

Bay State League heads All State teams

Grceva, Jackson are among state's finest

The MGVCA held its annual postseason meeting on Sunday, November 2 at the MIAA Headquarters in Franklin. Twenty-six member coaches attended the 11 AM meeting.

President Rob Slavin (Sacred Heart) presided over the three and a half hour session by first updating membership information. The election of officers for 2004-2005 followed.

Current officers Rob Slavin (President), Tom Turco (Vice-President) and Tammy Webber (Secretary) were re-elected to their respective posts. Scott Blanchard (Medway) was elected to the Treasurer's post vacated by former Bourne coach David Moore.

Slavin revisited two MIAA Rules modifications: (1) the third game of JV matches to 15, and (2) clarification of the "30 minute late" ruling. The suggestion was made that future minutes of all MIAA Volleyball Committee Meetings be posted on the MGVCA web site to clarify any misunderstandings.

A brief discussion concerning the Nicki Dumond case (adopting USA mixed gender rules when applicable), the newly-established Victory Club and the Exclusion Rule followed.

Vice-President and MIAA Rep. Tom Turco followed with more concerns about the third game of junior varsity matches. Numerous coaches, he pointed out, wanted to extend the current third game scoring format.

Secretary Tammy Webber then presented a list of seven candidates who had been nominated over the past three years to the Hall of Fame. Those present then voted five of those coaches into the Hall of Fame (see front page).

Further discussion followed concerning criteria for admission to the Hall of Fame. Slavin passed out a proposed nomination form based on what some of the other state associations around the country are doing. The newly assembled Hall of Fame Committee will address these issues.

A lunch break, with sandwiches provided by Oliva's of Milford, allowed for a natural break in the proceedings.

The vast majority of the meeting, as is almost always the case at the postseason gathering, then turned its attention on the selection of the MGVCA All State teams.

A total of forty-six nominations, both mail-in and from the coaches present, were discussed at length before being voted upon.

Two separate votes, for First and Second Team selections, were taken only after all coaches present had a chance to speak on behalf of their own or other players placed into nomination.

Eventual Division I State Champion Barnstable was the only school to place two players (Casey Buss, Whitney Davis) on the First Team.

The Bay State League, however, placed a total of five players on both teams. Natick's Likica Grceva joined Milton setter Raechel Jackson as First Team selections.

The Tri Valley League (4) and the Hockomock League (3) combined for nearly 30% of the 25 players chosen.

As in the past, selections were made available to the local media. Most of our selections are generally represented on the Boston Globe and/or Boston Herald All Scholastic teams.

MGVCA 2003 All State Selections

Casey Buss	Senior	Barnstable High School
Nicole Cahill	Senior	Quincy High School
Nazareth Cardoso	Senior	Brockton High School
Lyndsay Church	Senior	Medfield High School
Whitney Davis	Senior	Barnstable High School
Mary Kate Duffy	Senior	Millis High School
Alex Fanuele	Senior	Case High School
Bethany Forrest	Senior	Sacred Heart High School
Sheila Giovannini	Senior	Arlington Catholic
Likica Grceva	Senior	Natick High School
Raechel Jackson	Senior	Milton High School
Holly Young	Senior	Dennis-Yarmouth Reg. H.S.

Second Team

Heather Abramo	Senior	Medway High School
Jess Anselmi	Senior	Franklin High School
Alyssa Boyd	Senior	Needham High School
Julie Brodie	Senior	Chelmsford High School
Blair Canan	Senior	North Reading High School
Kristen Conrad	Senior	Hanover High School
Kate Corcoran	Senior	Bishop Feehan High School
Amy Crespi	Senior	Weymouth High School
Ale Kuncaitis	Junior	Canton High School
Amy Nelson	Senior	Milton High School
Lindsey Parker	Junior	New Bedford High School
Stephanie Pratt	Senior	No. Attleboro High School
Sara Tompson	Senior	Millis High School

Coach's Corner

Interviews with MGVC members
conducted by Leo Fahey

Turco's success story begins with discipline

Tom Turco's Barnstable volleyball team just capped off its 2003 season by defeating Chelmsford 3-0 at WPI for the Division 1 Championship.

This is Tom's 16th year coaching at Barnstable. And, by the way, it is also his seventh Division 1 State Championship. Tom was named Coach of the Year by *The Boston Globe* in 1993, 1995 and 1997 and selected Northeast Coach of the Year in 2000 by the NFCA.

He has a mind-numbing 347-43 record - a winning percentage of .890. He was kind enough to share some of the secrets of his success with us.

Christine Stanton of Case had the most influence on my coaching career. I spent many hours talking (really more listening) to her on the phone.

She had an incredible program. After winning three straight Division 2 State Championships in 1986, 1987 and 1988, Case moved up to Division 1 and won the 1989 and 1990 titles as well. Truly remarkable.

She was very honest and direct. I'm grateful she took the time to share her knowledge and ideas with me.

My three favorite coaches? Bill Parcells, Red Auerbach and John Wooden. They ran successful programs that athletes wanted to be a part of.

They were all very disciplined, organized and above all earned (not demanded) the respect of their athletes. The pride and work ethic of those who played for them was impressive.

The one thing that stands out when I listen to them talk is that the rules were the same for everyone, and that a team's goals came before an individual's goals.

I would describe my coaching style as organized and disciplined. I think if you treat players like athletes and have a disciplined approach, they will respond better.

There is no room for 'time wasters' with a poor attitude or work ethic. Practices plans are posted in advance. Scouting reports are discussed prior to matches. I think it's important to be prepared for practices as well as matches.

I have been told that athletes move toward volleyball at Barnstable because they want to be challenged and they think they will reach their full potential as athletes in this program.

I was once told at a clinic that if you have your players run everywhere in practice that it would help in conditioning. So if they run everywhere in practice, they don't have to run line sprints. We practice 2:45 minutes. 45 minutes of that time is spent in the classroom.

Our mental training is as important, if not more so, than our physical and skill training. I was given a book written by Pat Riley called *The Winner Within, A Life Plan For Team Players*. It, for me, made the biggest difference in my program. Its twelve chapters directly apply to all the challenges you might face in any sport. We cover a chapter a week and discuss it at length. The seniors write a report and take turns teaching each chapter.

It is far and above the most meaningful part of the volleyball day. It is not easy because it forces players to face challenges and invest in the team.

How do you build a successful volleyball program? I asked this question after my first varsity season (a 5-11 disaster). I had good intentions but really no clue. Having one varsity year under my belt, I had a long list of what to do and what not to do.

First, I sought the advice if someone who had reached the top of the sport. Chelmsford had just won back-to-back State Championships, so I called Dana (Howe) DeFilippo and asked if she would spend some time talking to me. I figured the athletes were no different in

Chelmsford than in Barnstable.

The one thing that I applied right away was her practice of developing a youth volleyball camp. She had one going in Chelmsford where third and fourth graders were learning the skills of volleyball. They loved it.

Through Barnstable Recreation I started a youth volleyball camp that has grown from thirteen kids to one hundred and eighty.

Second, absolutely do not tolerate any negative attitudes. I have found that players respond to 'expected behavior'. Be up front with what you expect on the behavior end and what the resulting consequences will be.

At Barnstable if a player gets a yellow card, she is on the bench for the rest of the match. If she gets a detention, she is on the bench the next match. Easy to say, but you have to follow through.

Have the team goals set in a players only meeting. To have the players invest in their destiny is very exciting. Make sure all players accept the goals. My experience is that they have to take ownership of their experience.

Get your kids excited at an early age about volleyball. Let them know about the opportunities like Junior Olympics and recreation programs. During your season have your team give a clinic to the younger kids in the community.

Play a challenging schedule.

Appreciate and give responsibility to your assistant coaches.

When you talk to your players, let them know that they can always do more than they think they can. The quote "luck is the residue of design" applies in this instance.

Attitude, work ethic and the desire to be the best are three attributes that I want to see in my athletes.

Champions Honor Roll

Division 1

1980	Brockton 2	Milford 0	(Jack Olson)
1981		No State Final	
1982	Quincy 2	Arlington 1	(Ray Whitehouse)
1983	Amherst 3	Stoneham 0	
1984	Quincy 2	Stoneham 0	(Ray Whitehouse)
1985	Chelmsford 2	Quincy 0	(Dana DeFilippo)
1986	Chelmsford 3	Boston Latin 0	(Dana DeFilippo)
1987	No. Quincy 3	Stoneham 2	(Jim Rendle)
1988	Quincy 3	Bp. Feehan 0	(Tom Henderson)
1989	Case 3	Quincy 2	(Christine Stanton)
1990	Case 3	Quincy 2	(Christine Stanton)
1991	No. Quincy 3	Dracut 0	(Jim Rendle)
1992	No. Quincy 3	New Bedford 1	(Jim Rendle)
1993	Barnstable 3	Marlboro 1	(Tom Turco)
1994	New Bedford 3	No. Quincy 1	(Neil Macedo)
1995	Barnstable 3	No. Quincy 1	(Tom Turco)
1996	Barnstable 3	Dracut 1	(Tom Turco)
1997	Barnstable 3	Dracut 0	(Tom Turco)
1998	Barnstable 3	No. Quincy 1	(Tom Turco)
1999	No. Quincy 3	Dracut 1	(Jim Rendle)
2000	Barnstable 3	Newton North 0	(Tom Turco)
2001	No. Quincy 3	Barnstable 1	(Jim Rendle)
2002	No. Quincy 3	Billerica 0	(Jim Rendle)
2003	Barnstable 3	Chelmsford 0	(Tom Turco)

Division 2

1986	Case 3	Westwood 0	(Christine Stanton)
1987	Case 3	Turners Falls 1	(Christine Stanton)
1988	Case 3	Medway 1	(Christine Stanton)
1989	Medway 3	No. Reading 1	(Harry Romsey)
1990	Medway 3	Old Rochester 0	(Harry Romsey)
1991	Medway 3	Seekonk 0	(Harry Romsey)
1992	Medway 3	No. Reading 0	(Harry Romsey)
1993	Medway 3	Case 0	(Harry Romsey)
1994	Case 3	Medway 2	(Christine Stanton)
1995	Medway 3	Amherst 2	(Josh Hazel)
1996	Case 3	Mahar 2	(Christine Stanton)
1997	Mahar 3	Medfield 2	(Polly Bixby)
1998	Medfield 3	Bourne 2	(Jack Hastings)
1999	Medway 3	Lynnfield 0	(Andy Mather)
2000	Bourne 3	Medway 0	(David Moore)
2001	Case 3	Milford 1	(Denise Levesque)
2002	Somerset 3	Minnechaug 0	(Liz Smith)
2003	Marlboro 3	Case 1	(Peter LePore)

Division 3

2001	Medway 3	Bourne 0	(Scott Blanchard)
2002	Bourne 3	Matignon 1	(David Moore)
2003	Millis 3	Turners Falls 2	(Jay Warren)

NFHS Sponsors Pilot Program for Minority Women

The National Federation of State High School Associations (NFHS) is sponsoring a program to recruit minority females who display an interest in coaching. The NFHS has identified nine major geographical population areas, including the northeast, as its target audience for this significant 2004 initiative.

According to NFHS studies, which are substantiated by the AVCA and the recent President's Council to revisit Title IX issues, minority women don't pursue coaching as an occupation "due to roadblocks that are either real or imagined."

Those roadblocks include traditional male hiring practices, lack of mentoring, insufficient resources in sport-specific fields, and a general lack of confidence concerning the coaching profession.

The Women's Sports Federation notes that less than five percent of all female high school athletes are African-American. Although the figure rises to almost 10 percent at the collegiate level, the numbers clearly show that student-athletes are staying away from organized sports in droves.

The NFHS is accepting applications from across the nation to enroll in this pilot program. Once selected, candidates will receive training and education in coaching, free of charge, through an online course entitled Coaching Principles. This is the first step in a three-step program developed by NFHS and the American Sport Education Program.

Completion of this course will prepare prospective minority coaches for positions by educating them in effective and positive coaching techniques. This, in turn, will generate a significant upturn in interest in sports participation.

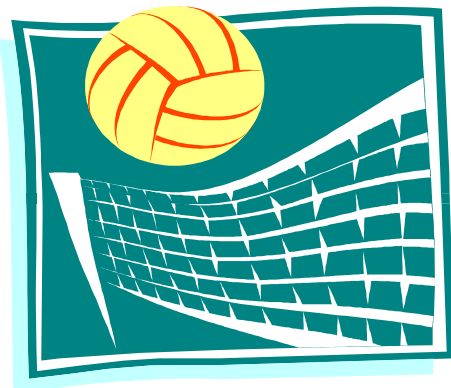
Interested candidates should contact the MIAA (508-541-7997) for further information regarding this worthwhile program. At present the NFHS is planning to train 200 coaches nationwide.

Between the Lines

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MGVCA Newsletter

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Hall of Fame makes plans to induct ten new members

The MGVCA Hall of Fame will induct ten new members into its Class of 2004, five of whom were unanimously selected at the November MGVCA meeting. The remaining five inductees will be voted upon by member coaches in April.

The five inductees voted into the Hall are Helen Castros (Waltham), Chris Stanton (Case), Ray Whitehouse (Quincy), Harry Romsey (Medway) and Linda Towne (Cambridge Rindge & Latin). They will join 2000 inaugural inductees Linda Zacchilli, Joyce Skiff and Mary J. Thomsen.

Association President Rob Slavin will chair a 2004-2005 Hall of Fame Committee which includes Denise Levesque (Case), Stephanie Lefever (Framingham), Leo Fahey (Hudson), Robin Lee (Milton) and Scott Blanchard (Medway). That group is in the process of evaluating the current criteria for Hall of Fame consideration.

Some of the proposed guidelines were briefly discussed at the November 2 meeting held at the MIAA offices in Franklin. They include such items as years of coaching, contributions to the growth of volleyball outside the high school setting and membership in the association itself. The formal method of induction itself will also be addressed by the committee.

The revised nomination form (enclosed and on-line) may be submitted by any MGVCA member. Active and retired coaches are now eligible for consideration, so input from all coaches is invaluable in this selection process. Coaches are asked to forward the names of worthy candidates to our office as soon as possible.

MGVCA DIRECTORY

Rob Slavin, President (508)-896-9530
Tom Turco, Vice Pres. (508)-430-1497
Tammy Webber, Secretary (508)-473-6335
Scott Blanchard, Treasurer (508)-653-4097

Tom Turco, MIAA Rep. (508)-430-1497

Main Office (508)-896-9530
Fax number (508)-896-9530
Mailing address P. O. Box 2193
Brewster, MA
02631

e-mail address mgvca@aol.com

The MIAA Volleyball Committee will next meet on Wednesday, February 4, 2004 at the MIAA Headquarters in Franklin. Questions and issues which member coaches want made known at this meeting should be forwarded to MGVCA Rep. Tom Turco via e-mail: (bhsvb7x@yahoo.com)

MGVCA hopes to expand its current membership

Over the past four years the membership of the MGVCA has risen from 25-30 to its current total of 217 coaches. Despite the geometric growth of the organization, however, we are not reaching all our constituents. That number only represents 130 of the 216 MIAA member schools which participate in girls' volleyball. Junior varsity, freshman and assistant coaches make up almost 45 percent of our members.

Our goal for 2004 is to establish an organization of over two-hundred and fifty high school volleyball coaches across the state. To do that, we need to reach about 80% of our member schools (varsity, jv and freshman coaches). Please take a minute to send in the enclosed membership form. Varsity coaches can really "help the cause" by enlisting their junior varsity/assistant coaches at this time. Additional forms are available on-line at www.mgvca.org.

We will continue to keep dues at the current nominal fee of \$10 per year. Those dues entitle members to (1) School/Coach Directory, (2) access to our Video Lending Library of over 120 instructional tapes, (3) future newsletters, (4) Internet Updates and e-mails and (5) Membership Card.

The revised School/Coach Directory will be sent out on upon receipt of your membership dues for 2004. **Please be sure to update all your information (especially e-mail addresses) so that the Directory is current and accurate.**