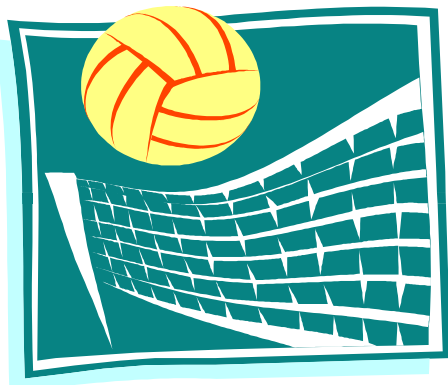


# Between the Lines

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MGVCA Newsletter

Fall, 2001



## MIAA to choose between Federation, NCAA rules

The MIAA's decision last June to stay with NAGWS rules for another year recalls the old adage about the "glass being half empty or half full." Yes, we were able to maintain the current body of rules for the fall of 2001 (with minor modifications), but we face another challenge on this issue almost immediately.

Because this is the last year that NAGWS is underwriting its volleyball rules, we will be forced to select new rules for 2002 and beyond. The two choices will be either the new NCAA Rules or National Federation Rules. The NCAA is unlikely to complete its rules until February or March of 2002, so the clock is already ticking.

In the spring of 2001 over 55 coaches and officials were nearly unanimous in their defense of NAGWS Rules at the MIAA Volleyball Rules Forum. The general feeling expressed by both groups in open discussion with Federation representative Cynthia Doyle on June 5 was that NAGWS Rules were more in sync with the way in which the sport of volleyball was now being played both nationally and internationally.

Representatives from USA Volleyball and FITVA were quick to point this out. As debate on numerous points were presented by members of the volleyball community at large, the key issue which turned the tables in favor of NAGWS was ball handling and its evolution as a key developmental skill.

A volleyball subcommittee, chaired by Bill Nunnally (Dracut), has been formed by the MIAA to investigate the rules to be implemented in 2002 and beyond. Others on the subcommittee include Rob Clark (Ware, Volleyball Committee Chair), Carole Burke (Officials), Tom Turco (Barnstable, Girls Rep), Judy Kennedy (Newton South, Boys Rep) and Rob Slavin (Sacred Heart, MGVCA President).

The only decision made thus far by this group is to "wait and see" what the NCAA presents as its body of rules this winter. All indications are that the NCAA will use the NAGWS Rules as its framework as it moves forward. The key decisions for this year's NAGWS Rules (including rally scoring) were strongly advocated by the Division I NCAA Championship Committee (headed by Brenda Ware). That, in turn, provided the impetus for the NAGWS to move forward on rally scoring.

The MIAA has made a concerted effort in recent years to move towards Federation Rules in most of its sports (baseball, cross country, field hockey, gymnastics, ice hockey, lacrosse, soccer, softball, swimming, indoor track and wrestling). For administrative reasons, it seems to be a very popular decision. That is worth noting as we proceed in this decision because administrators represent 80% of the votes on the MIAA Volleyball Committee. Coaches and Officials have only three (3) votes on any final decision.

It is important for all coaches to familiarize themselves with the rules disparities between NAGWS and National Federation. The updated list of differences, which is quite extensive, was distributed at the August meeting (and is still available at the MGVCA office).

The coaches association wants to accurately represent the views of its 145 member coaches, many of whom have already passionately expressed their views on this key issue. In order to do this we need the input and support of our coaches across the state.

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**The MGVCA  
postseason meeting  
will be held on Sunday,  
November 4, 2001 at the  
MIAA headquarters in  
Franklin, MA at 5 PM.  
Agenda items include  
the election of officers  
for 2002-03 and the  
selection of the All  
State teams. Directions  
to the meeting are  
available on the  
MIAA website.**

## News Updates

### Directory Info

The Fall 2001 edition of the coaches directory will be printed next week. As always, it is a painstaking process to update all of the information in this directory.

Coaches who have league directories could expedite this process by mailing or faxing the current listing to the MGVC A office within the next few days. We want to be as accurate as possible with our information.

### Call in Scores

We need all coaches to report scores to their league representatives and local papers. This is a way for parents, players and other coaches to follow teams statewide.

The Boston Globe (1-800-232-4297) and The Boston Herald (1-800-464-1819) print league standings on Monday and Tuesday.

### Website Down

SchoolSports will no longer be able to support our MGVC A website. Al Morrel, associated with many grass roots volleyball programs, is assisting us with a new site.

Severe staffing cutbacks have forced SchoolSports to restructure. They do, however, continue to provide services to individual high school institutions.

### MIAA Reschedules

Because of the recent national tragedy, the MIAA Volleyball Committee cancelled its September 12 meeting in Franklin.

The next meeting of the committee will be Monday, October 15. If you have any agenda items for this meeting, please contact this office or Coaches Representative Tom Turco at (508)-430-1497.

## Selection of officers, all-staters upcoming

The election of association officers for 2002-2003 will take place at the November 4 meeting of the MGVC A at the MIAA Offices in Franklin. The association by-laws mandate that an open nomination process be held for the positions of President, Vice President, Secretary and Treasurer every two years.

Enclosed is a nomination form for that purpose. Any member in good standing may nominate a current or new candidate for these positions. Although the position of Coaches Representative was voted upon in 1999, it is not mandated in the by-laws that this be an elected position. This can be taken up at the November meeting for discussion.

All nominations must be received by October 30, 2001. Ballots will be distributed at the November meeting. Results will be tabulated by the association secretary and announced at the meeting.

Coaches may also nominate players whom they consider candidates for the MGVC A All State Team. Coaches should include only the top player(s) in their respective leagues.

A live vote will be cast for members of the first and second teams. These results will be forwarded to newspapers and local media outlets.

## Preseason meeting highlights changes

The annual preseason meeting of the MGVC A was called to order by President Rob Slavin at 5:10 PM on Sunday, August 26, 2001 at the MIAA offices in Franklin. Thirty-four (34) coaches attended the meeting.

The adoption of the NAGWS rules was the first order of this year's meeting. Officials sent representatives Carole Burke and Diane Beauchamp to clarify the new changes. Both rally scoring and the "net serve" were rejected by the MIAA for the 2001 season.

Carole Burke advocated for coaches and officials to take a unified stand in adopting NCAA rules in the future. She noted that the new rules would likely "mirror" many of the current NAGWS Rules.

Secretary Tammy Webber updated the status of the Hall of Fame by noting that inductees would be presented every three years. Nominees may be forwarded to Tammy and her committee at any time.

Slavin then asked those present to consider ways in which the MGVC A treasury might best put its funds to use. Jim Rendle noted that any money put toward the advancement of volleyball in this state "was money well spent." Setting up a foundation was another suggestion.

The clinic site for March 2002 will be Wellesley College with the clinician TBA. The possibility of bringing in a "big name" from outside New England (Russ Rose, John Dunning?) was briefly discussed.

A quick review of the new three-divisional alignment (and its derivation) along with a preview of the November meeting was followed by a light meal. The meeting adjourned at 6:45 PM.

# New drills series added to video library

The MGVCA has just purchased a nine part video series from Championship Productions (Ames, Iowa) entitled the "Ultimate Volleyball Drills Series."

The Video Library has been one of the most frequently used resources by coaches over the past two years. The addition of these tapes now brings our collection to almost one hundred titles.

A brief overview of the eight tapes which will most benefit the high school coach are presented here

## 15 Drills for Training Transition

Mike Hebert (Minnesota) develops six key transitional elements: defense to offense, base to read, serve-receive to attack, serve to base, coverage to attack, and chaos to order.

Specific drills are presented for each element. Golden Gopher players demonstrate the essential footwork and movement patterns necessary.

Excellent camera angles give you a great sense of court positioning for all six positions.

## Competitive Wash Drills

The venerable Russ Rose (Penn State) places emphasis on the team-oriented nature of the sport through a series of very demanding drills.

Teams play a series of two-ball rallies with the stress on focus and all out effort on every point. Handicapping is allowed to increase the performance level of your best players.

The "wash scoring system" forces maximum team effort on every play. Many of the drills allow starters and reserves to switch roles.

Physical conditioning is always a focal point for Coach Rose, so your players must be in good shape.

## Drills for Training the Attack

Tom Keating (Wahlert HS, Dubuque, Iowa) covers six areas of the attack: hitting techniques, free-ball transition attack, side out attack, block transition attack, dig transition attack, and overpass attack.

Excellent progressions performed by high school athletes (albeit at a high level). Movement patterns are stressed throughout, with special emphasis on the middle hitter.

Terrific slow motion shots are used to great effect throughout. Many beneficial drills for high schoolers.

## Drills for Defense and Passing

More from Russ Rose (Penn State) on two things that make great teams: passing and defense. There are over two dozen drills that maximize the number of touches your players get during an intense practice.

The partner drills (the basis of serve receive) are dynamic. Highly competitive in nature, many of these drills could be used effectively as pre-game warm ups.

## Essential Drills for Blocking

Debbie Brown (Notre Dame) takes us through 18 drills to develop both footwork and technique in blocking.

With special emphasis placed on the middle, Brown presents many helpful "cues" which will help players of any level and ability.

Highly innovative drills are presented which deal with "reading" and "eye movement." Her theory of blocker placement is valuable.

## 25 Ultimate Ball Control Drills

If you are not familiar with John Dunning's (Stanford) training methods, I highly recommend this tape. The basis for his drills is simple: players can get better on their own.

Creative, yet simple, these drills can all be practiced by individuals outside the team setting. A must see.

## 15 Single Focus Team Drills

In this video Dunning (Stanford) defines his coaching philosophy in terms of the team rather than the individual. As in the previous tape, his drills are easy-to-follow and can be implemented at any level of play.

The concept of single focus means that only one element of any drill is the focal point at one time.

Applications for all six major skill areas are explained. A coach can readily modify the degree of difficulty.

## Ultimate Setting Drills

Coach Jim Stone (Ohio State) shows what it takes to train consistency in a setter. Nearly 30 drills from footwork patterns to technical elements are carefully explained.

Of special note are the sections dealing with jump setting and tipping. The presentation on hand placement is also valuable.

Most of the drills can be done with 2-4 players. Progressions are simple enough that players will be able to monitor their own development.

Note: some of the advanced material is probably a bit too sophisticated for high school setters.

## The next step regarding rules

You're probably as tired as I am in dealing with this never-ending battle over which rules we should play by in the future. However, this is an issue that is simply not going to go away.

Coaches and officials sided strongly with the NAGWS Rules for this year, but that will not be an option in the future. We will now have to choose between National Federation Rules and NCAA Rules.

And the "choosing" may be beyond our control. That is simply because the folks in the trenches, the coaches and officials, do not have enough votes in the MIAA Volleyball Committee to constitute a majority opinion.

Therefore, if we want to adopt the NCAA Rules (when they are finalized this winter), we would have to lobby those members on the 2001-02 volleyball committee who have the votes.

The committee members are now chaired by Rob Clark (Ware). He and the other voting members (listed below) are the people who must ultimately decide the direction our sport is to take in 2002 and beyond.

District A	Bill Nunnally (Dracut) Barbara Hood (Billerica)
District B	Bob Cignetti (Somerville) Gerald Knight (Somerville)
District C	Jon Kirby (Medfield)
District D	John Grondin (Bourne) Tom Burns (Durfee)
District E	Nick Zachilli (Milford)
District F	Rob Clark (Ware) Nancy Kurty (Ludlow)
District H	Bill Sullivan (Savio Prep) Julie Gosselin (Mt. Alvernia)
Coach Rep.	Tom Turco (Barnstable) Judy Kennedy (Newton So.)
Official Rep.	Pat Cawley

## MGVCA Constitution in need of revision

One of the agenda items which the next group of MGVCA officers will have to address is this association's constitution. Written in the early 1980's, the document needs updating to accommodate the contemporary needs of the organization.

The current three-page constitution contains eight articles. Although many of its original ideas remain in tact, revision is needed throughout the document. The current articles: I. Name and objective, II. Organization, III. Membership, IV. Officers and Their Duties, V. Executive Committee and Their Duties, VI. Meetings and Voting Procedures, VII. Amendments, and VIII. Order of Business.

Fortunately, this organization's main objectives are today much the same as they were twenty years ago:

1. to promote the sport of volleyball at the high school level in the state of Massachusetts,
2. to broaden communication among coaches,
3. to provide recognition for outstanding performance by players and coaches statewide.

Membership, then and now, is open to all high school coaches and lasts one calendar year. Annual dues were established by an "executive board." The duties of the four officers are carefully spelled out in the nine sections of Article IV.

An Executive Committee was established in the by-laws which included the four officers, district representatives and two members-at-large. Such a committee has not existed in recent times.

Even the process for amending the constitution is carefully detailed. Amendments must be submitted in writing, signed by three members of the organization, and read into the minutes of a meeting before being considered for approval.

In short, the current constitution provides a framework on which to build an updated document. The undertaking of this project would probably best be handled in committee.

## Volleyball Hall of Fame to honor inductees

The annual Volleyball Hall of Fame Induction Ceremony will be held on Friday, October 19 in Holyoke, MA. The 2001 honorees include Karch Kiraly (FIVB Male Player of the Century), Regla Torres (FIVB Female Player of the Century), Jean Gaertner (Player, Veteran's Category), and Karen Keirstead (Mintonette Medallion of Merit).

The formal ceremony will be held on Friday at 2 PM on the West Lawn of the Hall of Fame (Heritage State Park). A reception and dinner at The Delaney House will follow at 6 PM.

On Saturday, October 20 the Women's Division III Induction tournament will be held featuring Amherst College, Mount Holyoke College and Smith College.

For more information and tickets, contact the Volleyball Hall of Fame at 413-536-0926.