May Newsletter 2010:
This is our first newsletter for the year. Most of our information is put on the Heathfield volleyball website so we do not have regular newsletters like we used to. At the moment there is so much important information to give out; I felt it necessary to do one.

KOREA VISIT:
The volleyball has been asked to host 30 year 8 and year 9 students from Korea. If a player hosts a player from Korea we will ensure they get the Melbourne trip (approx $800) for free. I have attached a letter specifically on hosting a Korean student.

GIRTON COLLEGE VISIT:
On the last Sunday of the next holidays Girton college (the top ranked Victorian volleyball school) want to visit Heathfield for 2 days of matches. They will be here on Sunday 18th July and Monday 19th July. They will return to Victoria Tuesday afternoon.

The trip will depend on our ability to host their players will billets. Mr Scott and I will host the teachers and coaches. Billeting will involve 2 nights and associated meals. If you have not billeted before you will have to fill in a police check form which is easy and painless. We will be asking for billets in the next 2 weeks. We have to host the following teams
  o Year 8 boys and girls
  o Year 9 boys and girls
  o Year 10 boys and girls
  o Year 11 girls
  o Year 12 Girls

YEAR 10 STATE BEACH VOLLEYBALL:
The school has entered teams in this new competition Year 10 State Championships. When we entered it it was a pairs competition. Now we have the draw it is a fours competition which is a pity but we will still attend. Teams will be selected and put on the noticeboard. The competition is at City Beach on Monday 24th May.

BRIGHTON CHALLENGES:
Year 8
 We have had the year 8 challenge and we were very pleased with our players. The main point to come out for the girls was that nearly all the Brighton kids are stronger in the shoulders and can serve with much more power and accuracy. The coaches were very puzzled by this as this was the case last year. We have decided that because most of the Brighton girls do surf lifesaving their shoulders and arm are indeed stronger due to their swimming and paddling.

As our physiotherapist Ian Scarborough (Wakefield Sports Clinic) concludes his testing he said the same
thing that our girls seem to be rather weak in the shoulders and through their core. Some players have been asked by Ian to do individually tailored exercise at home and your parent’s support and encouragement would be appreciated. We are not so much talking about volleyball here as much as getting through life without long term injuries.

**Year 9**
The year 9 challenge is on Wednesday May 25th. We will leave school at 8.00am and be back in time for school buses. Consent notes will be out early next week and the teams will be selected by Wednesday.

**JUNIOR LEAGUE:**
Thank you for your support with junior league. At a meeting last night all the divisions were finalised and the full season draw will be available on Monday. It will be available from both the Volleyball SA website and the Heathfield High School volleyball web site. Once again the Mt Lofty membership payments have provided some challenges and some had not paid their child’s membership by the time nominations for junior league had closed. As per instructions from the club we only nominated players into teams that were financial with the club.

Unfortunately we had a number of parents seeking to pay late membership so that their child could play junior league well after TEAM nominations had closed and the 1st 3 weeks season draw was produced. As we wanted all players to play we added these late players to teams and so made many of the teams too big for our coaches to coach and for all players to get reasonable court time.

This problem occurs each year and we are yet to find an acceptable solution. We do not want to preclude kids from playing but it may be our only alternative as Mt Lofty is not prepared to pay the registration and match fees of unfinancial players.

**STATE SCHOOLS CUP - RENAMED:**
The State Schools Cup is now called the South Australian Schools Indoor Championships. The event is still our major state event and is still our qualifying tournament for the nationals in Melbourne.

The dates for the event are:

- **Friday**: 17th September
- **Saturday**: 18th September
- **Sunday**: 19th September

**AUSTRALIAN SCHOOLS CUP:**
Preparation for this event is on in earnest. Coaches and managers have been selected and we have booked buses. The accommodation is still in limbo because the college has a new manager and is trying to charge us a lot more. We are not prepared to take the increase and we are looking at our options. At this stage we hope the Melbourne trip will cost the same as last year and that was $795.00. (This makes hosting a Korean kid worth a look as this trip will be free with every kid hosted)

**STATE TEAMS ANNOUNCED:**
The 2010 state junior teams that are to compete in Perth in July have been announced. We congratulate the following players.

- **Under 21**: Josh Lowrie
- **Under 19**: Cimon Lee, Caitlin Bahr, Amy Wood, Rory Welsh (Aust Institute Sport)
- **Under 17**: Georgie Rowe, Shelley Rutgers, Rune Gilfoy, Hannah Lowrie
- **Under 16**: Kelly Bahr, Mia Suraharjo, Natalie Breen, Rachel Cross, Malachi Murch, Jake McIntyre, Henry Clough, James Frolow, Jordan Colotti.

Also congratulations to those who tried out. Well done.

**RORY APPOINTED NATIONAL CAPTAIN**
Our Rory Welsh has been appointed captain of the Australian Youth team for the Asian Championships. Well done Rory. A just result for your hard work and determination.

**$7,000 SKINS TOURNAMENT:**
One of Australia’s biggest and richest volleyball tournaments will be held in the Mt Lofty Community Sports Centre on the June long weekend. Mt Lofty is hosting the $7,000 tournament and admission is free every day. The very best teams from Western Australia, Victoria and South Australia are competing.

A number of our players will be competing in the Honour, Division 1 and the Under 17 division.

**STATE LEAGUE VOLLEYBALL:**
Every Saturday, State League volleyball is played in the Mt Lofty sports centre. Matches start at 9.00am and finish at 8.00pm. Mt Lofty plays in this competition. Please feel free to drop in and have a look. Canteen facilities are available.
EARLY MORNING SPECIALIST TRAININGS:

“This is the best innovation we have introduced to Heathfield VOLLEYBALL IN THE LAST 10 YEARS.” Eldo

These specialist sessions are designed to have our players work with state experts helping our players play their particular position better. We have had a great response from our players. Each course goes for 4 weeks only from 7.30am – 8.30am. Next week is the last week of the current 4 week block.

Topics in the first sessions were
Beginning Setting Stuart Scott
Advanced Setting Tim Noble
Passer Hitting Josh Lowrie
Middle Blockers Rule Pat Rogers
Serve like a Gun Eldo
Advanced Libero Tony Scott

Topics in the next sessions week 7,8,9,10 include
Advanced Setting Tuesday Tim Noble
Hitting off the block Tuesday Stuart Maycock
Blocking with Dartfish Tuesday Eldo
Defenders from Hell Thursday Josh Lowrie
Setting & Hitting quicks Thursday Eldo/Stuart

You must book with Shaun for these sessions.

VOLLEYBALL UNIFORMS:

It is the expectation of the school that students doing PE wear the PE polo shirt and that the volleyball students in their lessons wear the SIV polo shirt. These are available from the cashier for $40 (includes GST). I note that some of the boys are wearing their grey school shorts for lessons and trainings. This is also not acceptable. They need a change of shorts as well.

Items for sale at the cashier include
Kneepads Mikasa $33.00
SIV Polo Top $40.00
SIV Boys Shorts $25.00
SIV Girls Shorts $25.00
Playing top (includes numbers and badge) $44.00
SIV Track suits (top and bottom) $44.00
SIV Track Suit top only $27.50

QUIZ NIGHT:

The Volleyball program and the Stirling Rotary Club run a combined quiz night in term 4 on Friday 22nd October. It is a very large quiz night with over 40 tables every year. The quiz night is unique in that the players who organises the table gets all the income $10/ticket @ (8) and, all the money that ends up on the table with the games. Players generally make $100 / table. Players can have more than 1 table.

1. Save this date.
2. Can you help out with some prizes from work?

BEACH VOLLEYBALL LIGHTS:

The lights have been purchased, poles modified and when we get our volunteers some free time they will be installed. Once again thanks to all who helped complete this project. I am sure that only Heathfield could have.

COUNTRY VISIT WEEK:

As part of Heathfield’s role as a special interest sports school we host volleyballers from the country. This week we are hosting 3 year 8 students.
Ellie Curnow from Pt Augusta
Connor Evans from Keith
Marc Scott from Kadina

Please make sure that these visitors are made welcome.

Important Dates:

Year 10 State Beach Champs……………………….Monday 24th May
Yr 9 Brighton Challenge…………………………..Wednesday 26th May
2011 Grade 7 Selection trials………………………Thursday 27th May
International Skins Tournament…………………June Long weekend
Year 10 State Indoor Championships……………..Friday 25th June
National Junior’s in Perth 3rd ..............................July – 10th July
Girton Visit………………………………………..…………18th,19th, 20th July
Seosan City (Korea) Visit………………………...20th July to 20th August
Open State Indoor Championships………………..Friday 30th July
Quiz Night tickets go on sale……………………..Monday 2nd August
Under 16 National Championships (Canberra)......14th – 20th August
Junior League Finals…………………………….Friday 10th September
State League Finals…………………………….Saturday 11th September
State Cup/SA Indoor school championships……….17-19th September
Volleyball Quiz Night……………………………..Friday 22nd October
Year 8/9 State finals……………………………..Friday 29th October
Australian Schools Cup (Melbourne)…………….4th - 11th December