the decade were also an exciting first 3 months of the BVA fiscal year.

The always exciting AGM was held at the Bermuda Music and Dramatic Society in October. There wasn't a dry eye in the building as Lisa LeBlanc announced her resignation after serving as Co-President for 8 years. The only solace was the return to the BVA of former Vice President Mike Bengson, who now returns to the board as Co-President.

Lisa also remains on the executive in the Past President role, taking over for Bill Bucci who has spent an impressive 17 years with the BVA! Thanks for all your hard work, Bill! The BVA also thanks Katarina Carnicka for her 2 years of faithful service as secretary, and welcomes Terri Palmateer to the position. Brad Meindersma was also elected to the position of National Team Treasurer.

As if the AGM wasn't enough excitement for one

quarter, the BVA also held its annual referee skills clinic and certification program. Newly certified level one refs include:

Debbie Bean
Karen Jones
Joshua Malpas
Sophia Koh
John Madiro
Sarah Robinson
Carlos Warner

Winter league also started in October, and runs through February.

Upcoming Events

Winter League Sponsored by Docksiders

Winter League continues through February, and wraps up with an end of Season party on Feb. 20. The BVA welcomes our new

sponsor, Docksiders, who offers all winter league players a 10% discount on food and beverages on week-nights.

Youth Volleyball Day

Camp: Feb 8—12th, 9:00 AM—3:30 PM @ Cedarbridge Academy. Open to girls & boys ages 12 and up. This 5 day camp over February break will be coached by an FIVB level 3 coach and will include volleyball skills, volleyball games, teambuilding challenges, videos and other fun activities. To register go to our website:

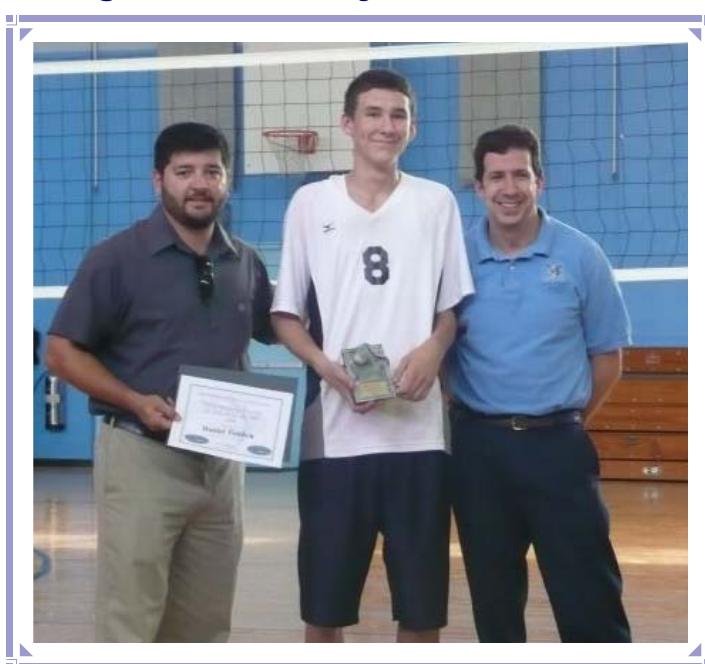
www.bermudavolleyball.bm

Bermuda Open: April 8-10th: The National volleyball teams are hosting an international tournament for teams from Canada, the United States, and the Caribbean.

A complete schedule of all BVA events and registration dates can be found at: www.bermudavolleyball.bm



Congratulations to the 2009 High School Players of the Year!



2009 High School Player of the Year Winners

For the 4th consecutive year, the BVA has sponsored an award for the best male and female high school player throughout the high school season. This year's female winner was **Akira MacDonald (MSA)** (pictured above left with BVA Co-president Elisabeth Rae). The male winner was **Daniel Fiddick (Warwick)** (pictured above right with BVA Co-president Mike Bengson and Warwick coach Bill Bucci).

The BVA also sponsored 4 bursaries for attendance at an overseas volleyball camp. The following successful applicants were each awarded \$1,000 to be used at the overseas camp of their choice: 1) Daniel Fiddick (above right) 2) Kyle Hamilton (below left) 3) Harry Secrett (below center) 4) Joshua Malpas (below right)



BVA To Hold First Ever Mid Term Break Youth Volleyball Day Camp

This mid term break, students aged 12 and up will have the opportunity to participate in a unique and groundbreaking program put on by the Bermuda Volleyball Association (BVA). From February 8th – 12th, a week long volleyball skills camp will be held at Cedar Bridge Academy from 9AM to 3:30 PM. The program features: instruction on basic volleyball skills, the opportunity to practice those skills in game situations, general fitness games, videos of professional volleyball, an opportunity to meet other students, and other fun games and activities.

The program will be instructed by Bermuda National Volleyball team members, as well as

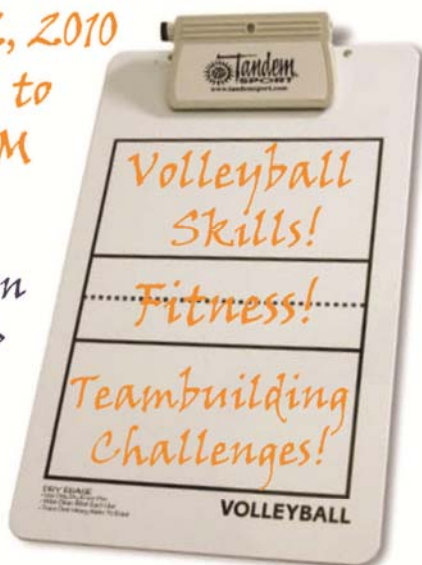
BERMUDA VOLLEYBALL ASSOCIATION YOUTH VOLLEYBALL CAMP



Feb 8 - 12, 2010
9:00 AM to
3:30 PM



Instruction
from FIVB
level 3
coach!



Ages: Year 9 to SGY II
Location: Cedarbridge Academy
Cost: \$125 per person

A fun way to spend mid term break! Learn volleyball skills, meet people, play games! For more info or to register go to: www.bermudavolleyball.bm

Juan Cartagena De Jesus, an FIVB (Federation Internationale de Volleyball) Level 3 Coach with an extensive resume of international coaching experience. Mr. Cartagena, who has previously worked with the Puerto Rican Jr. National team, has been made available through a NORCECA (North, Central America and Caribbean Volleyball Confederation) development program, which aims to build the sport of volleyball in its member organizations. In addition to the youth program, Mr. Cartagena will be running training sessions for the Men's and Women's national teams.

This camp is an excellent opportunity for Bermuda's youth to learn the sport of volleyball from one of the most experienced volleyball coaches the island has ever seen, as well as offering a safe and healthy option for mid term break. The camp is open to girls and boys ages 12 and up and no prior volleyball experience is necessary. The cost of the camp is \$125 for the week.

2010 National Team Program Preview



The 2010 National team program kicks off with try-outs on January 22nd and 23rd at MSA Academy. The men's and women's teams will train in February with FIVB Level 3 international coach Juan Cartagena De Jesus. The teams will then host the Bermuda Open from April 8th to 10th. So far women's teams are confirmed from New Brunswick, Toronto, and New York. Both teams will then travel to Phoenix, Arizona for the US Open from June 2nd to 5th. The women's team season will then close with the Caribbean Championship in Suriname in August. The women qualified for this tournament last year, when they took the gold medal in St. Martin.

The women's volleyball team will be hosting wine tasting fundraisers at Goslings wine cellar on February 26th and March 19th. Themes and further details TBD. If anyone knows of teams that would like to participate in the Bermuda Open, or if anyone would like to volunteer during the Bermuda Open, please email the BVA at bdavb@hotmail.com.



Jason Ebbin Heats Up the Court in Chilly Glasgow

What is it like to be the youngest player on a high level volleyball team? Just ask Jason Ebbin. In June 2009, at the age of 17, Jason played in the Natwest Island Games as the youngest player on the Bermuda National Volleyball Team. Fast forward a few months and Jason is now the starting middle, and youngest player on the team, for the Division 1 Team at the University of Edinburgh in Scotland.

In Bermuda, Jason started playing for Warwick Academy when he was 12 years old. He was initially interested in the team aspect of volleyball and the excitement that comes with collaborating with a group of people and achieving a goal. Jason's coach at Warwick, Bill Bucci, suggested that Jason try out for the National Team. Jason thought it would be a good opportunity to hone his volleyball skills and get more court time, and now that he's in University he credits his time on the national team for preparing him for university ball.

When asked what he thinks is the biggest challenge of being the youngest player, Jason responded by saying that the younger players tend to have less experience and be less skilled. However, in his time playing with the Bermuda National Team, Jason was able to learn from the more experienced players and improved tremendously in a short period of time which has helped him in his current season. He says, "When I do things wrong, I often know exactly what I did wrong, and what I should have done."

The team is currently in second place in the league, with a 5-2 record and has a good chance of making the playoffs. The regular season wraps up in January.



Sponsors of the Women's
National Team

Bermuda Volleyball Association



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In the Next Issue (April 2010):

2010 Spring League
Information

Youth Camp Photos

Beach Tournament
and Summer League
Information

Bermuda Open Re-
sults and Photos

More Pictures of Mike
Bengson!! (we'll try to
beat this issue's record
of 4)

We're on the Web!

See us at:

www.bermudavolleyball.bm

Growing The Game Together—John Kessel's Blog

Emails have been pouring into the BVA hotmail address about what BVA members can read when they're in between BVA newsletters. The executives searched to the ends of the internet (or to a link off our website—usavolleyball.org) and found possibly the best volleyball blog there is: Growing the Game Together by John Kessel. John oversees grassroots volleyball for USA Volleyball. His blog contains insightful and groundbreaking articles about coaching, playing and promoting volleyball at a grassroots level. It can be found at: <http://usavolleyball.org/blogs/growing-the-game-together-s-blog>

An example of some of John's interesting ideas is his recent post titled **No More Drills, Feedback, or Technical Training:**

"I have come to the drill development chapter and asked those listening, who are of a growth and not fixed mindset, to simply stop saying the word drill, and start saying the word game, for any exercise they have opted to teach their athletes. It comes from children and my childhood. We played tag games - we did not do movement drills. We learned to ride our bikes and skateboards by simply doing them - we did not do bike riding drills, get a bike riding coach hired to train with or get sent to bike riding camp (even though learning to ride a skateboard or bike is hundreds of times more dangerous than playing volleyball). We created games and scoring like exponential scoring for ways to race, or chase or conquer. We played dozens of board games, kept track of who won - even gambling to say losers did dishes or laundry, and never once did a board game drill. I would put my name on the sheet of paper on the doubles court railroad tie net post, and when my turn to play came up, I would battle with all my skill and cunning, then sit down to wait to play again, losing to better players and seeking to be the winners who stayed on. That desire to stay on, which is all any state or national tournament is like this Final Four I am at right now, brought the best form of deliberate practice that can be found. I never ran lines or did pushups or burpees. I simply wanted to stay on, and while off, watched and learned from those who were king of that court."

As the last words of this quarter, we leave you with a quote from John Kessel's collection of favourite sports quotes:

None of us really pushes hard enough. People always talk about playing over your head when you are up against someone really good. Maybe you don't play over your head at all. Maybe it's just potential you never knew you had. Fran Tarkenton, NFL quarterback

About The BVA

The Bermuda Volleyball Association is a 100% volunteer run charity organization that was established in 1975 to develop the athletes,

teams, coaches, and officials in Bermuda. The BVA represents, governs and promotes the sport of volleyball in Bermuda as well as

maintaining affiliations with international volleyball organizations.