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Iowa Volleyball Association
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Iowa Region Volleyball News



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Best Practices Coaches Clinic

USA Volleyball's Iowa Region is excited & proud to present an outreach volleyball coaching clinic—

“Best Practices and Myths in Youth and HS Volleyball —from drills to training”

With special guest clinician—John Kessel of USA Volleyball

Since 1985 John has been working for the National Governing Body of the sport, USA Volleyball, now as Director of Membership Development and Disabled programs. He serves as the staff liaison for the USA Disabled National & Paralympic Teams, USA Deaflympic Teams, Starlings USA, United States Youth Volleyball, and other grassroots organization assistance. He was Team Leader for the 2000 USA Olympic Beach Volleyball Teams in Sydney, which brought home one gold medal, and for the 2004 USA Paralympic Women's Sitting Volleyball Team in Athens, which came home with the bronze medal. In 1995, Volleyball Magazine's special Centennial issue named him one of the 50 most important people in the sport in the past 100 years.

He has been coaching since 1971 at the collegiate level or above, including Women's U.S. Open titles in 1986 & 87. A sought after international lecturer, he has conducted seminars in all 50 states, and in over 30 nations, in such diverse nations as China, Denmark, England, Italy, Japan, Iceland, Puerto Rico, Samoa, Canada, Guatemala, Venezuela, Greece, Israel, Fiji, Australia, Jamaica, New Zealand, Holland, England, Belize, Trinidad Tobago, Ireland, Tonga, Belgium and El Salvador. He is also a busy author, with over half a dozen USAV books, including the IMPACT coaching manual, the Jr. Olympic Volleyball Program Guide, and countless articles. He has received many awards, including USA Volleyball's Honorable Mention in 1978 and 1986, the Harry Wilson Distinguished International Service in 2004, the George Fisher Leader in Volleyball in 2006 and in 2007 was named a Sport Ethics Fellow by the Institute for International Sport.

When: Sunday July 26th, 2009 1pm-5pm

Where: Kennedy High School gymnasium, 4545 Wenig Road NE, Cedar Rapids IA

Cost: Only \$20/coach, payable at the door (checks to Iowa Region Volleyball)

For whom: Any coach at any level!...including (but not limited to)

PE teachers, Park and Rec coaches, YMCA staff, middle school, high school and club coaches

To Preregister: Please send coach's name, address, email and phone contact information to: Michelle Goodall @ Iowa Region Volleyball michelle@iavbreg.org or 515-229-6114

*If currently coaching or instructing volleyball, please include brief description of your current position.

For more information: please contact Michelle Goodall at michelle@iavbreg.org or by phone at 515-229-6114.

Eckerman Makes History

Haley Eckerman

Article By Maura Gladys-USAV



Eckerman, one of the nation's most promising young volleyball players, was recently named to the 12-member U.S. Girls' Youth National Team that will make the trip to Nakhon Ratchasima, Thailand, to compete in the FIVB Girls' Youth World Championship. A quick scan of the roster will tell you that she is the only Iowan on the list, making her the first from the Hawkeye state to ever play for the U.S. Girls' Youth National Team.

"To be the first from Iowa to do something like this is a big honor," said Eckerman, who will be a junior at Waterloo East High School. "I get to represent my state and my country."

U.S. Girls' Youth Head Coach Jim Stone will coach Eckerman and the other 11 members in the event held July 3-12 in Thailand. Team USA opens the tournament on July 3 versus Mexico.

Eckerman's volleyball career began early, thanks to her mother, Julia Eckerman. As a fourth-grader, Haley walked to the gym where her mother coached junior

high volleyball after school. Haley intently watched the older girls practice, studying their passing and hitting techniques, and learning the game.

After her players left, the elder Eckerman stayed and worked with her daughter on drills and fundamentals. It was during these sessions that Haley developed the skills that would lead her to become far more advanced than her peers. By sixth grade, Julia knew that Haley was something special.

"When she started playing junior high ball, we knew that she was pretty advanced compared to the other junior high girls in our area," Julia Eckerman said. "She was always naturally coordinated. She never went through a clumsy stage that many tall, lanky girls have."

Haley joined the Cedar Valley Sparks Volleyball Club when she was 11. By the time she was 14, she was playing with the 18-year-old squad, something that her mother credits for much of her skill and motivation.

"(Playing on the 18s) really helped her stay focused and understand how good of an

athlete she was," her mother said. "We would go to tournaments and other teams would be like 'They have a 14 year old on their team? No way!'"

The exposure to volleyball at an early age also made it easy for Haley to resist several recruiting calls to play basketball.

"She wanted to play (volleyball) all the time," Julia Eckerman said. "When she got to high school she was like, 'I don't even have the desire to play other sports. I want to completely focus on volleyball, that's my love.' Even though everyone was telling her, 'Oh you're tall, you should be a basketball player.' She was being recruited to play basketball in high school and we were like, 'No, she's a volleyball player.'"

Haley's focus and determination paid off. In 2006 she attended the USA Volleyball Development A2 Camp in Colorado Springs, Colo.



Haley Eckerman

In 2007 Eckerman helped her Iowa Region High Performance Youth Team to a third place finish at the USA Volleyball High Performance Championships. In 2008, she led Iowa Elite Club to the bronze medal at the Northern Lights Qualifier in the 16-1 Club division.

In 2007 and 2008, she led Waterloo East High School to back-to-back Mississippi Valley Conference Championships, making girls' volleyball her school's first girls' athletic program to win an MVC Championship.

Eckerman has racked up numerous individual honors along the way. She made back-to-back appearances on the Iowa Elite 8 Team, is a two-time

PrepVolleyball.com National Runner-up Player of the Year, was awarded the 2007 MVC Athlete of the Year and earned 2008 PrepVolleyball.com All-American.

Eckerman's impressive credentials earned her a spot on the 2009 U.S. Girls' Youth National Training Team and eventually the U.S. Girls' Youth National Team, a goal that she had worked toward for more than two years.

"When he (Stone) finally called my name it was a sigh of relief," Eckerman said. "I finally accomplished what I'd been trying to accomplish these last two years. I finally did it."

Stone feels that Eckerman possesses the natural talent that will allow her to contribute to the team.

"I think her talent level allows her to play at a high level and I think she'll be successful," Stone said. "I just think her biggest challenge is to be a sponge, and soak in her experiences and every day get a little bit better."

Eckerman attributes much of her success to her mother, whom she names as her most admired person.

"She does so much for me with volleyball and traveling," Haley said of her mother. "She always makes sure everything is done. If I can't get into a gym with a coach, she will hit balls with me and helps me with my technique if I'm struggling. I'm really glad she's here."

Mrs. Eckerman is just happy to share her love of sport with her daughter and go along for the ride.

"This is just something that we've both dreamed of for her, so it's just really cool that she's getting to experience that piece of it," Julia said. "Just to be around it and to be a part of it is really neat for her and for me."

Haley is also using her accomplishments and high profile to give back to her community. She was named the Human Rights Youth of the Year by the Cedar Valley Human Rights Commission for her help in organizing the 2008

Cedar Valley Conference on Race. She also volunteers as an elementary school mentor and teaches volleyball to middle school gym classes.

"I really love doing it," Haley said. "It's really cool to see kids look up to me and want to play a sport or just get involved in something."

Haley also hopes to forge a successful career in sand volleyball. She has played for two years in local leagues with partner Maya Williamson, and hopes to use her success on the U.S. Girls' Youth National Team to propel her onto the sand volleyball scene.



"Hopefully by my senior year in high school, sand volleyball should be a collegiate sport," Eckerman said, referring to the NCAA announcement that sand volleyball would be an approved NCAA Division I varsity women's sport by 2010-11.

"When I enter college, I plan to transition completely into sand volleyball and make it my main sport," said Eckerman, who has yet to commit to a college. Eckerman credits her sand volleyball experience with helping her excel indoors. "It helps me read the court better," Eckerman said. "In sand volleyball, it's only you and one other person, so you have to be more aware on the court, which helps me when I'm playing indoor."

For this history-making Iowan in a landlocked state, Eckerman is using her indoor talents in the present to reach her future goals as a impact sand and beach volleyball player.

2009 Iowa Adult Regional Results

**Congratulations to the winners of the
2009 Iowa Adult Regionals held on May 2nd.**

Men's BB

- 1 KOA Volleyball
- 2 Courtside Dubuque
- T3 On Ice
- T3 River Rats
- 5 Lincoln Savings Bank

Men's B

- 1 Team Hollywood
- 2 Hitmen
- T3 Hardcore
- T3 Pain In The Ace
- Co 1 Misfits
- 2 Pella
- 3 Crimson Thunder

Women's BB/B1

- 1 Johnny's Angels
- 2 Get It Up
- T3 MODSIW
- T3 Tiki Nuts
- T5 BAM!
- T5 Pejsa Enterprises
- Co 1 Heart of Iowa
- 2 Last Minute
- T3 The Game Party
- T3 Power Bumpers
- 5 Noisy Crickets

Hugh Mc Cutcheon Wins USOC Award



The US Olympic Committee (USOC) named its 2008 Coach of the Year Award. This year's winner of the National Coach of the Year was Hugh McCutcheon (Volleyball). Hugh lives in Irvine, California and was the Men's Volleyball coach for the 2008 Olympics. Currently Hugh is the coach for the USA Volleyball Women's National team. Hugh is a native of New Zealand.

As Head coach of the 2008 US Olympic Men's Volleyball Team, Hugh guided the men's team to a gold medal in the 2008 Olympics Games in Beijing. This is the first gold medal for the team since 1988. Hugh was able to fight through the personal tragedy of an attack on his wife, her mother and her father. Hugh's father-in-law was killed and mother-in-law was in serious condition in the hospital for the entire event. Under Hugh and his staff's guidance the USA Men's Volleyball team went undefeated through the Olympic tournament. The National Men's team had a 29-5 overall record for 2008 and were first in the FIVB World League as well as capturing the Olympic Gold medal.

2009 USAV Adult Nationals Results

DIVISION	FINISH	TEAM NAME (REGION)	(OVERALL RANK)
Men's AA	5 (Bronze)	Koa Volleyball Club	(IA) (25)
Men's BB	5 Silver	River Rats	(IA) (17)
	5 (Silver)	Courtside Dubuque	(IA) (18)
	7 (Copper)	Palmer Destruction	(IA) (45)
Men's B	9 (Gold)	WilliamsHardwood-ITMW	(IA) (9)
	3 (Bronze)	Hardcore	(IA) (27)
	3 (Bronze)	Hitmen	(IA) (28)
	5 (Bronze)	Team Hollywood	(IA) (32)
	9 (Copper)	Gus'	(IA) (48)
Men's 45s	2 (Gold)	Papakoa 45 David Strege, Jack Henderkott	(GL) (2)
Men's 50s	5 (Gold)	Papakoa 50 Jack Henderkott	(GL) (5)
Men's 55s	7 (Gold)	Papakoa 55 Adolfo Alejo	(GL) (7)
Men's 60s	5 (Gold)	Papakoa 60 Ahmad Vossoughi, Tim Gogulich	(GL) (6)
Women's AA	9 (Gold)	Johnny's Angels	(IA) (9)
	7 (Silver)	Midwest Crew	(IA) (17)
Women's A	3 (Bronze)	Tiki Nuts	(IA) (31)
Women's BB	2 (Gold)	Get It Up	(IA) (2)
	4 (Gold)	MODSIW	(IA) (4)
Women's B	2 (Silver)	Pejsa Enterprises	(IA) (10)
	3 (Silver)	Noisy Crickets	(IA) (11)
Women's 60s	2 (Gold)	Maverick's Just VB 60 Phyllis Weeda, Jean Martin	(SC) (2)
Women's 65s	1 (Gold)	CaliforniaGoldenGirls Phyllis Weeda	(SC) (1)

2009 USAV Girls Jr. Nationals Results

2009 USAV Girls Jr National Results

Division	Finish	Team Name	Code	match		Set		pt ratio
				W	L	W	L	
12 National	46	Attack 121	fj2attck1ia	1	9	4	18	0.6653
13 American	27	Iowa Rockets 13 Black	fj3iarck1ia	5	4	12	10	0.9886
	43	IPVA 13 Black	fj3ipvhp1ia	3	6	10	14	0.9979
13 National	22	Nike Six Pack 13	fj3sixpk1ia	4	6	11	12	0.9698
14 American	18	Nike Six Pack 14	fj4sixpk1ia	6	4	15	11	1.0475
	23	CIS 14s	fj4cisl1ia	4	5	11	13	0.917
14 National	10	Iowa Rockets 14R	fj4iarck1ia	8	3	18	7	1.122
15 American	45	OTVA 151	fj5ovtme1ia	2	8	5	17	0.7637
	47	IPVA 15 Black	fj5ipvhp1ia	0	9	3	18	0.7752
15 National	5	Iowa Rockets 15R	fj5iarck1ia	7	2	15	8	1.2049
16 American	43	IPVA 16 Red	fj6ipvhp2ia	2	7	7	15	0.8004
	45	Iowa Rockets 16 Black	fj6iarck3ia	3	7	10	15	0.9099
16 National	11	Nike Six Pack 16	fj6sixpk1ia	5	5	12	11	0.9837
	19	IPVA 16 Black	fj6ipvhp1ia	6	3	12	8	1.0499
16 Open	13	Iowa Rockets 16R	fj6iarck1ia	5	3	17	14	1.0365
17 American	13	Iowa Rockets 17R	fj7iarck1ia	3	6	8	12	0.9715
	45	Iowa Elite 17-1	fj7iaelt1ia	3	7	10	16	0.9117
17 National	19	IPVA 17 Black	fj7ipvhp1ia	4	5	9	12	1.0257
18 American	39	Iowa ICE 18U	fj8cougr1ia	2	7	6	16	0.7847
	45	Iowa Rockets 18-1	fj8iarck3ia	2	8	7	17	0.9229
18 National	13	IPVA 18 Black	fj8ipvhp1ia	6	3	12	10	1.011
	23	Nike Six Pack 18	fj8sixpk1ia	6	3	13	10	1.0362

NCAA Adds Sand Volleyball to Emerging Sports List

April 21, 2009 – The NCAA Division I Legislative Council added sand volleyball to the list of emerging sports for women, it was announced today, clearing the way for schools to use the sport toward minimum sponsorship requirements and minimum financial aid awards. NCAA Division II had already voted to add sand volleyball to the emerging sports list at the 2009 NCAA Convention in January.

“The opportunity to play sand volleyball in the spring will spur growth in the sport. I wish I had that opportunity when I was at Stanford,” said 2008 Olympic Beach Gold Medalist, Kerri Walsh. “Additionally, this development will give more women an opportunity for a professional volleyball career in the United States.”

Capitalizing on the recent success of USA Volleyball’s beach teams in the Olympics and the growth in grassroots programs, the NCAA’s Committee on Women’s Athletics made the recommendation to add the sport to the emerging sports list last summer.

“The United States has a proud and successful history in sand volleyball, having won at least one gold medal in every Summer Games since the discipline was added to the Olympic program in 1996,” said USAV CEO Doug Beal. “This move by the NCAA is wonderful, particularly in light of the increased varsity athletic opportunities for young women at the collegiate level and the synergy with already existing USA Volleyball programs.”

“The addition of sand volleyball as an NCAA sport will help us grow the discipline and increase its visibility around the country,” said Ali Wood Lamberson, USA Volleyball’s Director of Beach Programs. “Along with USA Volleyball’s already existing Beach High Performance and Development Programs and the USA Beach Junior Tour, NCAA sand volleyball opportunities will start young athletes looking at beach as an option much earlier in their careers. This will help the United States sustain our level of competitive excellence. Further, USAV is poised to support NCAA sand volleyball with various programs including coach and official education programs.”

The NCAA will call the new sport “sand” volleyball, rather than “beach” volleyball, in hopes that the sport will have broad appeal across the country and not be confined to coastal areas. Already schools including The University of Texas, the University of Nebraska, and the University of Utah are competing in collegiate competitions in the spring.

“The addition of sand volleyball to the list of collegiate options is significant for our sport,” said Kathy DeBoer, Executive Director of the American Volleyball Coaches Association. “With more than 400,000 girls playing high school volleyball, we welcome the addition of collegiate roster spots.”

The group most responsible for spreading the popularity of the sport beyond the California coast is the Association of Volleyball Professionals (AVP) which hosts a series of competitions on man-made courts at in-land locations like Cincinnati, Ohio, Atlanta, Ga., and Las Vegas, Nev. The AVP also sponsors a series of indoor sand competitions in January and February called “Hot Winter Nights” in cold-weather cities like Omaha, Ne. and Grand Rapids, Mich.

“We are thrilled that the NCAA has voted to make sand volleyball a collegiate sport,” said Jason Hodell, CEO of AVP Pro Beach Volleyball. “The vote confirms the momentum behind the sport of beach volleyball, and we are excited to help grow our sport on the college level and create new beach volleyball stars around the country.” The NCAA will spend the next year developing the rules that will govern sand volleyball as a collegiate sport, including regulations on financial aid, playing dates and recruiting. Institutions will be able to sponsor varsity programs starting in the 2010-2011 academic year.

Pella Grass Tournament June 27th

The 2nd Annual Pella Grass Tournament was held June 27th at Caldwell Park in Pella, Iowa. The tournament featured Juniors and Adults competing in Doubles and Fours events..

Pella Grass Tourney Results

Adult Doubles

- 1 Bring the Wood
- 2 Rule 34'
- T3 "Transformers"
- T3 The Spaniards

Juniors Fours

- 1 Party n Peeps
- 2 Fo Sho
- T3 Maroon 4
- T3 B B & J



Team Photo Gallery



IPVA 14 Red

2009 Iowa Jr. Beach Regionals Results

The Iowa Junior Beach Regionals were held on July 11th at two venues in Des Moines, Volley's and Elite Beach. It was a lovely 81 degrees for most of the event. This is the 2nd year for the event and 25 teams participated in 3 age brackets. Congradulations to the winners and all participants of the event.



18s/20s

- 1 J Ruff, A Golly
- 2 J Gehrke, A Podschweit
- T3 M Guge, S Kirkegaard
- T3 A Beck, H Heffelfinger
- Co 1 H Franklin, K Kelley
- 2 B Winegar, BJ Pemble
- T3 J McNeece, S Snead
- T3 K Sproul, H Klouda

16s

- 1 E Podschweit, K Barnes
- 2 H Wandrey, D Bahtic
- 3 Alexis Harbaugh, M Maroo
- 4 H Hunter, B Johnson
- 5 A Lindberg, A Bach
- 6 A Mattson, A Bennett
- 7 Ashlee Harbaugh, T Sorenson

14s

- 1 A Caldwell, R Sents
- 2 A Wing, M Harris
- T3 C Wandrey, A Donaghy
- T3 K Hinrichs, A Kral
- Co 1 T Hoskyn, A McKinnie
- 2 R Faircloth, M Smith
- T3 K Inderski, E Erichsen
- T3 K Guendel, K Wanek
- 5 M Hove, J Donels
- 6 M Rayhons, H Goodwin



2nd Annual T-Shirt Design Contest!

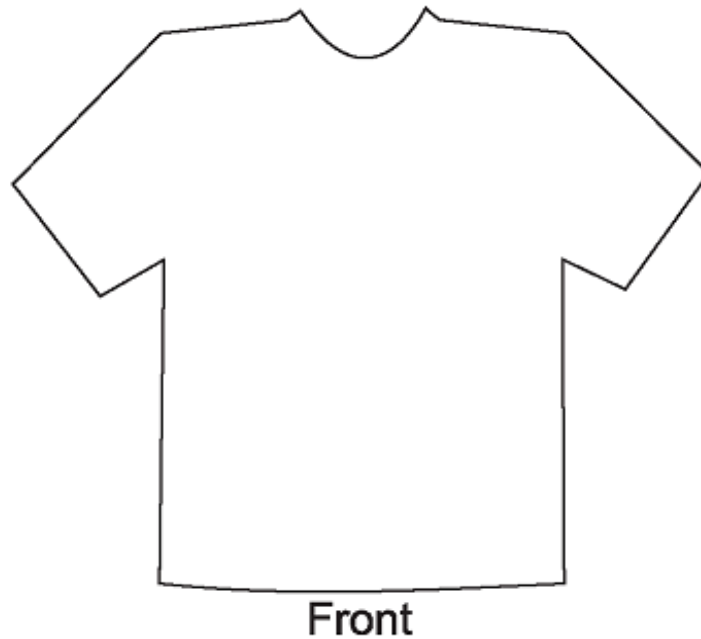
Did you have a chance to look closely at your 2009 Jr. Regional T-shirt?

You probably noticed the design resembled a stamp!

Did you also notice that it was designed by Jackie Kremer of DBQ Elite 132 Impact?

Jackie was the winner of our First Annual Jr. Regional T-Shirt Design Contest, and won free t-shirts for her entire team! ,

YOU can design the Iowa Regionals T-shirt!



**The Iowa Region is sponsoring a shirt design challenge for the
2010 Iowa Junior Regionals T-shirt.**

Winners will receive free long or short sleeve T- shirts for their team (players and coaches).

CONTEST RULES

1. Front Design
2. No more than 3 colors.

The color of the shirt may show through the design to make the 4th color.

One (1) color can be a sparkle/glitter color. (Please note that on the design)

3. Design Size: no more than 8 ½ by 11 inches
4. The Designer gets to choose the color of the shirt for their design.

Check this site for shirt color options

<http://gildan.com/distributors/colorpalette/>

5. Designs due by December 15th, 2009.

Send Designs to: Mail: Iowa Volleyball Region, 4600 Park Ave Ste 201, Des Moines, IA 50321

Email: Lynne@iavbreg.org (put Shirt Design in subject line)

2009 HP Camp Photos

The 2009 Iowa HP camp was held at William Penn University in Oskaloosa, IA from June 11-14. The camp was led by two USA Volleyball coaches; Eric Lazowski (Austin Juniors Club Coach) who returned for a third time, and was joined by Anne Kordes (St. Louis University). Rounding out the coaching staff at the camp were college coaches from the main universities in Iowa, Division II coaches, high school coaches and Iowa Region club coaches.

Become a friend of the Iowa HP facebook to keep up with all the latest pictures and highlight of Iowa HP. The Iowa HP teams will be traveling to Ft. Lauderdale, FL to participate in the USAV High Performance Championships from July 21-26. The Iowa HP facebook will carry scores and highlights of the matches.

GSEL HP Camp Photo

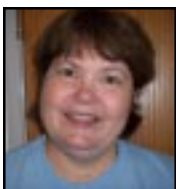


GYNT HP Camp Photo





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Secretary: Andie Hirsch

Treasurer: Craig Werner

Board Meeting Dates for 2009

2009

August 2009-TBA

If you are interested in attending a Board meeting, please contact the Iowa Region office at 515-727-1860, or email: office.mail@iavbreg.org

TACHIKARA

The official volleyball
of the Iowa Region

