

FALL 2005 NEWSLETTER

The start of another indoor season is upon us for the 2005-2006 season. In this newsletter we look back at the national tournament as well as some info for this season. We would love any info regarding your club or team to be published for any upcoming newsletters. Good luck in the upcoming season and keep stopping by the website for new information.

Thank you.

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NOTICE TO TOURNAMENT DIRECTORS AND REFEREES

Tournament directors and referees are advised that for the 2005/06 seasons, the criterion for subsidy of referees costs is raised to **\$250 per court**. TD's should adjust their budgets accordingly.

The allowable mileage expense is raised to a **maximum of \$100**, with the **first 50 miles uncompensated**.

The IRS approved mileage rate for 9/1/05 to 12/31/05 has been raised to **\$0.485 per mile**. Any revision to that rate for 2006 will be published.

All other factors remain unchanged. Additional information on this topic is found in the TD Guide, page 12. The TD Guide will be amended to reflect this policy change. this change is necessitated by recent experience with cost/expenses for officials.

Questions or comments may be addressed to Paul Vink-Lainas or Jim bishop.

FROM THE IREVA REGIONAL OFFICE

Welcome to the 2005 – 2006 IREVA season!

It may seem soon, but early planning is key to a successful Regional Championship. I am finalizing details for the Adult Championship site. Dates will be posted when those details have been worked out. Junior sites are also being worked on.

How would you like to have input in Prizes and tee shirt design for Regionals?? I am looking for a tee shirt-prize/trophy volunteer for our Championships. For more details please contact me at office@irevavolleyball.org

I look forward to hearing from you!

Anna Turner
IREVA office manager

A LOOK BACK AT THE 2005 NATIONAL TOURNAMENT – DENVER, CO.

6ICB



6ICB returned to the national tournament for the second consecutive year. I have to say that Denver was a great host city!! Great food, great bars lots of things to do and see at Denver. I love that city!! 7 players in all from our club traveled to Denver, some went early to take in some sight seeing and skiing before the tournament began. Skiing in the mountains was fantastic...we don't get snow like that here in the northeast. If you didn't get a chance to ski when you were there, you definitely missed out. The day trip to the 6 Flags theme park was a good way to relax on the day before the tournament began.

Day 1 began and we were glad to find out that the men's B started in the afternoon again, it's tough to play at 9:00 am when you don't get home until 3:00 am. We started the day strong and played 3 teams and finished the day undefeated and tied for first with a record of 6-0. That was the best we could have hoped for. The worst however was on the final game of the

day. Our setter, Gary caught an elbow from our middle hitter, Sean during a broken play. Gary finished the game but his eye was closing. Hopefully the Advil and ibuprofen would kick in and Gary's eye would be ok.

Day 2 came and Gary's eye was worse than the day before but he could see out of it so we moved on with him setting. The teams we played on the second day were tied with us to start the day. We played the first match and we just never came out of the starting gate. We lost in 2 straight games and played terribly. We still felt good because we knew we didn't play our best. The next match we played the final team in our pool and this match went 3 games. We won the first game but lost the second game. The third game was a close game but we lost by 3 points and finished in third in our pool. We were still not playing like we had the day before so we still felt that if we could raise our game we'd be fine.

We lost the play in for gold in 2 straight games but we definitely played much better. So on to the silver for 6ICB. We played our first match in silver against a familiar face...RPI. The match was close and RPI played well but we were able to win in 2 games and move on. The next match would be our last unfortunately. We played a great 3 game match but lost 16-14 in the third game.

As it turned out, the eventual gold winner and the 5th place finisher were the two teams from our original pool. Knowing how we played against them has given us something to shoot for this year for the 2006 national tournament. 6ICB is looking forward to the 2006 national tournament and looking to improve again.

I'd like to thank the guys who I played with all year (Gary, Tom, Tim Bernie, Brian, Tony, Sean and Chris) for a great season and a lot of fun downtown...no matter what city we are talking about. To the guys who could make it to Denver and also to the few who could not, it was a fun year and it's only just starting!!!!

Once again, thank you to the national committee for putting together the tournament and for all the work done by the officials and all the volunteers. The tournament was a great time and Denver is a great city. We are looking forward to next year. Thank you.

-John Nolan

ps.
We're with JACKASS!!

Blue Karma

Excitement and anticipation consumed the air when boarding the plane destined for Denver, Colorado and the 2005 USA Volleyball National Championship Tournament. The possible victories not yet claimed and the defeats that break your heart were the moments that were awaiting us Blue Karma, a Women's B team from the IREVA region. For some of us this was our first National Championship tournament experience, some were seasoned professionals in attendance for the umpteenth time, while others had only previously attended Junior National Championship Tournaments. Even with the different levels of experience one thing remained the same, we all wanted to play hard, play well and win. All the hours of planning and practicing in preparation for this competition were going to be put to the test. Could we as a team be victorious? Was it all going to be worth it?

The week proved to be a test of not only our physical ability, but of our mental and emotional endurance as well. With all the pressure that was created in the build up to this week and the preconceived notions of how the events would play out it soon became clear that the volleyball skills we honed so well were going to be the least of our required skills. The first time we stepped onto the court it wasn't pretty the serve receive was nonexistent, the sets were inconsistent and the hits were few and far between. But after the first game jitters were out of the way we really started to play our game and be successful regardless of the score. Some of the competition was tough, some was not, but we didn't see anything unbeatable. What really became the deciding factor to our success was whether or not we played as a team and how we dealt with each other both on and off the court.

Now in looking back at the experience we as a team had at Nationals the reviews are mixed. But one aspect rings true for everyone, we all learned something. What we learned is different for each member of Blue Karma. Some learned about themselves, some about others, some about restraint, others about saying what needs to be said. If nothing else our adventure to Denver was a success because we all won, lost, played hard, played well, laughed, cried and most importantly learned something.

BOOMERS BANGERS



Forward: First I'd like to say that I can speak for my entire team that our hearts and prayers go out to those that were affected by Hurricane Katrina this summer. This was a horrible freak of nature and very upsetting to say the least. Can't say it enough – We are fortunate to be able to play a game that we love. See you all on the court.
-Shorkey

For the 6th year in a row we participated in the US Open Volleyball Championships. Boomers (Yankees) escaped the regional tourney with our 6th successive BB regional championship against our nemesis Hack Fu (Boston). After being down in the 3rd game 13-9 and 14-10 we somehow managed a 18-16 win with some amazing defense and stellar offense. Go Yankees, I mean

Boomers!!!

We arrived in Denver to play in the 70 team Men's BB Division. This year's roster included our 'old' famous kids as well as some new ones. Basically a whole new style of team was added for this year. Ryan Kingslad(OH/Opp), Jay Hays(OH), Mike Doolittle(OH/MH), Ben Rutt(MH), Jason Olson(MH), Brian Fox(L/S) and myself Michael Shorkey at S/Opp

The first two days of the tournament were used for the 6 team pool play. We were playing extremely well and then while running 'Superman' (Olson) on a 3-1 he came down hard and immediately knew the worst had happened. He tore his knee/ACL and was done with for the tourney. At that point things looked bleak as we had some issues with uniforms, numbers and such due to having to move our libero to setter. The championship committee worked with us and we did not have to forfeit that match or any subsequent matches. Our hats are off to them for making the effort. We did, however, finish winning the match with me playing middle (scary) and foxing setting. We then through a whole different lineup together for the rest of pool play to come out 5-0 (10-0 in games) in our pool and the #1 seed overall. This has been our M.O. for some years though and it hasn't paid off for us. Also we quickly heard our 'friends' from the region doubting our chances. We however proved all naysayers wrong by getting to the semis of the Gold bracket. We ended up finishing 4th in the tourney. We had some great opportunities in both matches that we lost and had match point swing in one. But all in all 4th out of ~70 = NOT TOO SHABBY! Best finish by a mens BB team from our region in 10+ years I believe

The tournament had other activities to engage in. We enjoyed seeing the Open teams play again for the men and women. What a loud mens open finals match with lots of trash talking.

Highlights (in no particular order & lots I forgot):

- Team Dinner at ESPN Zone

- Getting cheered by the other players from our region.
- Party in the kids' room. Great Beer choices!!
- Coyote Ugly – Too funny!
- Convention Center and transit there – Best Yet
- Watching the sitting Olympic VB team - Amazing
- Watching the other region teams compete and cheer/heckle them. So many of them went this year it was the toughest time yet.
- Rockies baseball game comeback win

Thanks to Boomer's Bangers for another successful season and fun year. I am very proud of the way we pulled together through the adversity. Although, if you add superman back, I like those odds. We look forward to doing it all again next year hopefully in New Orleans so we can give some economy/tourism back to that area.

- Michael Shorkey



Hackfu

The Team

Still hungry from their demoralizing loss to Boomers at the 2005 Regional tournament in Cortland NY, Hackfu set it sights on gold as they made there way out to the mile high city. The team featured the usual suspects, setter Tim, hitter Frank, middle men Johnny & Mike, nasty Jake the snake and libero Chris, from Vermont.

No Respect

Hackfu (Fu) received the tournament schedule with pools, which had them playing the night wave, as the last numbered team in the last numbered pool. In other words, they were seeded last (59th) in all of BB. Setter Tim explained, "I guess these people agreed with us, beating Boomer's throughout the IREVA was overrated." The team height was around 6ft., but this group had no worries. Their strong verticals could only be improved by the thin rocky mountain air. They were ready to jump into the action and show the competition who's Hackfu.

Hack Who?

H20 Velocity, Marauder, Toast, Strike Force Silver and Court Jesters were slated to face Hackfu during round 1 of pool play. The team fared very well in their first two matches, sweeping both Marauder and Strike Force Silver 25-18, 27-25, 25-22, 25-22. The team met its toughest and most hostile challenge on Day 1 from team Toast and its crowd of fans. Toast had knocked Fu out of contention for the silver and bronze division in Atlanta, so this was their opportunity for revenge. Toast put up a good challenge in game 1, taking Fu by surprise in a great game 23-25 victory.

Game 2 began the same way, a give and take battle of awesome rallies, but this time Toast had home court advantage as setter Tim was ridiculed by Toast's fans. "That's a lift", they said, "He's carrying it, c'mon ref, call something". The jeering from the crowd only invigorated setter Tim to hold the ball even more and snicker as he delivered a balanced attack to teammates Frank, Jake and Johnny for kills. Fu bounced back and took command midway through, to snatch a 25-15 victory, which would set up an exciting game 3. A see-saw battle again, featured Fu coming through in the middle with some powerful back slides from hitter Mike and great defense from libero Chris to cling to an 18-16 victory. Fu was more than half-way through pool and still a perfect 3-0.

Day 2 didn't come quick as Mike kept the team up most of the night as he was wheezing and huffing from a bad case of bronchitis. A little cough for the doctor and some drugs pepped Mike right up – he was as good as new. Fu faced H20 Velocity with first place on the line. The team didn't waste any time taking them in two, 25-20, 25-18.

In it's final match of pool play and what was probably Fu's largest IREVA crowd for the tourney, the team squared off against a very large and powerful opponent in Court Jesters (from the Bayou Region Volleyball). This was Hackfu's sharpest match in pool play and featured strong play from a recouped Mike in the middle and solid passing and defense from Jake and Frank. Hackfu was too much for 'em, taking both games 25-21. "Jester's dead" exclaimed middle Johnny as the team walked over and checked the board for results. Fu's perfect record in pool and strong play earned them a 5th place spot of the 14 teams going into gold division. Climbing 54 positions into the 5th place spot was thought to be very cool by all Fu's members, but even cooler was the puzzled and inquisitive faces of those looking down the list of 14 teams in gold. "Hack who?", they exclaimed when another would quickly respond "Hackfu, and they're pretty good." The team packed up for the night and thanked everyone for fan support.

Quite a Run

Day 3 came fast and furious. The pace of the game was much quicker and the teams did not make mistakes. Fu had yet another afternoon match against a team from the challenge division: Team Tribe. Even despite the officials dislike for setter Tim's hands, Fu prevailed in two games as they sported some good offense and strong serve receive to overtake Tribe.

Moving on to the quarterfinals, Fu met one of its former teammates and his team, Notorious D.I.G. Team Notorious certainly was rapping to the beat of their own digs after the first game, as hitter's Marc and Mike pounded on them in a 25-18 slug fest. Overconfident in their quick defeat, Fu kept pouring it on as they sailed to a 12-5 lead but could not stave off some bad runs and dropped the game 22-25. Mustering up all they had, Fu scrambled furiously in game 3, but the momentum was with Notorious, and they finished Hackfu off 15-12 knocking them down into the loser's bracket.

Dispirited over their loss and the chance to play Boomer's in the winner's bracket semi final, Fu played a lackluster loser's bracket quarterfinal, dropping the match in 3 games to HSH. It was a hell of a run as we finished an official 9th place, and decided to drown our sorrows in a few bottles of beer.

A Thanks and a Promise

The team members of Hackfu would like to send out a special thank you to all the IREVA fans and others who cheered us on during the tournament. Your support can be the difference between a win and a loss and it is always a pleasure to have. The team would like to let all in the land of IREVA know that it plans on participating in next year's National tournament, wherever it may be, and will keep on fighting to bring back a championship for the region.

Itsy Bitsy Spikers

The 2005 USA Open Volleyball Championships in Denver, Colorado, were most exciting. Out of the entire Itsy Bitsy Spikers team, only 2 of us had ever been to such an event. I was more excited for the new players to see such a spectacle than I really was for myself. Okay, not really – but it definitely was a sight to see how they responded to such a gigantic facility.

The week started off well. Everyone made it to the Adam's Mark Hotel, the headquarters hotel, safe and sound. We quickly found the Rock Bottom Café to which we became regulars of over the course of the next few days. Tuesday night we were all excited to go to the player's party. I was definitely looking forward to seeing people from the past years Nationals that I had not seen since last year. It turned out to be a hit as always and everyone had a very enjoyable time. Then we all headed over to Coyote Ugly. Being a bartender myself I was extremely excited to actually to be going to check it out! There was a lot of dancing and fun for everyone from all different levels of the competition. If it is one thing that brings the Open level players together with the B level teams, it is smiling and having a great time. We hung out with a lot of our local teams that we already knew but we also met many people from many other levels, as expected. It was amazing!

Day one of the competition could have started out a little stronger, but we held on tight and hung together, minus a few setbacks. It of course didn't help that we had the early schedule, and that we were all up pretty late. We played Noisy Crickets, Volleyholics, and Boston UB. Our three matches of the day were very close in score. All of them were within 5 points. We were disappointed about the losses but at the same time we were proud of our playing overall. We did realize that we had to adjust to the air. It was definitely a bit more difficult to not lose your breath and feel faint and dizzy throughout the day. The other important key factors to lasting all day were to drink lots of water, and get plenty of sleep. We all already knew that! We took what we learned from the day and held a meeting to discuss how to better prepare for the next day. We then headed back to the hotel to freshen up and go back to show some support to some of our other friends.

Once all of our friends were finished playing we headed back to the hotels, grabbed food and started partying for the night. We hung out at a couple of the local establishments on 16th street,

and then decided that it was a night for dancing. We had heard of a place that was “the place” to go to. And boy was it ever! We had a really good time, once we finally got there. It was about 10 blocks away or more. This was a time for us to do some bonding and the proof is in the pictures. Thanks to all who were there that night for a most memorable night in Denver!

The second day of play it appeared as though we had forgotten why we were there. Again with the early schedule, we definitely struggled to get it together. Unfortunately we accepted two more losses and everyone separated, in definite need of a little space from each other. We came back together as a new team and you would never have known that we had a rough morning. We brought in our libero and played phenomenal. We lost just by 2 points, but this definitely prepared us for our next game, and our first win! Were overly excited! What a way to finish out the day! Again we headed back to the hotels to change and get ready to come back and support our local teams. We were so proud of the teams in our region that were doing so well!

We decided that it should be a more mellow night in order to be all together for the challenge match. How we played would determine if we would continue out in the silver bracket or the bronze bracket. We found a local pool hall that we figured would be the perfect atmosphere to kick back and relax, but still enjoy Denver’s night life. The team started trickling off, 2 people at a time heading back to go to bed. The pool hall was a great idea! We could not have found it at any better time.

Day three, the big day, would decide if we played on to the fourth day or not. We started off early as we had the previous two days, so this was nothing new. We all had ample amounts of sleep and we definitely warmed up but still we just could not pull out on top. It was very frustrating, but they were a better team. This now pushed us into the bronze bracket for the rest of the tournament; we had to play our hearts out, one more loss and we were all done. The second challenge match of the day, we finally played as we had during our regular season. We regrouped and everyone was happy and having a good time. We played well enough to win an entire match. We were still in!

It was amazing; I was in tears, to realize that we could still do it. All it took was for us to play together.

We all celebrated and I really believe that we were all in the same place at the same time once again. The team took a break, a well needed relaxation break. We had to meet back up in one hour to get ready to do it all over again. At least that was my attitude. I had to wait around to see who we were playing. When I finally found out who we were playing I was in shock. It was completely ironic. We were playing a team that I knew and loved very well. This was going to be hard. This team was not only from our region, not only from our club, but it was a team on which I had created a few years back, and played on for a couple of years. I was beside myself knowing that after this match, one of us were done playing. It was extremely ironic that both of our teams had traveled so far to end up playing against each other in the “Do Or Die Match.”

The Itsy Bitsy Spikers versus Totally Spiked. It was probably my most emotional time throughout all of our playing. It was also the BEST match that we had played the entire season. All of us wanted this just as bad as the next, and it really showed. We had a lot of fans that loved and supported both teams, and that is what made it so great! Thanks to all who were there, P.O.O., Zero Gravity, Boomer Bangers, Seaboard, Jackass, Hack Fu, Peppershak, Susan Chambers, and to anyone that I missed ... we greatly appreciated all of your cheering. I honestly feel that if we could not win it – that there is no better team than Totally Spiked to do it for our region! Good

Luck! Hey we still landed in the top 5 best names for anyway so we were winners no matter what!

To end our experience in Denver, we stuck around and cheered for the final teams in our region that were still in it. We cheered for them just as they had cheered for us. This is where all the friendships form and you know that you have more than one reason to look forward to for next year! We all went out to dinner together and reflected back on the weeks activities, and shared all of our moments. We already plan on being back next year! Here we come New Orleans!

Diane Jaquays – Team Representative – Itsy Bitsy Spikers

Jackass

There are very few things one can call reliable – taxes being one and the fact that IREVA will invariably have one particular team (a team which for the sake of family-friendly content shall remain named “JA”) descend on USA Volleyball National Championships ready to make their mark. After coming off a rather mediocre showing at regional championships, “Midgets Hanging from Our Necklace”, lead by the fearless captain Dimitri Garder, regrouped, renamed and donned a particularly eye-popping warm-up.

Upon our arrival in Denver, we learned immediately that the high altitude coupled with the incredibly dry climate would force “JA” members to drink copious amounts of fluids in order to combat dehydration. Several options were explored with the most effective consisting of high levels of hops and barley. Having resolved this, we revealed our new 2005 line of team-wear to the rest of USA Volleyball at the player’s party on Tuesday night. As usual, we represented IREVA well, finding our way into many, many photo-ops and quickly making Team Paul Mitchell realize that even though they can play ball, “JA” outshines in the “looks dept” (one unfortunate side effect of our hydration scheme was found to be delusional egotism...or to put it in more understandable terms...we behaved as Boomer’s normally would). Furthermore, the 2005 team motto was unveiled on our latest sticker, which was proudly displayed for all to see on our devout and committed collectors (and by collectors we mean unfortunate bystanders).

Pool play started out in typical fashion for “JA”. As usual we had trouble piecing together details of the night before (another unfortunate side effect of our hydration plan). Of the following facts we were fairly certain – one of our middles was shoved onto a cop car, while our setter was smashed into a stop sign and after two days of below average play (read, not enough sets for the middles), despite excellent and consistent contributions from Adam “Brandy Alexander” Sollien and Danny “The Flash” Peacock, we finished our bracket ranked last. But, if anyone is familiar with “JA”, one would know that pool play is never reflective of our true colors. At our first challenge match, we played like a true “JA” should. Paul “Country Boy” Pfleiderer decided to finally show up, Jason “Daddy” Bushee and Mike “The Engineer” O’Neil showed how they bring the hammer in Vermont. In addition, Eric “Pimpolicious” Lawrence and Terry “The Tripod” Bullock played like “JA”s possessed.

Our consistent efforts and superb teamwork led us to the semifinals of the B bronze division. In the presence of the greatest fans in the world (recently eliminated and drunken IREVA members) we fought hard and managed to really get under the skin of our opponents. Having entered game

3 confident we had it in the bag, the forces of nature were against us and momentum shifted toward our opponents. The final death blow was dealt as “Tripod” sustained a knee injury forcing him to leave the match. Having lost our key outside, the match was ultimately lost and “JA” was forced to take third in bronze, but sporting a strong first place finish in the “bling” division.

As in previous years, 2005 National Championships in Denver proved to be an extremely rewarding playing experience, and provided ample opportunity to meet new people, play some of the best volleyball of the year, and deeply offend the residents of yet another unsuspecting city.

POO

Serious volleyball players of all ages and levels MUST experience the National USA volleyball tournament at least one time in their lives. This year the tournament was held in Denver Colorado and it was everything that I expected and more. My experience in Denver was one that I will remember for the rest of my life. The USA volleyball organization did an amazing job on running the tournament and I look forward to playing again next year in New Orleans.

P.O.O., (our men’s B level team) of the IREVA region flew out early Tuesday morning to arrive at the airport by 12:30pm. After checking into our hotels and scoping out the area, we decided that it was time to get serious and sign up for a practice spot. When we attempted to reserve a time slot for practice, we realized that everything was already taken, so we decided to “sneak” onto a random open court for some practice time. We had a great two hour practice and we were extremely confident and excited about playing the following day. After practice, we all decided to get cleaned up and check out the Denver nightlife for a couple of hours since we had the late schedule on Wednesday. Our first game was not until 4:10pm the following day so we decided to walk over to the famous Coyote Ugly bar which was a couple of blocks from our hotel. We realized quickly that this was a hot spot seeing that there were many players from all over the country having a good time there. It almost felt like we were out in Syracuse with all of the familiar faces from our club and region. So, after spending a couple of hours meeting people and having an amazing time, we figured that we had better head back to the hotel for a good nights sleep. We were all extremely confident and pumped up about the following days schedule but we had no idea what we were in for.

We arrived at the gym over an hour early to check out a couple of the teams in our pool. The competition in our pool seemed very strong at our first glance. Sure enough, it was our turn to hit the court for our first match versus the overpowering Nothing Hits! team from Massachusetts. Our first match was not the outcome that we had expected as we were easily beaten 25-18 and 25-16. With our first loss behind us, we realized that it was in the past, and we needed to look forward to our next match against High Velocity, who also proved to be very strong. After barely losing our first game by two points, we lost some heart and got pounded our second game 25-12.

Things were not going well and were looking as they were not about to get better as our final match of the day was against the well known Onipa’a team from Hawaii. These guys were not only a solid bunch of players, they turned out to be an amazing group of guys. They were probably the most colorful and animated team at Nationals with their extremely diverse haircuts and numerous colorful uniforms. Sam, who was their outside hitter sported a spider web on the top of his orange hair, while George (their mentor and team captain), had a different outrageous

“do” every day of the tournament. During our pregame handshake, each of our teammates were given a shell necklace from the members of Onipa’a as a sort of gift of thanks to play against them. We knew coming into this match that they had taken third in gold at the B level at last years Nationals tournament, so we had to play hard to beat them. Our first game versus Onipa’a proved to be our best of the day as we lost a heartbreaker to them 26-24. Once again, we let a tough loss get to us and were embarrassed 25-14 in our second attempt. However, we found ourselves routing for Onipa’a for the rest of the tournament, and in return, we found them on our bench doing the same for us in future matches.

After a long day of losses, we decided to head out to Rock Bottom for some food and drinks. After a few hours of hanging out with friends from our region, we decided to call it quits for the night. We were ready for day number two on the court. We knew that it could not be much worse than it had been on Wednesday.

We had the late schedule again, and our first match on Thursday was against Envy Eclipse of Atlanta. Our first game of the best-of-three match ended with our first victory as we beat them 25-20. However, we still ended up losing the match by dropping our next two games 15-25 and 5-15. Next, we had a back to back game at 5:20pm vs. Court Jesters from New Orleans. We finally got our first win... by protest. We ended up losing our first game of the match even after their setter left the game with a thumb injury. After being ahead in the second match, Court Jesters 6th man went down with a severe ankle injury. However, since one of their players had already left the court, the referee board ruled that he could not come back and play, leaving them with only five players, and giving us the win. This turned out to be extremely controversial at the time because the up referee at the time had originally told Court Jester’s captain that their player could leave the court to get his thumb taped and then return for the second game, which was not the case according to USA rules. Our last game of pool play was at 7:40pm vs. Blair Beverage. Once again we came out winning the first game of the match 25-23, only to lose our next two games in heartbreakers, 23-25 and 11-15.

Pool play was now behind us and we had to sit around the gym (and have some adult beverages) and wait for the seedings to come out. We were mistakingly awarded the number 7 seed, only to realize later that we should have actually been the 6th seed, because the USA committee gave the protest win to Court Jesters instead of us. Once the seeds were out and everyone was pushing and nudging to get to the posted schedules, we found that we had to work at 8am and our first match was at 9:10. This match would decide if we would head to the bronze bracket with a win, or head to the bottom of the barrel Copper bracket. On that note, with such an early schedule, we decided to make it an early night and try and regroup for the morning.

Our 9:10am match sent us packing into the copper bracket. After barely losing our first match of the morning, we now realized that with another loss, we would be done for good in the tournament. We had to wait around until 1:50 to play Waukegan. We played amazing against these guys as we beat them 25-20 and 25-21. Waukegan quickly realized the strength of IREVA as they lost to Jackass, UVA, and us throughout the tournament. We were now extremely exited as we now knew we were able to play on Saturday, which would be the fourth and final day of the competition. After we showered and headed over to the Hard Rock Café for a memorable dinner, we decided to call it a night.

P.O.O. arrived to the gym early on Saturday morning to prepare for our would-be last game of the playoffs. We faced SFVC Serious Funk and we barely lost the first game 27-25. We could not stop thier outside hitters as they constantly fed them the ball for nonstop side-outs. They

eventually won the second game 25-20. Our volleyball was over and our vacation was almost over as well. Our last and final night of our trip we headed to the ESPN Zone for dinner, drinks, and games. This night was one of the more mellow nights that we had spent in Denver, which was well needed.

When the tournament was finally over and we looked at the final standings, we found out why we struggled so bad on the first day. Nothing Hits! Took second overall at the B level losing in the Gold bracket finals, High Velocity made it far in the Gold bracket as well, and Onipa'a ended up winning the gold medal in the Silver Bracket. The talent of the teams that we played on Wednesday was spectacular and we should have nothing to be ashamed about.

All in all, P.O.O. had an unforgettable and insane trip to Denver for the USA Volleyball National competition. The Nationals are an amazing place to compete at volleyball, meet new people, see new places, and kill some brain cells along the way. The stories and experiences are still being talked about today, two months later. P.O.O. will be looking forward to next season with the USA organization and will hopefully have more success with the knowledge and experience that we gained during the regular season and at Nationals. See you next season!!!

Seaboard

We competed in the 2005 Nationals BB Women's Volleyball Division in Denver.

It was a wonderful experience. We were in a very strong pool. Which prepared us for the rest of the tournament. We came out 2nd in our pool. Then we won the first round of pool play which definitely put us in the competition for the GOLD medal.

We had a bad match the next game and we lost. This dropped us into the losers bracket. So, we had to win the rest of our games to make it to the finals.

We continued to win game after game and slowly work our way to the finals. We ended up coming up a little short and we lost in the quarter finals. So, we finished 4th overall. We lost a game that we should not have early on and we just ran out of gas trying to fight our way back up. So, although we did not end up winning a medal, it felt really GREAT to say that we took 4th in the NATION in the GOLD Medal contention.

It was a great time, great experience, and well worth it. Thank you so much for the opportunity.

- Jody Williams

Total Chaos



Total Chaos decided from the beginning of the season that Nationals in Denver, Colorado was a “Must Do.” By the time February rolled around only four members of Total Chaos were committed, Jamie Houghton, Kari Fuller, Ann McClain, and Ruthie Huehn. During the next couple of months the team managed to scrape together three more girls to complete their team of seven. Patti Paniccia and Michele Deguire came from Kilgore and Krista Provost came from the Duanesburg High School team.

Jamie, Kari, Krista, Ann, Patti, and Ruthie traveled to Denver a few days early to experience the mile high city. The trip to six flags was full of wild rollercoasters and bungee jumping. Luckily that was one of the days that Total Chaos was able to enjoy the sun. The next few days Denver was surrounded by several tornados swirling a few miles out around the city.

Many pre-game warm-ups were spent trying to dry off from the torrential rain and hail they experienced on the walk to the Convention Center from the hotel.

Total Chaos’s first game was at 8am on Wednesday, June 1, 2005. All of the team members were in Denver except for one, Michele. She was not scheduled to arrive in Denver until 9:30am that morning. The original plan was to cross their fingers and hope that Women’s B had their matches in the afternoon block, but all of that wishing left them with two more 8am starts the following days. That morning the opposing team did not doubt the reasoning behind the team name, Total Chaos. The first game was full of spastic plays and scrambling foot movements and full out sprawls. The six players had obviously not played together before and it showed. Needless to say, they did not walk off of Court 36 full of smiles.

Two hours later as Total Chaos was warming up for their second match of the day, the team saw Michele sprinting down the enormous gym full of approximately 45 volleyball courts, each surrounded by netting. Michele’s entrance brought a confident and upbeat spirit to the team. The girls were psyched and prepared to play the team they were about to beat. The first day Total Chaos walked out of the Convention Center with a 1-1 record.

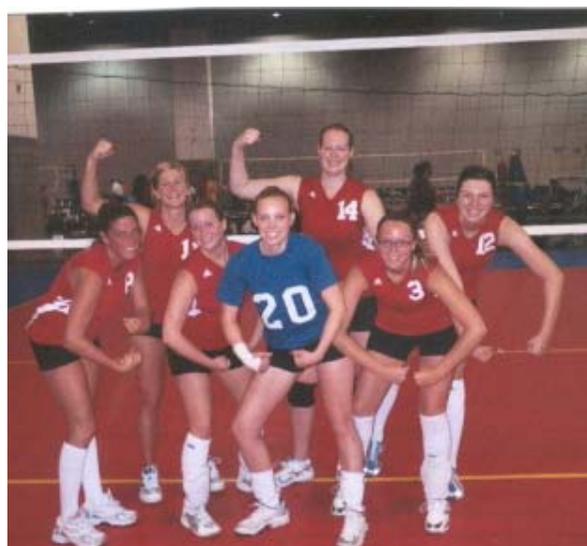
The second day began with another chaotic 8am start. The jerseys were washed the night before, but the libero jersey never made it back to the Convention Center with the rest of the jerseys. The girls unfortunately did not realize this until there was only five minutes until the game started. The teams’ savior, Tony Roy, took it upon himself to sprint three blocks back to the hotel and search for the libero jersey. Five points into the game Tony came running up to the court dripping with sweat, the jersey in hand. Total Chaos took the next two matches they played in. One of the teams they played was from Hawaii and gave each individual player a flower and macadamia nuts from Hawaii. These ladies were very sweet and a team they must greet the following year.

Total Chaos’s record was boosted to 3-1. The team was feeling good. The next game they played was quite a battle. It was a team from a neighboring state, Massachusetts. The game was lost by only a few points in the third game, but in all the team felt they played well and was excited to

have a decent level of competition. This loss left Total Chaos with a 3-2 record. Total Chaos did not get through this game either without frenzy. During one of the last plays Michele cut open her knee. The entire team was jumping in the air waving at the referee to get him to blow the whistle. He did not see the six girls doing jumping jacks in the air. The opposing team served the ball into the net. Total Chaos got the point!! Michele ran off the court and tied an old sock onto her leg so that the referee would not see what had happened.

The following day a playoff match was played to determine if Total Chaos would enter the gold or the silver bracket. Total Chaos took the team to the third match, but lost by just a couple of points. Losing that 8am game left them to play their first playoff match at 8pm that night. The day was full of watching teams from their home area playing in the playoffs. Finally 8pm rolled around and Total Chaos took the game without a problem. Next on the schedule were semi-finals Saturday at 12pm.

Semi-finals were played against a team from New Hampshire. This was a very tight game and also once again chaotic. During the week Jamie had thought she was catching a cold. Turns out that high activity in the high altitude can cause Bronchitis. During the last few points of the game Jamie began to hyperventilate and the medical staff was called over. After her face turned blue for a few minutes her lungs finally opened up and she could breath again!! Even though Total Chaos played well, that loss sent them home. It literally sent Michelle home because immediately after the last point of the game she had to sprint to the airport and catch her flight home at 3pm.



In all Nationals in Denver, Colorado turned out to be a success. Seven girls had a great time getting to know each other, play volleyball, and watch all different levels of volleyball. This year left us anxious for the following Nationals!!

Totally Spiked

Totally Spiked Women Looking for a Repeat in Denver 2005

Season three for Totally Spiked looked quite promising- and what a season it turned out to be. With the same drive as the year before, the team, consisting of Dina Brouse, Jan Suits, Lisa Sawenko, Laurie Woodbury, Amy Scheibel, Kim Johnson, and Marnee Card, headed to Denver with one goal in mind- To repeat last year by winning the Gold medal in the Women's B division.

After only winning a couple of games, and usually playing all three, we came out of pool play having to fight for a position in the Silver Division. After a tough fight, we ended up back in the Bronze Division looking to defend our title from last year. Making our way to the finals in the division (and not necessarily looking at our best), we could almost feel the medal in our hands. However, this didn't end up being the case. We lost in the third game 15-13, but it was a fight till the bitter end. Although we were disappointed with our finish we weren't, by any means,

disappointed with our playing overall because every one of our games went down to the wire. We had made it farther than last year- having the opportunity to almost play in the Silver Division.

Unfortunately due to having the earlier schedule this year at Nationals (up at 6am every morning-yuck!!) we weren't able to really go out on the town much. We were able to visit Coyote Ugly a few times, enjoy the delicious meals at Rock Bottom (as well as awesome beer), walk around the city (mainly looking for places to buy beer!!), compete against one another at the ESPN Zone, and go dancing at a few clubs. And because most of our local teams were scattered all over in different hotels we really weren't able to hang out as much and have fun doing things like playing beer pong, harassing people in the hot tub, and almost getting kicked out of our hotel room for being so loud!

Denver turned out to be an awesome trip for us and we are looking forward to doing it all over again in 2006. Thanks again to everyone who came and supported us even when things weren't looking so good!! See you next season.

UVA

With dreams of medals, the UVA looked to strike gold in Denver. So this year we set out with nine players in hopes that we could stay away from the fatigue associated with playing at a higher elevation. A very wise decision as the first trip up the large stairway in the conference center left you a little winded.

During match 1 we got off to a decent start against the Homeboyz (the eventual "B" silver champs) but stalled halfway through the first game and eventually lost that game and they were able to carry that momentum into game 2 and beat us in 2 games. In match 2 there was a slight resurgence as we took the match and evened our day at 1-1. More importantly the defense displayed was probably our best of the year until match 3 in which we tightened it up even further and the offense was clicking on all cylinders as well. Finishing day 1 with a 2-1 record and very alive for a chance for gold.

Day 2 featured 2 more matches for the UVA. Match 1 was not quite as crisp as the previous matches but nonetheless resulted in a 2-0 victory and improved us to 3-1 overall. So now with a number seed in sight it was on to match 2. With an early error in game 1, a bad set that caused a "trainwreck" at the net, it was apparent this would be a fight. Strong defense again and steady offense propelled the UVA to a 4-1 pool play record which was good enough for the #1 seed in our pool and the #7 seed overall in the gold bracket on day 3.

Day 3 well lets just say it wasn't our best. Blame it on fatigue, elevation, but certainly not lack of effort as Sticky tackled my wife on game point trying to keep a ball alive. We lost our 2 matches that day and ended what was a promising start. By my calculations putting us 12 out of 14 B gold teams or if you're an optimist, 12 out of 48 men's B teams.

The bright spots, the "trainwreck" evolved to the "muffin man" and someone you never want to shop at Home Depot with. The POW and T-White provided a solid combination of offense and defense. Oh did I mention the shared they same vocal cords as well. One screamed at everyone at the net and the other just screamed at everyone. Chip and Hammer provided a steady blend of hitting, passing, and great defense and Sticky dominated the back row from the Libero position,

getting his hands on EVERYTHING☺. I did my best to keep everyone involved in the offense and even took a little time out for defense as well with a few blocks and a couple of digs. Lastly, the Dominican Wonder, hampered before the start of the tournament with a virus of some sort (mad cow disease is my guess) rebounded and showed why they called him the Dominican Wonder. But not even he could save the day for the UVA.

Oh well, sometimes you get the bull and sometimes the bull gets you...congrats to all the IREVA teams at Nationals and hope to see you all next year.

And just an FYI, rattlesnake tastes like nothing you've ever had but alligator tastes like squid!

Zero Gravity

Well where do we begin? Denver Colorado, what an adventure to say it best! Zero Gravity's 52nd place in the BB division was far from any expectation that any of us had going into the tournament. The first day of play, we beat the BB Gold Champions Metropolis 2 out of 3 games. Unfortunately that was one of the only matches that Zero Gravity played to the potential it really had. We knew it would be a learning experience, and the veterans knew it would require a lot of patience, especially since 3 of the starters were rookies. This season required an extreme amount of hard work, dedication, and patience. Are we happy with how we placed at Nationals? No. Are we happy with how far we've come as a team? Absolutely. Are we excited for the upcoming 2006 Nationals? You bet!

Everyone that went to Denver left with many memories of good times, good laughs, and a few nicknames. There was never a dull moment, and there was always something fun and exciting to do. Some of us went to the mountains, others went to watch the Colorado Rockies. Steve "I got Hicks'd" Hicks made the most of his trip to Denver. He saw every restaurant and bar the city had to offer. Nick "Just Set the Ball on the Net" Rank & Nathan "Just hit the damned ball" Rose weren't exactly homebodies either! Jeff "Coach" Evans tried his best to keep everyone under control but there was only so much he could do. Pat "Irish" Furman somehow found a jump serve, but left his blocking ability at home. John "I'm 8 feet tall" Dehay did more than make up for Furman's not-so-good blocking with some roofs of his own. Evans continued to be the clutch player and put the ball away. Andy "The Irish Dancing Fool" Radcliffe played hard and smart the entire tournament. Everyone had their moments to shine, on and off the court!!

Zero Gravity is looking forward to the 2006 National Tournament. We've positioned ourselves so we can only improve!

2005 BOY'S JUNIOR NATIONAL CHAMPIONSHIPS – LOUISVILLE, KY

CD Select Boys

The CD Select 18 Elite team consisted of coaches Hansen Leong and Paul Vink-Lainas, thirteen players, a horde of loud family members, and one dad who felt the rest of the horde was too loud (more on that later). The team arrived in fits and spurts the day before the tournament, and dealt with a maximal amount of problems at the hotel. Un-cleaned rooms, no room, too many rooms – you name it, they did it. And the boys just looooved the curfew – Halo couldn't be played until 3 in the morning.

The first day's play began against Riptides 18 Blue and we dropped a tough match 20-25, 16-25. Adrenaline carried us for the first part of the match, but we eventually succumbed. Next we had to play Molten Hawaii, team that started out friendly enough, but then resorted to some questionable celebratory stunts (by the end of the day, several members of the tournament committee were observing them). The stunts were unnecessary kick in the face by a team that beat us handily 11-25, 4-25. The last match of the day was against Missouri Thunder 18-2, who beat us, 25-22, 9-25, 14-16. The heart-breaking loss dropped us to the bottom half of the bracket, and the best we could finish the tournament was 33rd out of 50.

Later that evening, the team blew off steam with some Laser Tag, where some little kids got trampled by everyone, Hansen bled, and Bryan Herman's brother Chris and JT Kent claimed victory over all. Results were disputed by everyone else.

The second day began with our team waiting around to work.

Damian Privitera: "Where's the other team that's supposed to play?"

Hansen: "I don't know."

Two minutes later, Bill Yates: "Where's the other team?"

Hansen: "I don't know."

Half a minute later, BJ Forth: "Where's the-"

Paul: "WE DON'T KNOW."

Our team: a very patient group that listens to everyone else. Eventually the other team shows up from their Denny's breakfast. Our first match is against said late-breakfast-eating team of Apex-Matt. We beat them 27-25, 25-22, 21-25 to assure ourselves a chance at still finishing 33rd. With our next match not counting for positioning, we got to play all of our players extensively, where sophomores Aaron Zakrzewski, JT, and Dave Spangler received valuable court experience. And one played outside instead of as a Libero. Damian's moment of glory: a kill on his first swing, and nearly breaking Mike Ozols's arm celebrating. His moment of ignominy: getting called for a net violation on a stuff block, and screaming at the top of his lungs something that rhymed with, "GLUCK! GLUCK! GLUCK!" Fortunately, he sounded just like that, and no card was issued. We lose this match 23-25, 19-25, ?-25.

Later that evening, we played Ultimate Frisbee until Erik Vink-Lainas (Paul's 11 year old son) was almost knocked out. Laura Spangler (Dave's sister): "I play much better not on grass, in a parking lot, with a glow-in-the-dark Frisbee." Austin Michalski manages to repeatedly get the Frisbee thrown to him by people thinking its Adrian, his triplet. Ian, the third triplet, was off probably watching Spanish language television.

Day three opened with a re-match against Missouri Thunder, which was highlighted by Matt McCarty digging everything, Oz jumping through the roof for the spike of his life, and Adrian's solo block at 10-10 in the 3rd, after which Oz said, "They're not scoring another point." They didn't, and we won 14-25, 25-15, 15-10. Against Orlando gold, Andy Mink and Bryan spark us to another win to put us in the final four of our bracket, still alive for 33rd. By today, Ken Michalski has announced that the other family members were way too loud, and he had to stand separately from them in order to actually enjoy watching the boys play. Our families are loud. Very. Other team's families move away from them willingly, so our families never have to ask for seats – they just appear.

Day four's semi-final was against Stellar East, and unfortunately, we were just exhausted, and couldn't quite get over the hump in either game, dropping the contest 17-25, 22-25, and finishing in 35th place. Not too bad considering the first day's pool result meant that we could finish no better than 33rd. The boys enjoyed the experience tremendously; and they and their parents were already looking forward to Minneapolis in 2006. With the end of the tournament, the team lost three players to graduation: BJ Forth is off to Springfield College, Mike Ozols is off to Stevens Tech, and Andy Mink is off to HVCC and will be coaching with us next year. Bryan Herman graduated, too, and is off to RPI, but is still eligible to play with us. So indeed, Minneapolis 2006.

2005 GIRL'S JO CHAMPIONSHIPS IN SALT LAKE CITY, UTAH

Whoosh

KAEPA WHOOSH 2005 JO ADVENTURE

Our adventure started in mid February when we learned that we had received the IREVA bid to play at the JO Championships in Salt lake City, Utah. This team has played together for five years and this year was our best ever - we were so excited about this opportunity!

We started to fundraise right away. Our parents were incredibly supportive and so were all the people in our club. We needed to raise \$ 1100.- per player so we got right to it. We waited tables and washed dishes twice at a local restaurant where we got a percentage of the income and the tips for that night. We ran a raffle where all the prizes were donated. We did a can shake at the grocery store. Our parents ran a letter writing campaign where we got donations from fiends, families, and local businesses. We sold plants, pizzas, cookie dough, candles, pies and Tupperware.

Everyone worked very hard and we achieved our goal by late June. During the regular season, we worked hard to raise our level of play. We added the NEQ to our schedule - it was an excellent tournament and we did well. We won the IREVA regional championships and finished in high positions at Baystate, Southern Tier and East Coast Championships. We practiced all thru June - when the rest of the club had finished. Several of our players are also on the Empire State Games team, so they were playing five nights a week!

We left for Salt Lake City on July 1st - taking a bus to the airport. Hazel checked our luggage before we left to be sure that we had everything we needed I We arrived in Salt Lake City in the evening - loaded our vans[very, very loaded] and went to out hotel.

On July 2nd - our coaches went to check us in and then we went to see the Great Salt Lake - it was amazing. We had a two hour practice that afternoon and then chilled at the hotel.

On July 3rd - the start of our tournament we went into Salt Lake City early ~ visited Temple Square and then went into the Salt Palace. We had a serious visit to the tee shirt area and spent just a little bit of money [not] - and then it was time to play.

Our first day was a tough one - we played hard but did not win any games. Our coaches were happy with us and our play - so we went back, had dinner and got some sleep.

July 4th - we went to Park City to the Olympic Bobsled and ski jumping area - that was amazing. We had a great view from the top of the runs and agreed that volleyball was a much better thing to do than ski jumping or bob sledding. We player again that afternoon and won one match and several games in other matches. We came out of the Salt Palace in time to see great fireworks over the city,

July 5th - we slept in today - but then did a great job at the tournament, we won another match and two more games. We played well every day - we and our coaches felt we did a good job. We finished in 43rd - not as we wanted, but not at the bottom either.

July 6th - and we are done with the tournament - sad to leave Salt Lake City but also excited about the part of our adventure. We checked out of the hotel and got on the road to Cedar City, It took us four to get there - of us slept and of us looked at the scenery – it so different from home.

We spent the next two days at Bryce and Zion National Parks - they were amazing and beautiful. It was an exciting trip. Then back to Salt Lake City and home - a long plane flight and we are still not sure what time it is.

We would like to thank our parents, families, Whoosh, Hazel and IREVA for giving us this opportunity!

NOTES FROM THE HP CAMPS

My name is Kelcey Noble I attended the camp in Fairfax, Virginia at George Mason University. Overall the camp was very helpful. At every session the coaches we very motivated to help you improve. The focus of the camp was ball control. So, every session there were an immense amount of passing and different passing drills. The two techniques that were driven into us were down-ups and punch passing. As a setter I came to the sessions twenty minutes early to warm up. The coaches expected perfection and were very hard on us. I enjoyed the camp despite the treacherous heat and humidity which I thought was going to kill me. Thank you for the opportunity.

Sincerely,
Kelcey Noble

Thank you for sponsoring me to go to the USA Volleyball High Performance A2 camp this year. I learned so many new techniques for defense and offense that will really help me. Lets just say before this camp I wasn't very good at back row defense, I had learned it before but I looked kind of like a horse trying to roll over. I also learned some new blocking footwork because I played outside instead of my usual middle position this year.

My offense has improved a lot too. I was able to hit the D1 and D2 swings a lot better, and the ball goes where it was intended to go. I am also able to see if I should hit line or cross depending on where the block is. In the conditioning program I learned some new core exercises that I will - work on to make me a better player. Staying at the US Olympic training center was such a good experience. It was so much fun and I enjoyed meeting all the coaches and participants from all over the country. Thanks again!

Sincerely,
Erin Little

When I tried out for one of the USA Volleyball teams, I had on expectation of making one of the camps. However, I was selected to the Boys High Performance Development Camp at George Mason University. I went down to Virginia with high expectations of the quality of volleyball and coaching. It turns out both of these were surpassed. The volleyball was at a very high level. The coaches were also top notch. The staff included head coach Fred Chao of George Mason, and assistant coach Charlie Sullivan from Springfield College.

The camp was very intense, from the afternoon we got there, all the way to the final hours before our flight home. The first afternoon included a three hour session which included fitness testing. The next four days had us in a routine of waking up at 7:30 and going to sleep by 11, with eight or nine hours of volleyball per day.

I came home exhausted and very content with the camp. I was excited to try out the skills I learned in the Empire State Games, the next week. Overall, I was very pleased with the camp.

-Alex Harrison.