

CHAPTER 11: ADDITIONAL VOLLEYBALL RESOURCES

EQUIPMENT AND SUPPLIES

The following suppliers deal in specialty volleyball equipment. Generally they stock everything that might be needed for the sport, including the latest and best products. They also are fast, accepting phone orders and shipping promptly. The catalogs and websites of full equipment suppliers – just do an internet search for the category - belong in every coach's and player's library, as they are a great reference for all sorts of gear.

OFFICIAL USA VOLLEYBALL SPONSORS:

- | | |
|---|--|
| <ul style="list-style-type: none"> ▪ MIZUNO USA
Official Footwear and Apparel, Official Ankle Brace, USA Volleyball Education Programs, Men's & Women's National Teams, A2 Teams & World University Games Teams.
Norcross, GA 30071 PH: 800-966-1211
WEB: www.mizunousa.com/volleyball ▪ MOLTEN
Official Volleyball of USA Volleyball, the National Teams, Indoor Junior National Championships and Coaching Accreditation Program.
Reno, NV 30071 PH: 800-477-1994
EMAIL: info@moltenusa.com
WEB: www.moltenusa.com | <ul style="list-style-type: none"> ▪ SPALDING NET SYSTEMS
Official Net Support System for USA Volleyball & the Coaching Accreditation Program.
Jefferson, IA 50129
PH: 800-435-3865
WEB: www.spaldingequipment.com ▪ SPORTCOURT
Official Athletic Flooring of USA Volleyball, National Teams and Indoor Junior National Championship Events.
PH: 800-421-8112
EMAIL: info@sportcourt.com
WEB: www.sportcourt.com |
|---|--|
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- **EM2**
The USAV Official Event Merchandiser and Online Store; a wide variety of volleyball apparel, books and videos, accessories, and novelties.
Austin, Texas 78704 PH: 512-433-5130
EMAIL: em2sports@yahoo.com
WEB: www.em2sports.com
 - **Park & Sun Sports**
Manufacturers of outdoor volleyball net systems.
Englewood, CO 80110 PH: 800-776-7275
Email: info@parksun.com
WEB: www.parksun.com
 - **Powr-Grip Company Inc. -**
Six inch TL6-FH - power grips with red line vacuum indicator & a tough plastic pad protector.
Laurel, MT 59044
PH: 888-POWRGRIP (888-769-7474)
WEB: www.powrgrip.com
 - **The Ref Shop**
The Ref Shop carries official's apparel & accessories.
Seminole, FL 33775 PH: 727-392-7294
WEB: www.therefshop.com
 - **Tandem Sport**
USA Volleyball licensee; resource for various sports medicine equipment.
PH: 800-766-1098
WEB: www.tandemsport.com
 - **VolleyHut!**
Wide variety of apparel, novelties and equipment for indoor and outdoor volleyball players & teams.
Poway, CA 92064 PH: 858-486-3307
EMAIL: Sales@VolleyHut.com
WEB: www.volleyhut.com

UNIFORMS AND KNEEPADS

Players are required to be dressed uniformly during competition. The color and design for the team jerseys and shorts must be uniform (of the same color, style and trim) except for the Libero uniform. Some regions may allow uniform exceptions for regional play only. For example, lower-level or developmental teams may be permitted to wear shorts which are similar and not identical. The jersey must have a number not less than 4 inches tall (6 inches is recommended) on the front and a number not less than 6 inches tall on the back (8 inches is recommended). The numbers may range between 1 and 99, must be easily visible, centered and permanently attached. Each jersey must use the same color and number height for all players except the Libero. Color combinations such as purple/black, dark green/black, navy/black, white/light yellow, or navy/maroon are not distinctive enough to comply with the rules.

Every USAV Junior Volleyball player should compete in good quality kneepads that are designed for volleyball if he or she is to develop a friendship with the floor. While you may see top athletes playing without them, for developing players like your Junior Volleyball athletes, kneepads are a must.

VOLLEYBALL AND SPORTS PUBLICATIONS AND COURSES

While this list of suppliers is not exhaustive, they have a wide selection of volleyball and sports publications and coaching tools available for sale.

OFFICIAL USA VOLLEYBALL SPONSORS:

- **Dartfish**
The Official Video Analysis Coaching Education Volleyball Software Provider of USA Volleyball. Subscribe to the USAV Coaching performance Series of instructional Video Collection's from USAV and Dartfish.TV
PH: 404-685-9505 EMAIL: usa@dartfish.com
WEB: www.dartfish.tv
- **DataProject**
Data Project is the World Leader in Volleyball Statistical and Video analysis software, and the Official match analysis software of USA Volleyball.
PH: 404-685-9505 EMAIL: info@datapoint.com
WEB: www.dataproject.com
- **Performance Conditioning for Volleyball**
Volleyball Conditioning Newsletters and books.
Lincoln, NE 68506 PH: 402-489-9984
EMAIL: performance@performancecondition.com
WEB: www.performancecondition.com/volleyball
- **American Volleyball Coaches Association**
PH: 859-226-4315 or TOLL FREE: 866-544-2822
WEB: www.avca.org
- **Championship Books and Video**
PH: 515-232-3687 EMAIL: info@champonline.com
WEB: www.champonline.com
- **Human Kinetics**
PH: 800-747-4457 WEB: www.humankinetics.com

COACHING COURSES (CARRY CAP MODULE CREDITS)

- **American Sports Education Program**
ASEP's *Coaching Principles* online course satisfies USA Volleyball's Coaching Accreditation Program's **Foundations of Coaching** course requirement for **CAP Level I**. In addition to Coaching Principles, USAV-CAP also accepts ASEP's Coaching Youth Volleyball and Sport First Aid on-line courses as CAP Module equivalents. To purchase any of these courses, visit www.usavolleyball.org and click on the red Resources tab, then on the Education link, then the Coaching Accreditation Program link, and then on the Approved CAP Course Modules link.
PH: 1-800-747-5698
EMAIL: asep@hkusa.com; WEB: www.asep.com
- **National Federation of High Schools**
When combined with the new *Fundamentals of Coaching Volleyball* online course from USA Volleyball, the purchase of the current year IMPACT Manual and test satisfies USA Volleyball Coaching Accreditation Program's **Foundations of Coaching** course requirement for **CAP Level I**, as well as for entry level **IMPACT certification** when the online test is completed with a passing grade. In addition, USAV-CAP also accepts the NFHS online *Fundamentals of Coaching Volleyball* course as a CAP Module credit equivalent for re-certification purposes (worth 2 credits). To purchase *Fundamentals of Coaching Volleyball*, visit www.usavolleyball.org and then click on the red Resources tab, then on the Education link, then on the Coaching Accreditation Program link, and then on the Approved CAP Course Modules link.
PH: 317-972-6900
WEB: www.nfhslearn.com

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The United States Olympic Committee also has all rights to the use of the Olympic five-ring logo. No interlocking rings of any color may be used that resemble the five ring Olympic logo. Four and six rings in the same Olympic styles are also prohibited by law. You should come up with your own special club/program logo. Use it on your staff shirts, jerseys, sweats and buy some stationery, as well. Some programs have also found business cards to be helpful. Remember though, that individual CAP certified coaches may not use the USAV Logos on their personal website or personal business cards.

ADDITIONAL RESOURCES

⇒ If you want to read more about the volleyball topics below, or others related to this chapter, download and print out the articles found at www.usavolleyball.org under the Resources tab, then click on the Education/IMPACT/Articles links.

- [National Office Staff- Colorado Springs, Colo. \(www.usavolleyball.org\)](http://www.usavolleyball.org)
- [National Olympic Training Centers \(www.usoc.org\)](http://www.usoc.org)
- [USOC and USA Volleyball Internships](#)
- [Guide to Disabled Volleyball 2007](#), by John Kessel
- [Movies for Training Camps to the Games](#), by John Kessel
- [Suggested Youth Volleyball Readings](#), by John Kessel
- [American Volleyball Coaches Association has many Books and Videos available \(www.AVCA.org\)](http://www.AVCA.org)
- [How to Start a Junior Volleyball Program](#)
- [Volleyball Networking Tips](#)
- [Creating and Growing Great Volleyball Programs](#), by John Kessel
- [Best Gifts for a Volleyball Player](#), John Kessel
- [Articles for Players](#), by John Kessel
- [Kids Coloring Book](#), by Cody Kessel

USA Volleyball Education Sponsors



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HEADS UP CONCUSSION IN VOLLEYBALL

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.

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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.


USA VOLLEYBALL

NFHS Online Coaching Course

NEW ONLINE COURSE


www.NFHSLearn.com

- ✓ Skill Video Demos
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- ✓ Teaching & Coaching Tips
- ✓ Sample Drills
- ✓ Printable Handouts
- ✓ And MUCH more!
- ✓ Counts as 2 CAP Modules
- ✓ Cost currently is \$50....will be going up to \$75.00!
- ✓ Does Your School/State Association accept this course?! **ASK THEM TO!**




and





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- With **Data Video ESSENTIAL**, you can scout the rotations of both teams and the attacking of one team as you watch the video. It synchronizes real time as you go...
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- Capture or import video to scout and analyze



For more information: E-mail: usa@dataproject.com
 Phone (516) 423-9133 or **CLICK!** www.dataproject.com



Conclusion & Questions

USAV EDUCATION DEPARTMENT WEBINARS

If you'd like more information, be sure to look for upcoming opportunities to take one of the new Instructional Live Webinars conducted by USAV Education during 2010-2011.



Check often for new Webinars, CAP Module Clinics or CAP Certification Courses at:
www.usavolleyball.org/events/taq/3197

USA VOLLEYBALL Video Education Channel

SUBSCRIBE NOW!
www.DartFish.TV/usav

- ✓ Skill Video Collections
- ✓ Key Positions
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- ✓ Teaching Tips
- ✓ Sample Drills
- ✓ Viewable
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Rotate 1 2 3

The fastest way to generate all the rotations for your volleyball team.

EASE OF USE
Rotate 123 comes with a complete library of popular offensive and defensive formations. Just enter your roster and Rotate 123 will generate all of the formations instantly.

FLEXIBILITY
Customize your rotations and save them as templates. Try a variety of lineups and formations. There is no limit to the number of permutations you can create.

SOPHISTICATION
Build your own library of formations which are stored on our servers so you can reuse them or share them with your staff.

- Save hours spent generating your optimal offensive and defensive formations.
- Comes complete with the most commonly used offensive and defensive formations.
- Compare a variety of options instantly, then print out the results to share with your team and coaching staff.
- The rotation checker monitors your work and automatically lets you know when a player is out of rotation.

Once you have your initial formations, make as many adjustments as you like to customize your setup. Create a variety of game plans with different formations and different starting lineups. The options are limitless and you can generate new options almost as fast as you can think of them.

All of your work is stored on our servers so that you can share your work with your staff and team.

Try it for FREE today!

Special discount for USAV members. Go to <http://www.rotate123.com/usav>

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