



- ▶ FROM THE TOP..... 1
- ▶ 2011 MERITORIOUS SERVICE WINNERS.....2
- ▶ CEO REPORT2
- ▶ REGIONAL ACHIEVEMENTS.....2
- ▶ 2011 JUNIOR BEACH TOUR.....3
- ▶ HP UPDATE4

○ May Issue | ○ 2011

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

As I write this, we are less than two weeks away from USAV's Annual Meetings and Adult Open Championships in Dallas Texas. Kevin and I will be going to the meetings representing our Region's views on matters that come before the RVA and Junior Assemblies, one men's and one women's adult team will be playing and numerous referees and scorekeepers will be representing us at the Open Championships. Later on in June, we will have a great contingent of teams going to the Junior National championships in Atlanta.

Ready for summer? The weather has been favorable for outdoor play for some time and I'm sure some of you are already hitting the sand and grass. Check out the outdoor schedules for both adults and juniors on the region website and join the fun.

That's it for now, have a great summer,

The Prez

Fred Wendelboe, President



Website Re-Design

The Carolina Region was pleased to reveal a new web site design this season. We worked with alterimaging, inc. out of Charlotte in researching what our main visitors want and need from our website and then building a design that would meet those needs. We think it turned out great and have already received positive feedback from our members and from other Regions around USA Volleyball.



CEO REPORT

Junior Girls' membership hits record high!

2011 saw another record breaking membership year for our junior girls membership! At this time, we have 4823 Junior girls members and another 101 Youth (U11) Girls members. We are over 6400 members this season. To put that into perspective, just 5 years ago we were at 4300 members and 8 years ago we were at 3200 members. So, we have doubled in size in just 8 years!

The number of teams we are dealing with also shows the growth we've experienced. This season we had 486 junior girls teams. 8 years ago we had 231 teams total!

Fortunately, we have had a lot of dedicated coaches, officials, and tournament directors to join us in that time period to enable us to provide opportunities for all these players to learn and enjoy the game. Continuing to find those individuals to provide

support for the players will be key for helping us manage the continued growth in the Region.

"...we have doubled in size in just 8 years!"

We are starting a new venture this summer we hope you will support—the 2011 Junior Beach Tour! The outdoor game is getting more popular and we want to make sure all players have an opportunity to continue to expand their skills all year long. Check out the schedule in this newsletter and get out and PLAY!

2011 MERITORIOUS SERVICE WINNERS

William Hoyle
VC Juniors

Ronnie Mutter
Official

Trina Sharpe
Sports Academy

Debbie Weaver
Tournament Director

See the Archives section of website for more information on these individuals and photos where available.

Regional Achievements

Here's some accomplishments that Deserve Regional Recognition!

- **Madison Bugg**, Apex (Triangle VBC) was selected to attend the 2010 Girls' Youth Holiday Camp in Colorado Springs held December 26-30.
- **Ada Taylor**, Durham (Triangle VBC) was selected to attend the 2010 Girls' Youth Holiday Camp in Colorado Springs held December 26-30.
- **Zoe Bell**, Charlotte (Carolina Juniors) was awarded the 2011 Toby Webb Coach of the Year by the NC High School Athletic Association (NCHSAA).
- **Heather Hunter**, Rocky Mount (Rocky Mount Juniors) was presented with the Mo Bauer Sportsmanship Award by The North Carolina Wesleyan College Athletic Department.

CONGRATULATIONS!



Heather Hunter accepts her award from Robin Pietryk, Head Volleyball Coach

2011 Junior Beach Tour

The Carolina Region is pleased to announce the inaugural season of a Junior Beach Tour dedicated to providing more opportunities for boys and girls to play volleyball outdoors! The outdoor game is exploding with Beach Volleyball being one of the most popular sports at the Summer Olympics, and the NCAA creating a new inter-collegiate sport for women. Playing outdoors is a great way to enjoy the sport and develop your overall skills. The Region hired Samantha Kirby of High Point to administer the Tour (jrbach@carolinaregionvb.org) and she is working with local organizers to provide playing opportunities across the state on both sand and grass. Contact Samantha if you have an interest in hosting Tour events or if you have any questions about the Tour. Grab a friend and PLAY OUTDOORS! To register, see the 2011 Junior Beach Tour Schedule page on our website (Juniors).



- ◆ **May 21, 2011**— Catawba River Soccer Complex, Morganton—Grass
- ◆ **June 4, 2011**—Available to host—Contact Samantha and check schedule on website for updates
- ◆ **June 18, 2011**—Jaycee Park, Raleigh—Sand
- ◆ **July 9, 2011**—Burt Gillette Athletic Complex, Wilson—Grass
- ◆ **July 16, 2011**—Charlotte (Site TBA) - Sand
- ◆ **July 30, 2011**—Brunswick, NC (SITE TBA) - **2011 Junior Beach Regional Championships**

2011 USA VOLLEYBALL CHAMPIONSHIPS

- ◇ **2011 US Open Volleyball Championships—Dallas, TX- May 28—June 4, 2011**
- ◇ **2011 USA Volleyball Girls' Junior National Championships—Atlanta, GA—June 25—July 4, 2011**
- ◇ **2011 USA Volleyball Boys' Junior National Championships- Minneapolis, MN-June 29-July 6, 2011**

See the USA Volleyball website (usavolleyball.org) for more information on these Championships

2011 Regional Championship Results and All- Tournament Teams

Congratulations to all our Regional Champions and All-Tournament Honorees. Visit the Archives and Past Results section of our website to see a listing of all winners. Photos from the Adult and Junior Regional Championships are now posted as well.

High Performance Update

This year and come and gone so quickly! High Performance continues to expand and bring into the Region more of what our players are asking for.

We held our first High Performance Beach Coach's Clinic at UNCG on May 7th & 8th. It was an excellent environment and we have a group of 8 coaches that are ready to lead the way with providing Beach Volleyball training across the region that exemplifies the standards and techniques that are being taught at the National Jr HP Beach Clinics. Mitch Sadowsky, who has worked many of the National Camps, came up to North Carolina for this event. His style of teaching was on key for both the coaches on Saturday and our first players on Sunday (23 eager young ladies). I don't believe that there is anyone that could say they left there without learning a lot. The coaches in attendance were: Alex Postpischill (Winston), David Perkins (Eastern Carolina), Leslie Messisco (Salisbury), Panechay Hunt (Greensboro), Tina Readling (Greensboro), Cindy Maner (Greensboro), Kevin Primus (Raleigh), Sheila Holloway (Hays), Dana Wall (Greensboro). Please contact us about getting involved in HP Beach Volleyball, or to try and schedule a clinic, or find out more information for your child to play. You can get answers to your questions by contacting Dana Wall, HP Beach Coordinator, danawall@yahoo.com and we can put you in touch with one of the above beach coaches near you..

We will be hosting a two-day High Performance Beach Clinic at UNCG on Jun 14-15, so hurry and sign up at our HP Schedule page. Only 30 people will be allowed to [register](#).

We have a great line up for our Summer Resident High Performance Camp. As we did last year, if you attended a High Performance Clinic this year, then you are eligible to attend our resident camp. The dates are **Jun 10-12**; with 2 late night sessions starting after dinner on the 10th. We have a great schedule for camp this year, so I hope you come and check it out. We will be offering something special for every position and extras you may have never had before. If you want to be pushed, then you need to come to this camp. [Click here to register](#). There will be two different sessions, one for intermediate to advanced athletes, and one for the elite players (this section is invitation only).

SETTERS>>>We will have Charlene Johnson Whitted (2000 Olympian and National Youth Team Setting Coach) to

conduct the setter portions of our camp, and she will be holding a [setting camp](#) on June 11th that ANY member of the Region can attend, but hurry because spots are limited! The first 15 to sign up will get something special from Charlene.

NEED TO GET SOME AIR?! Not only does Mitch coach and play on the beach, but he is a [premier biomechanics](#) trainer. 9 times out of 10, he can improve your jump by over 2 inches in about an hour...just with technique alone. Mitch will be back for our indoor camp to work with our campers on their vertical power and attacking mechanics. He is going to hold a separate set of sessions that are open to ANY member of the Region who wants to attend. Just like with Charlene, the spots are limited!

We are also going to be offering some Developmental Day clinics for the younger and less experienced players. These will be one day camp offerings that will be separated by age. Ages 8-12 will be in the mornings and 13-17 will be in the afternoons. Please keep a check on the website for camps that will be added, or contact [Sheila](#) to get on the distribution list for whenever a camp or clinic is added.

The Carolina Region will be sending 3 teams to the High Performance Nationals this year. One Select team, one Youth team, and one Boy's team. You can check out the rosters on the HP Webpage. The teams will be practicing several times over the summer prior to leaving, and then they will compete in Tucson, Arizona July 26-30. We wish them the best of luck.

Look for more news in the months to come about the 2012 training season, tryout changes, and other exciting news. Have a great summer!



Inspirational Article about a Carolina Region Junior Member

<http://www.charlotteobserver.com/2011/05/08/2281236/sarahs-long-journey-back.html>