



- ▶ FROM THE TOP 1
- ▶ CEO REPORT 2
- ▶ REGIONAL ACHIEVEMENTS 2
- ▶ SUMMER WRAPUP..... 3
- ▶ OFFICIALS..... 4
- ▶ NATIONAL RESULTS.... 5
- ▶ WHAT'S NEW 5
- ▶ COACH/HP 6

○ October Issue | ○ 2012

Carolina *Volleyball Review*

USA Volleyball believes that volleyball has so many positive things to offer those who participate. First, and most importantly, whether one is a gifted athlete or a recreational player, volleyball is FUN!

From the Top—Mike Spillman

Late October during an election year for Carolina Region volleyball players...We are undoubtedly at an important crossroads. Decisions made by each of us in the next few weeks will provide a new direction for the upcoming years and should be taken seriously by every USA Volleyball member. Obviously I'm referring to the decision of which team or club we ultimately join. By now tryouts are in full swing for our juniors and adults are also getting organized for the approaching indoor season. Let's just remember when recruiting players that we all run a clean campaign.

New and exciting changes are just around the corner. Enhancements to the overall tournament format have been approved thanks to anti-partisan efforts from the Board and Junior Advisory Task Force. Equal rights were promised for all players both back row and front. This year, thanks to countless man-hours lobbying for change, Liberos will now be able to serve!!!

We promised new jobs and the Carolina Region has added additional staff. Congratulations Audun Runde for becoming the Region's first Tournament

Administrator. Measurable growth in personnel to mirror our nationally recognized growth in membership. But this year will not be without its challenges. Facility availability, reffing logistics, tournament scheduling, all will need year long attention. But rest assured these issues are in more than capable hands.



Poor political comedy aside we are all looking forward to another wonderful year of Carolina Region Volleyball and another year of spectacular growth. Remember first and foremost to enjoy the experience both on and off the court. Volleyball offers us just as much outside the lines as it does competing above the net. Best of luck to all in the upcoming season.

"I'm Mike Spillman and I approved this message"

CEO Report

Kevin Wendelboe

The 2012/2013 Season is just around the corner. As I write this we have already had one weekend of tryouts and clubs and athletes all over the state are in full planning mode for the new season. We wish everyone good luck as we begin a new season.

This edition of the newsletter will serve as our final wrap-up for the 2012 season and help us kick-off the 2013 campaign. The 2012 season was one of our most successful yet. We had record numbers of junior players playing the sport, our adult program is expanding in new ways with league memberships a popular option, our Junior Beach Tour continued to grow with more events and participants, we had a visit from USA Volleyball's John Kessel to help us grow the game in new ways and areas (one of his clinics is pictured above and below) and our Youth HP team won 5 matches in a row to end their experience at the 2012 HP Championships.



We have a lot to be proud of and a lot to build on. This season will have new challenges as we add new formats and ideas to help us deal with our growth. Thank you to everyone for your feedback and especially your support of volleyball in North Carolina.

Have a great season!



Official Indoor Volleyball of the Carolina Region



Regional Achievements

Here's some accomplishments that Deserve Regional Recognition!

- **Anthony "Tony" Hill**, (West End) and **Jessica Webb Williams** (Kernersville) completed their certifications as National Scorers at the 2012 Boys' Junior National Championships in Dallas, Texas.
- **Amanda Wagoner** (Matthews, Carolina Juniors) was selected for the US Girls' Select Continental Team training and competing at the 2012 USAV HP Championships in Iowa.
- **Yize Dong** (NC Elite VBC) was selected for the US Boys' Youth Continental Team training and competing at the 2012 USAV HP Championships in Iowa.
- **Sydel Curry** (Charlotte, Carolina Union), **Eve Davis** (Charlotte, Carolina Juniors), **Rachel Eppley** (Charlotte, Carolina Juniors), and **MC Preddy** (Franklinton, NC Elite) were named to the Under Armour High School All-America Watch list in North Carolina.
- **Gabby Benda** (Raleigh, Triangle VBC), **Rebecca Hayes** (Boone, Club Synergy), **Kaitlyn Massey** (Matthews, Carolina Juniors), **Taylor Portland** (Charlotte, Carolina Juniors), and **Kellie Williams** (Charlotte, Carolina Juniors) were named to the AVCA Phenom List from North Carolina.

CONGRATULATIONS!

2012 Summer Events WRAP-UP

2012 Junior Beach Tour Results (1st Place)

(Earlier Results were in June 2012 newsletter and the Region website)

- ◆ **June 16, 2012** — Charlotte—SportsLink
 - U12—Isabella Duncan/Carly Owens
 - U14—Kylie Gomilla/Amanda Wagoner
 - U16—Julie Newell/Julia Del Valle
 - U18—Gabby Benda/Eve Davis

- ◆ **June 16, 2012** — Wilmington—Captain Bill's
 - U12 -Janie Hamerlink/ Whitley Wooten
 - U14 - Maggie Hallow/ Shelby Casey
 - U16 - Kim Hovey/ Cayce Bell
 - U18 - Michelle Hovey/ Cheyenne Tavana

- ◆ **June 23, 2012** —Bunker Hill HS, ROX the Night
 - U12—Emily Bustle/Jeanna Bodenheimer
 - U14—Morgan Hester/Jordan Osborne
 - U16—Chyenne Pump/Katelyn Houser
 - U18 - Anna Messisco/Emily Messisco

- ◆ **June 30, 2012** —Wilson
 - U12—Courtney Rupp/Madison Rupp
 - U14—Shea Golden/Mara Wolf
 - U16—Madison Houchins/Chyenne Pump
 - U18—Kimberly Hovey/Michelle Hovey

- ◆ **July 7, 2012** —Cary/Raleigh—Blue Sky VB
 - U14—Maggie Hallow/Shelby Casey
 - U16—Genna Simpkins/Kylie Grandy

- ◆ **July 7, 2012** — Charlotte—SportsLink
 - U12—Hannah Donahue/Avery Jackson
 - U14—Charissa Coleman/Kristen Seibert
 - U16—Abbey Donahue/Katelyn Mendenhall
 - U18—Anna Messisco/Emily Messisco

- ◆ **June 14, 2012** — Wilmington—Captain Bill's
 - U12 -Holli Smith/ Kara Adams
 - U14 - Ariel Walker/ Allie Plumlee
 - U16 - Katie McCullough/ Kati Smith
 - U18 - Michelle Hovey/ Kimberly Hovey



2012 Carolina Region Junior Beach Regional Championships

We had 59 teams compete in the 2012 Carolina Region Junior Beach Regional Championships held on the beach at Emerald Island, NC on July 21, 2012! By all accounts, it was a great ending to the 2012 Junior Beach Tour!

U18 Girls:

1. Emily and Anna Messisco
2. Morgan Barker/ Sarah Willadsen

U16 Girls:

1. Katie McCullough/Kati Smith
2. Katja Ehlers/Mia Fradenburg

U14 Girls:

1. Maggie Hallow/Shelby Casey
2. Allie Plumlee/Ariel Walker

U12 Girls:

1. Emma Sheppard/Mary Wilkinson
2. Kara Adams/Sarah Gasper

Additional Results and pictures of 1st and 2nd place finishers can be found here:

<http://www.carolinaregionvb.org/jrtourresults2012>

2012 Junior Beach Tour Honorees

Team of the Year Honors (based on total points earned as a team through participation in events on the tour.

- 18U - Anna and Emily Messisco
- 16U - Katja Ehlers and Mia Fradenburg
- 14U - Allie Plumlee and Ariel Walker
- 12U - Taylor Hein and Taylor Thomas

Offensive Player of the Year

- 18U - Cheyenna Tavana
- 16U - Ally Beckman
- 14U - Maggie Hallow
- 12U - Kara Adams

Defensive Player of the Year

- 18U - Morgan Barker
- 16U - Kati Smith
- 14U - Haley Radford
- 12U - Holli Smith

Action Shot of the Year (submitted by the parents)

The parents of Cassidy Bennett took this shot (at right) showcasing Cassidy completely airborne diving for a ball.



North Carolina's own Heather Erickson (#6) prepares for action during the USA-Netherlands Sitting VB exhibition in Raleigh.

Officials Program Notes

Marilyn Thompson

The high school season is winding down and our thoughts turn to USA club ball. We have lots of new things happening and you will read about most of them in other places in this newsletter. I want to tell you of one rule change that most of you have been wanting. **THE LIBERO WILL SERVE THIS YEAR!!!** Many of you were always asking "When is the libero going to serve?" Now it is happening. That is the only rule change that I am aware of at this time. The other new thing is that everyone is allowed to take the officiating clinics online.

New members and returning members can still attend club and region clinics in person but they now also have the option to do it at home. All the information for taking the clinics will be on the Carolina Region website when we are ready to begin accepting online results. Keep checking to see when the clinics are up and running. There is a complete clinic for new members and recertification clinics for returning members. I look forward to working with you as officials. Also I hope you have a great year and a successful season.

2012 Girls' Junior National Championships-Columbus, OH

Results for Carolina Region Teams

DIVISION	TEAM	FINISH
18 Open	Triangle 18 Black	17th of 32
18 American	CUMC Bdt 18-1	19th of 48
17 Open	Triangle 17 Black	12th of 32
17 National	Club Red 17 Red	28th of 48
17 American	CUMC Force 17	43rd of 48
16 National	CIV 16 Ice	43rd of 48
16 American	Academy 16 Diamond	46th of 48
15 National	CIV 15 Infinity	14th of 48
15 American	Academy 15 Diamond	42nd of 48
14 National	Academy 14 Diamond	39th of 48
14 American	XVP 14 Black	40th of 48
13 National	ECMC 13 Black	31st of 48
13 American	XVP 13 Black	36th of 48

What's NEW in 2013

We have some big changes in the Carolina Region for 2013!

- ◆ The Libero will be able to serve in one rotation this season. Be sure to pay attention during the Officials Clinics on how to handle it. See our Officials section of website (Indoor Rules) for additional information.
 - ◆ We have created new divisions in Junior Girls Play. We will have an OPEN division and a CLUB Division. The OPEN Division will have teams from mostly 15-18's age groups. These will be higher caliber teams wanting to play a reduced Region schedule so they can play more out-of-region. We will have a required Seeding tournament Dec 15/16 weekend to determine which teams make the OPEN division. Teams will need to commit to playing all the Region OPEN tournaments if they want to participate. More information will be distributed to clubs as we finalize them.
 - ◆ The CLUB Division will operate basically the same as previous seasons with one big difference. We have added an EAST and WEST component to hopefully cut down on travel times for teams on the far edges of the state. The split will happen around the Triangle area but some adjustments may need to be made based on final team numbers and available facilities. Teams will register in their geographic areas and play in tournaments in their geographic area.
- More information will be posted as soon as the registration period gets underway. Have a great season!

Coach's/HP Programs Report –Chuck McCracken



As another season fast approaches and I get back up to speed with the region, I look forward to seeing many of you again at a coaching clinic or at High Performance events.

With the High Performance program we are working to develop clinics in more locations in the region so it is easier for players to attend a clinic.

These more local clinics will provide players the chance to train as well as been seen by the High Performance Coaches. We will identify approximately 36 athletes in each of the age groups (Junior, Youth, Select and Pre-Select) to come together and train a few times each year. If we have the talent and support of parents we will select a team to compete in the National High Performance Championships from this group. The main purpose of the Carolina Region High Performance program is providing the opportunity to train with quality coaches and with other players at the same level. If we do this well we will: help improve the level of play in the region, help prepare players for college play and have the talent to compete at the National High Performance Championships. We are currently looking for locations who would be interested in hosting a local clinic as well as coaches who would be interested in being involved

with the program. People interested in hosting a clinic should have 2-3 courts available for about 6 hours. Coaches interested in being involved should send a resume. Contact Chuck McCracken at coach@carolinaregionvb.org.

With the coaching education program we are trying to assist coaches in getting the information they need to train their team. We are trying to do this in a manner that provides several options, has various price points and are closer to home. We are working with some top National Coaches to get two high level clinics in North Carolina this year (one indoor and one outdoor). More information will be forthcoming as we get these nailed down. To reflect the changes we have made to the Coaching Education Program, we have adopted an updated Coaching Education Policy (below) and clarifications to the requirements to be eligible to coach in the Carolina Region. We used to require coaches to attend a coaching clinic every year (the first year had to be the IMPACT Certification Clinic). In an effort to make this continuing education requirement more manageable as well as encourage coaches to attend clinics that exposed them to new ideas and techniques, the region has changed this requirement to once every three years and is identifying more clinics that meet this requirement.

Have a great season!

Updated Coach's Education Policy

The Carolina Region believes that every player deserves a coach trained in the current techniques and safety issues of the sport. All Head and Assistant Coaches are required to have, at a minimum, current IMPACT certification in order to coach in the Region. An IMPACT certification now grants **three seasons** of coaching eligibility in the Carolina Region. Although USAV IMPACT certification does not expire, the Region believes it is important for coaches to stay current in the field. The Region uses the IMPACT certification field (NOTE: USAV may be adding a Continuing Education Field in records soon that we will use to track Coaching Education) in each coach's member account to track the need for recertification. Coaches may check their certification status and renewal date on the Webpoint system. Attending an IMPACT clinic, CAP clinic, or other approved HP Coaching Development Clinic at any time will extend a coach's eligibility for another three seasons.

Additional information on Certifications and Hosting IMPACT clinics, can be found here—

http://www.carolinaregionvb.org/admin/modules/page_editor/uploads/CarolinaRegionCoachingEducationProgram.pdf

Current Approved Continuing Education Courses

- ◆ IMPACT Clinics (in-person or online)
- ◆ IMPACT Refresher clinic (under development by USAV—online, on-demand)
- ◆ CAP Clinics (I, II, III, IV)
- ◆ NFHS Fundamentals of Coaching Course (online)
- ◆ AVCA Convention
- ◆ Approved CR HP Coaching Development Clinics (as announced)

A Beach Volleyball Story by Julia Warfel

Who says “Hanging Out” doesn’t pay off? I have a story about two boys that started going to the Sonic restaurant in Hope Mills back in the summer of 2009. One of them was 14 years old and the other was 15. As everyone knows that is a hangout for many kids here in Hope Mills. They eat, talk but most of all they play beach volleyball for hours. They form teams from kids that show up or they bring their own teams to play against others.

Kyle Warfel and Ben Hutsell formed a two man team and with mentoring from older more experienced volleyball players at Sonic they were coached about the rules, techniques, scoring and general good sportsmanship that the players show each other while in competition. They went on to ask a volleyball coach at their High School for advice and since they had no men’s volleyball team at South View High school she let them come out and they practiced with her girls volleyball team. They were learning as much as they possible could about this sport.

Every chance they got after school, after work, after chores and weather permitting they were at the Sonic in Hope Mills practicing beach volleyball. Then in the spring of 2010 they started to travel to Wilmington, Cary, and wherever there was a beach volleyball tournament. They competed in the A Division of their sport at these locations because there was no boy junior league teams competing. This also made them face challenging opponents since this level was older boys and men. Did they win? Not always. Did they learn from their mistakes? Yes. This made them even more determined to win.

Both of them were already athletic in other sports,

but this was a new sport for both of them.

Eat, Sleep, School, Work and Beach Volleyball that became their schedule for the next couple of years.

Then Saturday, May 19, 2012 these two boys competed in the Jr. Beach Volleyball Tournament known as the Carolina Open hosted by USA Volleyball at North Cary Park in Cary, NC. It started at 9:00am and the teams played each other over and over until finally ending the day in the two best teams coming together to compete in a best two out of three games wins. It was 4:00pm at the end of these games and these two boys from Hope mills won the Boys 18U Carolina Open.

Kyle and Ben have gone on to play in the USA Beach Junior Tour National Championship which took place on July 28th in Milwaukee, Wisconsin. They drove over 17 hours to participate in this event which took place on Lake Michigan. Only one day practice on July 27 and return at 7:00am for pool play and then a single elimination playoff the next morning. They were very determined and excited to meet players from all over the United States. They played hard all day. By 2:00pm they had made it to the semifinal round. The top 4 teams. They put up a great fight against a team from Texas with a loss of 16-21. Unfortunately, Ben started to get cramps in his right leg. When they started to play their next set for 3rd or 4th place after trying to play they had to withdraw after the 6th serve.

Overall this was a great experience for them both. Even though, Ben will turn 18 this month and may not be eligible to play in the junior league next year they still are a team always practicing and competing in North Carolina.

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High Point, NC

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