



GB Women's Indoor Volleyball Supporters Newsletter

Newsletter Number 11 ~ Mid June 2012

MEN'S & WOMEN'S VOLLEYBALL POOLS ~ LONDON 2012



London 2012 Volleyball Competition format

The twelve nations for both the Men's and Women's Olympic Competition have now been confirmed following the completion of all the qualifying tournaments. At London 2012, the 12 teams in each of the men's and women's events are divided into two pools of six, and each team must play every other team in its pool. After the 'robin-round', the four highest-placed teams in each pool from this preliminary stage then qualify for the knockout phase, with the winners of the semi finals eventually going head to head for the Gold Medal.

WOMEN'S POOL			
Pool A		Pool B	
	Great Britain		USA
	Japan		Brazil
	Italy		China
	Russia		Serbia
	Dominican Republic		Turkey
	Algeria		South Korea

MEN'S POOL			
Pool A		Pool B	
	Great Britain		Brazil
	Italy		Russia
	Poland		USA
	Argentina		Serbia
	Bulgaria		Germany
	Australia		Tunisia

GB WOMEN'S 5-0 SERIES WIN AGAINST FINLAND

The GB Women have just returned from a 10-day tour of Finland where they took the opportunity to replicate the London 2012 Olympic Games format of 5 matches - one match every other day with a training/recovery day in between.

It was an opportunity to try out different combinations, in front of some huge crowds, (around 5000) - which were lively and very noisy! Audrey Cooper, Head Coach, was able build on the game plans the team has developed and was delighted to see the squad raise their game and win the series 5-0. Audrey said *"It was a great effort from staff and players to take this series undefeated. We have learnt much and it was extremely beneficial to have this opportunity to see all the players in competitive action."*

City	Finland v GB Final Score	MVP
Turku	2-3 25-21, 19-25, 25-18, 20-25, 8-15	Ci Michel
Salo	2-3 21-25, 25-22, 25-14, 22-25, 11-15	Grace Carter
Orivesi	1-3 19-25, 25-23, 14-25, 16-25	Lucy Wicks
Orivesi	0-3 23-25, 21-25, 23-25	Savanah Leaf
Tampere	2-3 23-25, 16-25, 25-22, 25-22 11-15	Grace Carter

A great 10 days - 5 wins in 5 matches!

Check out the GB Women's website for full match reports: www.gb womensvolleyball.co.uk



YOUR GUIDE TO VOLLEYBALL

HOW TO PLAY

- Volleyball is played between two teams of six on an indoor court that measures 60ft by 30ft, the teams separated by a high net that is set at 2.43m for men and 2.24m for women
- Each team is allowed three touches to get the ball back over the net to their opposition, though the same player can't touch the ball consecutively
- Points are won when the ball hits the floor inside the opponents' half of the court (on the line counts as in), the opponents fail to get the ball back over the net or hit the ball outside the court
- The team that wins the point serves next. If they served the previous point it will be the same player to serve, if not it is rotated to the next player - the six players are arranged in two banks of three and rotate clockwise when they serve. Before rule changes in 1999 it was only possible to win a point on your own serve
- Matches are the best of five sets

TACTICS & TECHNIQUES

In the men's game the balls can reach speeds of 130km/h meaning players require excellent hand-eye coordination and reflexes.

Players also need powerful leg muscles as they must be able to explode upwards from a standing position, either to 'spike' (smash) the ball when attacking, or block the ball when defending.

Communication is key. For example, players operate in 'zones' and when the ball falls on the border of two 'zones' they must communicate effectively so they do not obstruct each other as they attempt to keep the ball in play.

When the ball is low, players often clasp their hands together and use their forearms to push the ball skyward, but at all other times they normally use their fingertips to pass or 'set' the ball. When spiking, players jump as high as they can and, at the highest point of contact, use the palm of their hand to slap the ball downwards toward their opponents half. The most common player formation is '5-1', where there is only one setter. Other variations include 4-2, with two setters and four hitters.

JARGON:

Spike: An overhead strike of the ball at pace from close to the net, drilling the ball downwards into the opposition's court.

Dig: Usually a defensive shot to 'dig' the ball back into play from low down, this is an underarm pass made with both forearms.

Setter: The player who tees up the ball for an attacker to spike.

Wipe: A shot where the attacker intentionally drives the ball into an opponent's block at the net, with the intention of deflecting it out of court.

The Competition - London 2012

Events:

Men's Volleyball
Women's Volleyball

Venue:

Earls Court

Teams:

12 Teams in each event

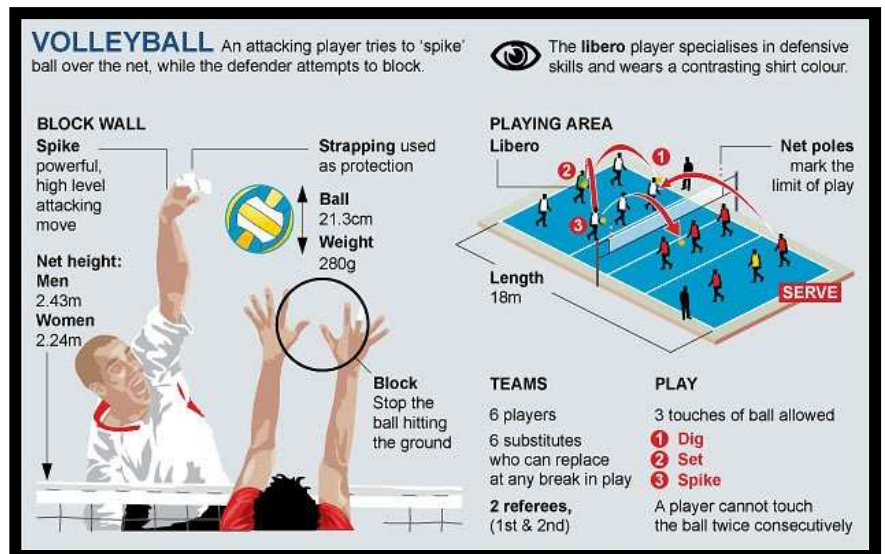
Competitors:

144 Men

144 Women

**Dig, Set, Spike
for Gold over 42 sessions**

The twelve competing nations are split into two groups of six with each team playing every other team in the pool. The top four teams from each pool in this preliminary stage go forward to the knockout stage - quarter-finals, semi-finals and a final.





The GB Women were delighted to receive the news that Mercedes-Benz were going to be supporting their 'sporting journey' this summer!

The Sheffield based company is one of this summer's "Sheffield Partners" and has made three vehicles available to help transport the players to and from training and matches.

With the team based in Sheffield in the months leading up to the London 2012 Olympic Games and the need to travel between their various training, support and accommodation venues which are spread out across the city, using public transport would not allow the players much time to rest between sessions. The players were thrilled to have these three vehicles provided by Mercedes-Benz, as they are not only saving the squad money but importantly it allows the players to maximize rest periods, ensures they can 'refuel' within optimal times after training and gives them the flexibility for physiotherapy and sports psychology sessions.

Head Coach Audrey Cooper said: "Having the Mercedes vehicles is a huge help to the squad and being supported by such a high performance, established brand is fantastic. Obviously, it saves the squad money for sure but more importantly from my perspective, it is another source of huge support which allows the players to focus on performance, rather than spending time travelling."

Thanks to JCT600's Mercedes-Benz dealership, the team is now travelling in style via two 8 seater Viano people carriers and a 5 seater E-class. The vehicles will also be used for the matches against Olympic Qualifiers Algeria in Glasgow on the 22nd and 23rd June. **Clive Hammond, Brand Director of Mercedes-Benz Sheffield, commented:** "It's fantastic to have one of the best teams in the world training here in Sheffield. The talent and commitment shown by this self-funded team is truly inspiring and we're happy to be able to help them on their way to further sporting success. We hope the donation of the three vehicles will help them travel throughout the country safely, comfortably, economically and not to mentionin style! We wish them luck in this year's 2012 Olympics and we are confident they will make us proud."



Claremont Hospital

The GB Women's were really pleased to have the support of Claremont Hospital again this year. Claremont Hospital was a "Sheffield Partner" to the team last year and when the team heard that it was to be one of the "Sheffield Partners" again this year, the players were delighted as it gives superb continuity. Claremont provides Medical Diagnostic Services for the players as well as some main meals for the team. A few of the players have unfortunately experienced injury, so being able to have swift access to top class surgeons and medical support has been very re-assuring - and has led to a quicker recovery. **Andy Davey, Hospital Director commented:** "Claremont Hospital is proud to support the GB Women's Volleyball Team and it has been a pleasure to provide medical diagnostics for the team and to see the girls in the hospital restaurant enjoying nutritionally balanced meals to help with their training towards London 2012. We're all looking forward to following their progress. Claremont Hospital has a history of working with the local sporting community and supporting Audrey and the team has been another great way of getting involved."



'Spikey' - GB Volleyball's #1 Supporter



Spikey cheering on the players!

Spikey, the GB Volleyball Mascot, made his debut in the 2011 CEV European League, inspiring the GB Men to a 3-2 come-from-behind victory against Croatia at the EIS-Sheffield. Spikey, was presented to the BVF by their BOA FTSE100 Business Partner, Vertex, who ran an internal competition to design GB Volleyball's mascot.

Favourite Food: Steak (raw)

Favourite Song: God Save the Queen

Favourite Dance: YMCA

Favourite Musical Instrument: Air Guitar

Favourite Supporting Technique: Hi-5 (well Hi-4 as Spikey only has 4 digits)

Spikey performing a Hi-5 (4) with a young volleyball fan



Spikey observing the National Anthem



Spikey playing "air guitar"

Spikey warming up on court



In our next newsletter - hot on the heels of this one! - A round up on the "Adopt an Olympian" fundraising scheme PLUS all the latest news on the team's progress to London 2012....