

## **Did you know?**

USA Volleyball has a full-time National Office staff, along with dedicated staff and volunteers at all 40 of its Regional Offices. Both national and regional staff deal exclusively with indoor and outdoor volleyball - no other sport. The National Office and Regional Offices are devoted to providing standardized governance and programming to grow the game. Along with benefits that come with your regional membership, our goal is to provide educational opportunities for players, coaches, officials and parents as well as quality events at all levels. We also provide skills training for players and opportunities for coaches to compete at national events and represent the United States at international competition. We offer advancement in coaching and officiating, connections to collegiate programs as well as National Teams. We offer National team players and coaches to come to your region to conduct clinics on a local level. Regularly scheduled meetings are held between the National Office staff, Regional Volleyball Associations and Commission leaders to maintain the high level of quality members expect.

There are many organizations that cater to junior girls' volleyball programs from club teams to running events. USAV believes that not only junior girls are important to the growth and maintaining our sport, but we also touch many lives through our programming of:

**Paralympics**  
**Special Olympics**  
**Deaf players and teams**  
**Wounded Warrior Games**  
**Boy and Girls Scouts**  
**Starlings Programs**

USA Volleyball is recognized by the **United States Olympic Committee (USOC)** and the **Federation de Volleyball (FIVB)** as the National Governing Body for the sport of volleyball and Beach Volleyball in the United States.

USAV, a non-profit, non-government supported organization, **sets the standards** at all levels from the National Teams to the youngest and oldest age groups in indoor, beach, grass and Paralympic disciplines for both genders. No other organization is so totally invested in creating volleyball as a lifetime sport from top to bottom. USAV re-invests in the sport through financial support for under-represented populations including Starlings USA economically-disadvantaged clubs, boys' and college men (including grants for NCAA and NAIA institutions that are starting new varsity men's volleyball teams), military and a wealth of disabled programming. In 2011 a U.S. State Department grant brought NORCECA (North America, Central America and Caribbean) coaches from six nations to the USA for special exchange training and partnership work.

**USAV is the official National Governing Body (NGB) for the sport of volleyball in the U.S.**

USAV has 40 Regional Volleyball Associations (RVAs) and 31 Affiliate Organizations (YMCA, AVCA, etc.) supporting its mission, all of whom are eligible to participate in the annual USAV Congress typically held in May. USAV **sets the standards** for governance and specifies that every region in the country meet specific criteria to remain in good standing within the organization. USAV meetings - including its Board meetings - are open to the public. USAV with suggestions from the RVA's and Officials, sets the rules for outdoor and indoor competitions contested under its name and recommends standards for use by other youth and adult volleyball organizations.

**USAV Nominates the Olympic Teams. USAV, sets the standards for volleyball at all levels to ensure consistent rules, safety, officiating, scorekeeping, facilities and coaching.**

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

**USAV sets the standard by demanding protection for your kids by requiring EVERY adult over the age of 18 working with junior players to have a comprehensive background screening performed every two years. USAV membership includes an insurance protection package.**

USAV members are eligible to try out for and participate on Regional and National High Performance teams, including Team USA squads that compete internationally in zonal and World Championship events that are part of the pipeline that fields the Olympic Teams who represent the USA at the Olympic Games. USA Volleyball has partnered with the Center for Disease Control to provide free USAV branded clipboard stickers for coaches and programs to help keep the key information about concussions right there on the court.

**HEADS UP CONCUSSION IN VOLLEYBALL**

USA Volleyball | CDC

**SIGNS AND SYMPTOMS**

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

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

For more information and safety resources, visit: [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

**ACTION PLAN**

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

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

**IMPORTANT PHONE NUMBERS**

Emergency Medical Services  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

Health Care Professional  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

School Staff Available During Practices  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

School Staff Available During Games  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

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

Your USAV membership helps **support our National, Olympic and Paralympic teams** in all disciplines (indoor, beach and sitting) at all levels (youth, junior and senior) in both genders.

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

Your USAV membership helps **“grow the game” worldwide** fostering a climate of greater understanding & friendship through sport.

Players have the opportunity to play in high quality, exciting USA Volleyball sanctioned competitions – both indoor and outdoor – that are open only to USAV members. USAV Junior National Championships are hosted annually for boys and girls teams, in age divisions 12 – 18 years, who become eligible through elite qualifying tournaments held throughout the U.S. USAV also hosts National Championships for collegiate players and adults with age divisions from 35 to 75 and older (USAV Open National Championships and NCVF Collegiate Club Championships). USAV also conducts the annual U.S. Open of Beach Volleyball Championships.

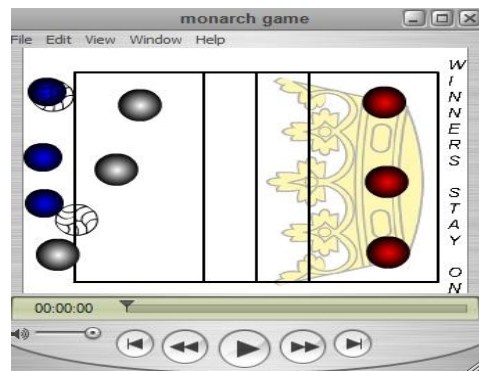
**FREE – FREE – FREE – Discounts.**

Most members receive the quarterly, full-color magazine *VolleyballUSA*. In August 2011, USAV debuted its digital magazine that will supplement the quarterly print edition. The bi-weekly electronic newsletter “Rotations” is part of a wealth of news and

information distributed to the public. Individuals can sign up for free email subscriptions on the USAV website: <http://usavolleyball.org/resources/free-e-news-updates>

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

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



Parents and players can save hundreds of dollars per season by taking advantage of the discount offers provided to USAV members from our partners. Visit the web site sections shown below for more information: <http://usavolleyball.org/usa-volleyball-membership-services> <http://www.em2sports.com/newarrivals.html>

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



## Regional Parents as Partners Initiative

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

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

