



USA Volleyball

and the

# San Antonio VIPER Volleyball Club



USA Volleyball  
www.usavolleyball.org

INVITE YOU TO ATTEND the...  
USA Volleyball SITTING VOLLEYBALL CLINIC

USA Volleyball  
Coaching Accreditation Program

**REGISTER EARLY—SPACE IS LIMITED!**  
**After 5/25/09 CALL for AVAILABILITY!**

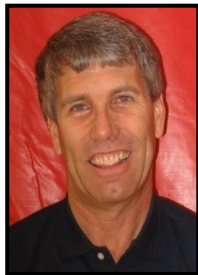
## JUNE 1: SITTING VOLLEYBALL CLINIC

**9:00-11:00 AM**

**At Fort Sam Houston—San Antonio, TX**

-All Clinic Participants should check-in at the **Fort Sam Houston Gymnasium** on Monday **June 1st at 8:30 am**. The Clinic begins at 9 am (and will end no later than 11 am) .

### Sitting Volleyball Clinicians will be:



**John Kessel**

**USAV Director of Membership  
Development & Disabled Programs  
USAV CAP/FIVB Level IV Instructor**

This Sitting Volleyball Clinic will provide both coaches and players with information on teaching/performing the basic skills of the game, the rules governing the game, and some of the best practices currently in place to develop your own grassroots program.

- ◆ Learn how to organize a sitting/disabled volleyball program to supplement your exiting offerings.
- ◆ Learn how to select and train coaches.
- ◆ Learn how to select players.
- ◆ Learn about the equipment requirements for sitting/disabled volleyball.
- ◆ See a demonstration of coaching and play of sitting/disabled volleyball.

*"The Paralympic sport of Sitting volleyball is a great way to teach both life and skill lessons for players of all ages. This clinic will give you all you need to make it impactful and FUN!"*

~ John Kessel, USA Volleyball Director -Membership Development & Disabled Programs

*"Anyone can "Get Down" with Sitting Volleyball. By utilizing the existing resources within your community, you can organize a group of athletes with and without disabilities into a formidable team."*

~ Elliot Blake, Coordinator for Sitting Volleyball-USAV/Univ. Central OK

### ABOUT USAV-Disabled/Paralympic Volleyball (Sitting Volleyball)

Sitting volleyball was introduced at the Paralympic Games in Arnhem, Netherlands in 1980.

Paralympic volleyball follows the same rules as its non-disabled counterpart with a few modifications to accommodate the various disabilities. In sitting volleyball, the net is about 3.5 feet high, and the court is 10 x 6 meters with a two-meter attack line. Players are allowed to block serves, but one "cheek" must be in contact with the floor whenever they make contact with the ball. In standing volleyball, a mix of disabilities must be represented on the court at all time to equalize the level of play.

Paralympic volleyball competition is open to male and female athletes with physical disabilities such as amputation/limb loss, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

When the USA women won the Paralympic bronze medal in Athens in 2004, most volleyball fans not only did not see it, but did not realize that half our line up was high school players who had been training hard for just a couple of years. Those same key players returned to step up to a Silver medal in Beijing, yet the starting line up still included Heather Erickson, a 15 year old high school player out of North Carolina who was statistically the best blocker in the world event in Egypt in advance of our success in China. The next USA Paralympian may not be playing high school volleyball, but is a Park and Rec or YMCA League player you see when you go officiate, play, or just are watching. Let them know of the opportunities they have.

Getting your players to empathize and be "disabled" for a warm up game simply means having two people sit in chairs to make the "standards, and stringing a rope down the middle of a regulation vb court, or you can even have the net up. This allows for 3 courts to be created - up to 36 kids can play with endlines and 3 meter lines serving as the sitting court sidelines, and the regular court sidelines become the 4.5 meter per side endlines for the sitting game. This is off regulation by .5 meters, but who cares...Play!

There are just really 4 main rule differences (below). The rest of the Olympic/USAV rules are used without any changes.

1. Your feet can be in the court/over the lines, but your behind must be behind the line
2. You can block the serve
3. The official net is about 1.1 meter high, while the official court is 6m wide by 10 total meters long
4. Your behind has to stay on the floor with one cheek at least when you block or attack or play a ball. No "air butts" allowed!

**Complete the Registration Coupon at the bottom of the next page & return to USAV-CAP National Office, or register on-line at [www.volleyball.teamusa.org](http://www.volleyball.teamusa.org).**



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INVITE YOU TO ATTEND the...

USAV SITTING VOLLEYBALL CLINIC

June 1, 2009 at Fort Sam Houston Gymnasium in San Antonio, TX

USA Volleyball

www.usavolleyball.org

USA Volleyball

Coaching Accreditation Program

Course Level—Choose your Registration Category below:	Registration Must Be received by 5/25/09
Sitting Volleyball Clinic—COACH	FREE
Sitting Volleyball Clinic—Junior Player	FREE
Sitting Volleyball Clinic—Adult Player	FREE

REGISTER EARLY—SPACE IS LIMITED! After 5/25/09 CALL for AVAILABILITY!

USAV and Viper VBC reserve the right to limit the enrollment based on space available or to cancel due to lack of minimum enrollment.

NOTES TO PARTICIPANTS:

- 1. ALL ATTENDEES must submit a signed waiver to participate.
- 2. ALL ATTENDEES must be dressed in comfortable clothing & shoes to be prepared to participate in the on-court activities.

Fort Sam Houston is located:

1400 East Grayson Street San Antonio, TX

LOCAL HOTEL INFORMATION:

ASK FOR THE USAV CAP 1 SPECIAL RATE @ the Hilton San Antonio Airport

611 NW Loop 410, San Antonio, TX 78216 Tel: 1-210-340-6060 Fax: 1-210-377-4674

AIRPORT: The closest commercial airport is San Antonio International Airport.

Local Map & Directions:

MINOR PARTICIPANT WAIVER: 17 Years old or under  
 Parent Permission: I, (print) \_\_\_\_\_, parent or guardian of (print) \_\_\_\_\_, certify that the above named minor player is fully & physically able to participate in the Sitting Volleyball Clinic on June 1, 2009, and has my full permission to do so. I agree not to hold liable USA Volleyball, the Alamo Sports Foundation- Viper VBC, the San Antonio College, Fort Sam Houston or any instructor/staff person for any injury that may occur as a result of participation in said activities.  
 Parent/Guardian Signature: \_\_\_\_\_  
 Dated: \_\_\_\_\_

ADULT PARTICIPANT WAIVER: 18 Years old or Over  
 I, (print) \_\_\_\_\_, certify that I am fully & physically able to participate in the Sitting Volleyball Clinic on June 1, 2009. I agree not to hold liable USA Volleyball, the Alamo Sports Foundation- Viper VBC, the San Antonio College, Fort Sam Houston or any instructor/staff person for any injury that may occur as a result of my participation in said activities.  
 Participant Signature: \_\_\_\_\_  
 Dated: \_\_\_\_\_

Course Site: Fort Sam Houston—San Antonio, TX

Date: June 1, 2009

Circle Your Registration Category, sign the appropriate Waiver above and return this form to:

~Sitting Volleyball Clinic—COACH ~Sitting Volleyball Clinic—Junior Player ~Sitting Volleyball Clinic—Adult Player

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_  
 Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ SS#: \_\_\_\_\_  
 Are you a current USAV Member?  YES  No Region Name: \_\_\_\_\_ Member #: \_\_\_\_\_  
 School Name or Club Team Name: \_\_\_\_\_

Registration Categories:

~Sitting Volleyball Clinic—COACH ~Sitting Volleyball Clinic—Junior Player ~Sitting Volleyball Clinic—Adult Player

Register on-line: www.clubviper.net/page/show/42868-online-registration or FAX THIS FORM to XXX-XXX-XXXX. If registering by mail, please send this form to: San Antonio Viper Volleyball Club-Sitting VB Clinic, XXXXXXXXXXXXX, San Antonio, TX XXXXX

TOTAL ENCLOSED:\$ \_\_\_\_\_ Payment Method:  MasterCard  VISA  DISC  Check enclosed  Money Order  
 Account Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_  
 Sec. Code: \_\_\_\_\_