

# **S.P.I.K.E.S.**

## **Supporting Parents in Keeping Emotional Stability**

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### **HUMOR!**

#### **SUPPORT GROUP**

If you are a Club Volleyball parent, you are at high risk of contracting PVS (Parent Volleyball Syndrome).

PVS can strike at anytime, anywhere and is no respecter of age, gender or league standing. It is a debilitating disease and in most cases is passed on from generation to generation. There is no known cure and until now, no effective treatment. But, there is hope!

#### **S.P.I.K.E.S.**

#### **Supporting Parents in Keeping Emotional Stability**

**S.P.I.K.E.S.** is a support group for those stricken with PVS. You'll find sensitive, caring and understanding facilitators and fellow parents in your **S.P.I.K.E.S.** group with whom you can share your inner feelings and frustrations. Even if your team has never won a 3rd game or your kid shanked the final point, you're not in this alone any longer.

#### **Now there's S.P.I.K.E.S.**

#### **10 WARNING SIGNS YOU MAY ALREADY HAVE PVS**

1. You have choked a player, parent, or coach.
2. You have made threatening phone calls to a referee.
3. You say "We won" as if you were a member of the team.
4. You coach your child from the sidelines even though you never actually played volleyball yourself.
5. You yell things like "Talk to each other out there!"
6. Your rear end is square from sitting on bleacher seats.
7. You dispute line calls made at the other end of the court.
8. You think Snack Bar is a food group.
9. You have taken out a 2nd mortgage to finance Club Volleyball.
10. You have volleyballs embroidered on your bath towels.

Don't wait until it's Side Out. Get help now - Groups are forming.

**Call 1-800-PVS-HELP**  
**Or visit our website at - [www.pvs.net](http://www.pvs.net)**  
**\* Drug and Shock Therapy Treatments Available**

**Testimonials from S.P.I.K.E.S. Group Members**

- **Bob:** "I kept my anger and frustrations locked inside. I was a ticking time bomb. My **S.P.I.K.E.S.** group validated my anger and provided a safe place for me to share my inner feelings. My facilitator is the greatest and the shock treatments were painless."
- **Tim:** "My body language said it all. I was tense, closed, and withdrawn. I was a prisoner in my own body. PVS had me in chains. After just three **S.P.I.K.E.S.** group sessions, I'm a new man. I'm relaxed and at peace. Last weekend I dozed off when the score was 24-24. The Prozac has really improved my body language."
- **Brian:** "When they told me I couldn't put my chair on the gym floor, I thought I'd explode. Fortunately, I had plenty of bottled water to cool me down. I shared the ordeal with my **S.P.I.K.E.S.** group and we did some role playing with me and my chair. Now I realize the gym floor is more important than my comfort. Thanks **S.P.I.K.E.S.**"
- **Rob:** "I looked cool and calm on the outside. Sometimes I even read a book during the game. But inside I was a volcano ready to erupt. My **S.P.I.K.E.S.** group scheduled a proactive listening session. I felt I heard, maybe for the first time. Now I like the Volleyball parent I'm becoming thanks to **S.P.I.K.E.S.** I'm also enrolled in a **S.P.I.K.E.S.** speed reading class."
- **Mike:** "I put my heart and soul into that 3rd game. When we lost I felt betrayed and violated and there was no one I could talk to. My **S.P.I.K.E.S.** group knew it was a fragile time and talked me through it. You saved my life **S.P.I.K.E.S.**"
- **Mark:** "Thanks to **S.P.I.K.E.S.** I was able to apologize and reconcile with the referee. When he gets out of the hospital, he's going to join a **S.P.I.K.E.S.** group for refs."

Results may vary and testimonials may not be representative of all S.P.I.K.E.S. members. S.P.I.K.E.S. does not warrant or guarantee in any way, shape, or manner the benefits of this group program. However, the drug and shock therapy treatments almost always work. If you are considering either drug or shock therapy, we recommend both