



Where Olympic Journeys Begin

Did you know?

- **USA Volleyball (USAV)** is recognized by the **United States Olympic Committee (USOC)** and the **Federation de Volleyball (FIVB)** as the **National Governing Body (NGB)** for the sport of Volleyball and Beach Volleyball in the United States and is totally invested in creating volleyball as a lifetime sport for all.
- **USAV Nominates the Olympic Teams.**
- USAV, in partnership with the USOC, **sets the standards** for volleyball at all levels to ensure consistent rules, safety, officiating, scorekeeping, facilities and coaching.
- USAV works to **protect your kids** by requiring EVERY adult over the age of 18 working with junior players has a comprehensive background screening performed every two years.
- USAV membership includes an **insurance protection package.**
- Your USAV membership helps **support our National, Olympic and Paralympic teams** in all disciplines (indoor, beach and sitting) at all levels (youth, junior and senior) in both genders.
- Your USAV membership helps **“grow the game” worldwide** fostering a climate of greater understanding & friendship through sport.

USA Volleyball and its Regional Volleyball Associations (RVAs) Specialize in Volleyball and Beach Volleyball 365 days a year

USAV, a non-profit, non-government supported organization, sets the standards at all levels from the National Teams to the youngest and oldest age groups in indoor, beach, grass and Paralympic disciplines for both genders. No other organization is so totally invested in creating volleyball as a lifetime sport from top to bottom. USAV has 40 Regional Volleyball Associations (RVAs) and 31 Affiliate Organizations (YMCA, AVCA, etc.) supporting its mission, all of whom are eligible to participate in the annual USAV Congress typically held in May.

USA Volleyball “Sets” the Standards

USAV sets the standards for governance and specifies that every region in the country meet specific criteria to remain in good standing within the organization. USAV meetings - including its Board meetings - are open to the public. USAV sets the rules for outdoor and indoor competitions contested under its name and recommends standards for use by other youth and adult volleyball organizations in the U.S.

Security, Safety and Background Checks

USAV sets standards for facilities and is proactive in teaching safety guidelines to players, coaches, club directors, officials, event organizers and organizations to ensure the safest environment possible. EVERY adult (coach, official, assistant coach, chaperone, etc.) over the age of 18 working with USAV juniors has a comprehensive background check performed biennially. USAV members benefit from having a comprehensive insurance package provided to them as part of their membership benefits.

Local, Regional and National Events

Players have the opportunity to play in high quality, exciting USA Volleyball sanctioned competitions – both indoor and outdoor – that are open only to USAV members.

USAV Junior National Championships are hosted annually for boys and girls teams, in age divisions 12 – 18 years, who become eligible through elite qualifying tournaments held throughout the U.S. USAV also hosts National Championships for collegiate players and adults with age divisions from 35 to 75 and older (USAV Open National Championships and NCVF Collegiate Club Championships). USAV also conducts the annual U.S. Open of Beach Volleyball Championships.

College Scholarships and Olympic Dreams

College scholarships and Olympic dreams begin with USA Volleyball, which has just under 275,000 registered members, 12,000-plus teams and over 5,300 clubs nationwide. Membership in USAV provides opportunities for teams from all 50 states, Washington D.C. and American Territories to compete for the title of Junior National Champions.

USAV members are eligible to try out for and participate on Regional and National High Performance teams, including Team USA squads that compete internationally in zonal and World Championship events that are part of the pipeline that fields the Olympic Teams who represent the USA at the Olympic Games.

Grassroots Development and Grants for Diversity, High School, College, State Department, Ludus, and Starlings USA.

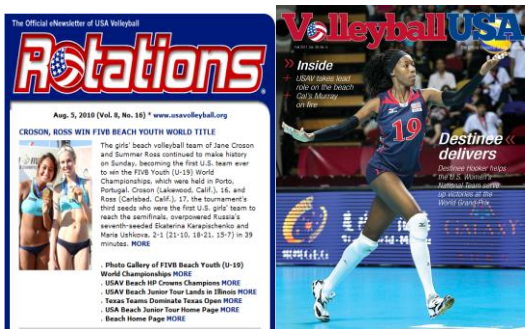
USAV re-invests in the sport through financial support for under-represented populations including Starlings USA economically-disadvantaged clubs, boys' and college men (including grants for NCAA and NAIA institutions that are starting new varsity men's volleyball teams), military and a wealth of disabled programming. In 2011 a U.S. State Department grant brought NORCECA (North America, Central America and Caribbean) coaches from six nations to the USA for special exchange training and partnership work.

The Ludus Tours Sport Development Grant is designed to support growth in programming for boys aged 14 or younger. Any USAV sanctioned volleyball club that is in good standing with their Region and USAV is eligible to apply for one of five \$1,000 grants.

Other Benefits for USA Volleyball Members

Most members receive the quarterly, full-color magazine *VolleyballUSA*. In August 2011, USAV debuted its digital magazine that will supplement the quarterly print edition. The bi-weekly electronic newsletter "Rotations" is part of a wealth of news and information distributed to the public. Individuals can sign up for free email subscriptions on the USAV website:

<http://usavolleyball.org/resources/free-e-news-updates>



USAV's High Performance (HP) Departments for both indoor and beach volleyball offer many levels of training camps, clinics, international competition and more, including a special newsletter for those participating in the HP pipeline at every level.



USAV has an extensive recognition program that presents awards in categories for male and female individual athletes, teams, coaches, officials/scorekeepers, junior representatives, sports medicine and leaders of the sport.

Real Membership Discounts

Parents and players can save hundreds of dollars per season by taking advantage of the discount offers provided to USAV members from our partners. Visit the web site sections shown below for more information:

<http://usavolleyball.org/usa-volleyball-membership-services>

<http://www.em2sports.com/newarrivals.html>

Educational Opportunities for the Beginner to the Advanced Coach/Official

As volleyball continues to gain popularity, there is a constant need for skilled adults to take on the roles of coaches, referees, and scorekeepers throughout the volleyball community. Since 1988, USA Volleyball has been proactively instructing new coaches entering the sport with the core principles to teaching, motor learning, coaching philosophy, risk management, skill and team systems, and annually updating the manual with the newest research from our USOC partner. All USAV junior coaches must complete minimum coaching education requirements through the USAV Coaching Accreditation Program (CAP). (I)ncreased (M)astery and (P)rofessional (A)pplication of (C)oaching (T)heory. (IMPACT) is an introductory level coaching clinic offered through the Regions and National office via in-person or webinar clinics. USAV has partnered with the National Federation of High Schools (NFHS) and the American Volleyball Coaches Association (AVCA) to offer advanced training with new online courses.

USAV also develops high-quality referees and scorekeepers who must undergo certification and evaluation, creating a pool of regionally and nationally certified court officials, through live, in person training and online education.



Individuals within USA Volleyball have the opportunity to advance their coaching skills through the CAP program with modules taught by highly qualified coaches including members of the National Team coaching staffs. The annual USAV High Performance Coaches' Clinic brings in the top coaches from across the United States and around the globe to expand and improve the coaching curriculum.

USAV CAP, Sports Medicine and High Performance programs have access to cutting-edge teaching methods, information and technology through its relationship with the United States Olympic Committee (USOC) programs and other national federations.

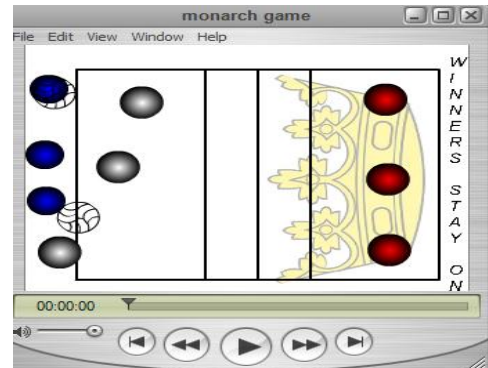
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USAV Website and Social Media

A wealth of free grassroots sport development material is available on the USA Volleyball Web Site, including Best Practices, the Grow the Game Together Blog, and "How To" instructions designed for players, club directors, coaches, officials and parents for all levels, quotes, posters, drills and a historical section as well. The USAV Web site provides the most comprehensive source for information on the sport of volleyball. Visit www.usavolleyball.org and see what we have to offer!!!!

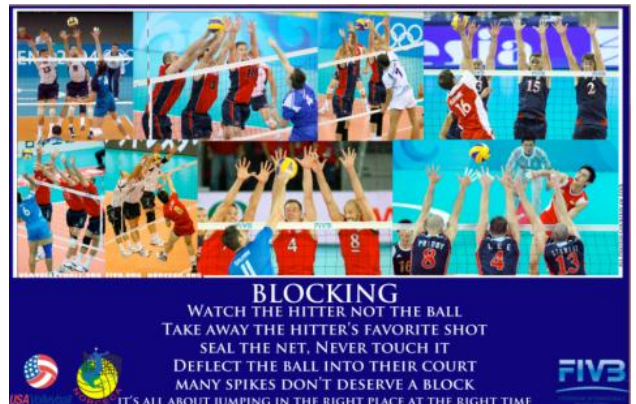
Free Animated Drills and Topical Coaching Videos

This season will see animated drills of the top games that grassroots and elite programs should be incorporating, and dozens of 5-10 minute long coaching videos –including those for each skill, game variations and fundamental team systems.



Free Skill Posters

By the end of this season, over 50 special volleyball posters featuring, thanks to our FIVB partner in growing the game, will be posted for free download and printing, to place on school and facility gym walls and help increase practice time and provide athlete role models for beach, indoor and disabled players of any age.



For behind the scenes access, up-to-date information and frequent coverage of all things USA Volleyball, be sure to "LIKE" us on Facebook under the Fan Page "USA Volleyball" and follow us on twitter @USA_Volleyball. With the 2012 London Olympic Games right around the corner you won't want to miss a beat. For direct links to all of USAV's social media pages visit USAVolleyball.org and click on the Facebook and Twitter icons in the top right corner! Go USA!

Free Webinars for Club Directors, Players, Coaches and Parents

For the last two years, USAV has offered dozens of webinars on skills, club enhancement, motor learning, recruiting, developing boys volleyball, the competitive cauldron, the mental game and much more. In the months leading to the 2012 London Olympic games USAV will be featuring U.S. Olympians (past and present) sharing their experiences including skill tips, training and personal volleyball stories and doing Q & A with USAV junior players, all FREE to USA Volleyball members.

National & Regional Branding Support

The USAV National office and Regional Volleyball Associations work to authenticate all volleyball activities by sharing USAV branding materials, including scorekeeper table skirts, court numbering banners, approved volleyballs, PSAs and much more.



Special RVA Custom CDs

Your USAV RVA also offers FREE CDs contain over 100 items, including videos, posters, dozens of articles, animated drills, links and much more – for beach and indoor players and coaches of all levels (youth, junior and adult) disabled programs and school teachers.

Athlete Safeguards – Concussion Information

USA Volleyball has partnered with the Center for Disease Control to provide free USAV branded clipboard stickers for coaches and programs to help keep the key information about concussions right there on the court.

HEADS UP CONCUSSION IN VOLLEYBALL

USA Volleyball CDC

SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right" or is "feeling down"

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

IMPORTANT PHONE NUMBERS

Emergency Medical Services
Name: _____
Phone: _____

Health Care Professional
Name: _____
Phone: _____

School Staff Available During Practices
Name: _____
Phone: _____

School Staff Available During Games
Name: _____
Phone: _____

For more information and safety resources, visit: www.cdc.gov/concussion.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

RVA Parents as Partners Initiative

With the Promise of Good Sports organization, USAV has a custom club and region Parent Training Program available at little to no cost. The Team Enhancement Program has players and parents partnering to enhance team planning followed by players teaching their parents the game. USAV has extensive background materials available to guide parents and players through the sport experience.

We Are the Future

USA Volleyball has a full-time National Office staff, along with dedicated staff and volunteers at all 40 of its Regional Offices. Both national and regional staff deal exclusively with indoor and outdoor volleyball - no other sport.

The National Office and Regional Offices are devoted to providing standardized governance and programming to grow the game.

USAV holds regularly scheduled meetings between the National Office staff, Regional Volleyball Associations and Commission leaders to maintain the high level of quality members expect. *So join USA Volleyball and participate in this sport for a lifetime, at any and all levels. Get in touch with us at ---*

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2011 - 2012 Leave a Ball Behind

USA Volleyball and PSA Event Partners are proud to facilitate the 2011 – 2012 Leave a Ball Behind campaign, helping collegiate, high school, and junior volleyball players, teams, and coaches share their love of volleyball with children less fortunate. By donating gently used volleyballs signed with messages of encouragement and hope, those who participate in the Leave a Ball Behind campaign are providing children in these deserving sports programs an opportunity to play the game as they may never have had before. Leave a Ball Behind campaign is concentrating its support on the children of the nations of Haiti, Iraq and Afghanistan, and other countries in the North American, Central American, and Caribbean Volleyball Federation (NORCECA). Together with NORCECA, and through support from a grant of the U.S. Department of State, USA



Volleyball is working to bring volleyball opportunities to thousands of children in the U.S. and worldwide.



USA Volleyball.

Thank you for your support provided to the U.S. Olympic and Paralympic Teams, which won a history-making three gold medals and two silver medals at the 2008 Olympic and Paralympic Games.

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