

The start of the 2010 Great Plains sanctioned season is fast approaching. Here are a few reminders and information about the upcoming season. Also included is information about upcoming local volleyball events.

CONTACT/TRYOUT RESTRICTIONS

Per Great Plains region policy, club personnel cannot initiate contact with an athlete outside their club at any high school volleyball event or high school venue.

Club personnel cannot contact (i.e. phone calls, letters, flyers, emails, and face-to-face) a player from another club after the first Sunday (Nov 1, 2009) before NSAA district competition begins until the established tryout dates. (This rule applies to high school volleyball coaches who hold meetings to talk about club volleyball at high school practices, etc.)

JR TRYOUTS

The tryouts page is updated almost daily. Go to www.gpvb.org, click the JUNIORS tab, then the Tryout Information tab to see when a club is having tryouts. The earliest tryout date for 14's and below is Saturday, November 7. Tryouts for 15 and older cannot be held until Saturday, November 21.

Remember that per NSAA (Nebraska School Activities Association) rules, a player who is 14 and in high school is governed by the high school rules. (NSAA by-law 2.1.1)

A club that is requiring high school players to participate in meetings, practices, etc is putting that player in jeopardy with the NSAA. High school players cannot participate in club activities until the high school team has been eliminated from season competition.

Here are some of the NSAA by-laws that affect high school players and their participation in club sports. See www.nsaahome.org for all of the NSAA by-laws.

3.1.1 A season begins on the first day of allowable practices for that sport, as designated in 3.1.1.2 below. The season officially ends with the conclusion of the State Championship in that sport. Students may not participate outside group instruction or competition once the season officially begins, and outside group instruction or competition may not commence until the school team has been completely eliminated from further participation in the sport.

3.2.3 Any individual who served as a school's head coach, assistant coach, coach's aide, or volunteer coach shall not coach athletes from that member school in non-high school competition if the number of athletes from the school which the individual served exceeds the number permitted for an organized practice in the sport involved.

*3.2.3 **Organized Practice.** No organized practice in any sport shall be held during the "school-year, out-of-season" period. An organized practice shall be defined as follows:*

*a. **Football and Soccer.** . .*

*b. **Basketball, Baseball, Softball, Volleyball, and Wrestling.** An organized practice shall mean more than four students under the direct supervision of a sponsor. If more than one group is practicing at the same time, it shall be called an organized practice.*

3.2.8.6 The organized practice rule shall be in effect during the school year until Memorial Day, except in the case of organized teams (e.g., Legion baseball, etc.). If a high school coach or other adult associated with the school program is also the coach of an organized non-school team, practice and competition involving the coach and athletes of that non-school team may begin at the conclusion of the state tournament of that activity or during Week 46 of the standardized calendar, whichever date is later.

USA Volleyball Website

Several weeks ago a page was developed on the USAV website that should help players and their parents gather some information on participating in volleyball at the collegiate level.

<http://www.usavolleyball.org/pages/7283>

A considerable amount of information regarding coaching, drills, practices, etc. can be found on the Grassroots tab on the USA Volleyball website.

USA VOLLEYBALL at the AVCA Convention at the Final Four

USA Volleyball is pleased to announce the inclusion of several USAV Junior Forums at the AVCA Convention specifically to assist junior club directors and coaches. Currently planned are five sessions scheduled for Saturday, December 19, which we think will be of interest.

9 - 10 AM - Ali Wood Lamberson, USAV Director of International and High Performance Beach Programs, will have an on-court (sand) session called "An Introduction to Beach Volleyball for Youth."

10:15 – 11:15 AM - Yvonne Devlin, Orlando Juniors, has a presentation entitled "Seven Tried and True Principles of Running a Successful Club".

11:30 AM – 12:30 PM - John Kessel, USAV Director of Grassroots Programming, will speak on "Mini, Maxi and Youth Volleyball" and other initiatives of the Grassroots Commission.

2:45 – 3:45 PM - Lauri Dagostino, Big South Qualifier Director/Tampa Bay Juniors, and Kay Rogness, Crossroads Qualifier Director/Front Range Juniors, will speak on how to organize a large club tournament.

4 – 5 PM - Mike Chandler, USAV Managing Director of Events, will speak on "The Changing Landscape of the Junior Olympic Championships" including the Stay and Play policy, the development of a new ranking system, the expansion of the Girls Open Divisions and the process of choosing sites for the championships.

CAP I and II courses, including a Beach CAP course, will be held in conjunction with the AVCA Convention. More information can be found on the USAV website at <http://volleyball.teamusa.org/event/event/596>.

In addition there will be two Year in Review sessions covering the USAV beach and indoor programs. Women's National Team Head Coach Hugh McCutcheon, Men's National Team Head Coach Alan Knipe, High Performance Director Tom Pingel, Beach Director Ali Wood, and CEO Doug Beal will also be among the presenters. The High Performance Review will be held on Thursday, December 17, 9-10:30 AM; and the National Team Review will be held 3-4 PM on Thursday, December 17.

Registration at the AVCA convention is required. Weekend only Registration (Friday night, Dec. 18 – Sunday, Dec. 20) is \$150 for AVCA members and \$265 for non-members. Full Convention Registration (Wednesday, Dec. 16 – Sunday, Dec. 20) is \$345 (until November 6) for AVCA members and \$510 (until November 6) for non-members. More information about the AVCA Convention is available on the website at <http://www.avca.org/tampaconvention09/>.

Significant discounts are available to AVCA members for both the convention and the CAP courses. More information concerning AVCA membership can be found on the AVCA website at <http://www.avca.org/membership/member-categories/>. The annual membership for club coaches and high school coaches is \$65. There is a \$60 membership for administrator and a new student category at \$40.

UPCOMING EVENTS IN THE OMAHA METRO AREA

Several volleyball events will be happening in the Omaha metro area.

The National Junior College Championships will be held in Council Bluffs, IA at the Mid-America Center Thursday, November 19 – 21. Great Plains Region members can receive a half price ticket to the tournament. See the Great Plains website and click on the Juniors tab home page for further information about the tournament and the ½ price coupon.

Creighton University will be hosting the Missouri Valley Conference tournament at their new DJ Sokal arena starting Thursday, November 26th and finishing on Saturday, November 28th with the final at 2pm.

The Qwest Center in Omaha will be hosting a NCAA DI Regional December 11 and 12th. Go to Ticketmaster.com to reserve your tickets today.