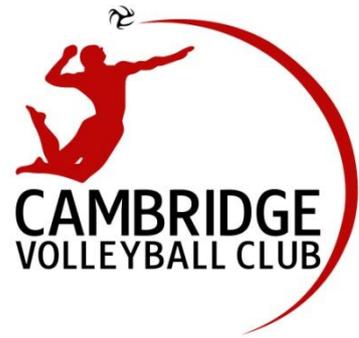


# Cambridge Volleyball Club

## AGM Minutes

Saturday, 21.05.2016

Old Bicycle Shop Cambridge



**1. Apologies:** Martina P, Bori H, Austin J, Sarah MJ, Massimo L, Annalisa M, Kelsey P

**Attendees:** 26

**2. Members to approve minutes from the last year's AGM:** Approved

### **3. Team reports:**

#### **a) NVL Men-** Jean Jacquet

Ups and downs throughout the season, at the beginning of the season they started with 8 ARU players: some of them very keen, however as the season progressed the numbers dropped significantly down as well. For the next season it would be good to be clear about the commitment for ARU students when joining the team. Overall it was a good season with some room for improvement.

#### **b) NVL Women-** Keith McAdam

Promoted to division 2 South, had 18 registered players in total, played 12 away games. The team finished third in the league which is a very good result, with New Forest finishing first and qualifying to division 1. Six different MVP's throughout the season, second part of the season the team was struggling with numbers. Overall it was a very good season, with some room for improvement for the next 2016/2017 season. *See appendix number 1.*

#### **c) County Women-** Ursula Lowe

Attendance has been excellent with 12-14 or more players per session. Two teams successfully completed in the EVF series – 6 Sundays between October and April. We started the season with Micha – a very specific warmup and drills. We worked hard. Before Xmas there was a team outing /meal at the Breckland Lodge. We said good bye to Micha before he went on his travels. January – some more new faces and revision of the positional systems. *See appendix number 2.*

#### **d) County Men-** Luis Figuiera

Started strong, however lost many players throughout the season. On a regular basis only five/six players came to the sessions. On the other hand, this 2015/2016 season was more competitive than the last one. When the team was struggling with numbers for the games, people from different teams were coming to help with the numbers especially Massimo and

Dominic. The biggest problem remains the sports hall, which is too small to practice the jump serve and float. Better venue for training would solve the problem.

**e) Beginners-** Gosia Bieniek/Stacey Law

Started the season with 30 people per session, main task was to survive September without losing the enthusiasm of the players and making sure that no one would get injured. In total we had 50 registered beginners 33 females/18 males of mixed abilities and ages. In terms of progressions for the next season it would be good to separate juniors from adult players which would allow a better session planning more targeted to a specific group. *See appendix number 3.*

**f) Intermediates-** Gosia Bieniek/Stacey Law

It was the first season when the group was formatted, therefore players had different opinions, expectations of how the session should look like. The main purpose of the session was to bridge the gap between the beginners and county teams, in order to work on individual skills and learn the rotations. This should be reminded to the players at the beginning of the next season. The team is also keen to play, let's try and organize something for them next season. *See appendix number 3.*

**4. Awards:**

**a) Most consistent/improved player for beginners/intermediates:** Stacey Law

**b) Most consistent/improved player for beginners/intermediates:** Klaudia Walter

**c) Most valuable player for NVL Men:** Deokhyo Choi

**d) Most valuable player for NVL Women:** Charlotte Handford

**e) Most valuable player for County Men:** Thomas Muller

**f) Most valuable player for County Women:** Valentina lotchkova

**c) Chairman's cup:** Stacey Law

**5. Treasurer's report-** Martina Pintani

We managed to break almost even financially this year, between membership fee collections, income from summer tournament 2015 (£4,800) and ARU agreement money (£5,000). Main increased outgoing was, as expected, the sports hall hire, which was about £4,000 more expensive than the previous season; this was due to higher cost of hall hire as well as introduction of the intermediate session and the extension of the training season throughout April. *See appendix number 4.*

**6. Chairman's report-** Keith McAdam

Another successful year for the club. A number of memberships/members on the rise this season, and hopefully we will be able to maintain this trend next season. Second year for the ARU agreement, according to which CVC has agreed to 'take on board' up to 12 players. Enrico one of the ARU players won the sport's person of the year and girls team won their league. This season the club introduced an intermediate session which aimed at bridging the gap between the beginner's and county teams. It was a very popular session. This year we are looking at bringing more volunteers to the club in order to help with the summer

tournament. The club also signed an agreement with Living Sport to set up a Satellite Club at Hills Road Sixth Form College. For this purpose we received 3000 pounds to buy the equipment and pay for the coaches. The project will start at the beginning of next season September/October time with one joined session per week.

## **7. Dissolve current committee**

- a) **Chairperson** - Keith McAdam
- b) **Treasurer** - Martina Pintani
- c) **Secretary** - Gosia Bieniek
- d) **Fixtures Secretary** - April Eassom
- e) **Social Secretary** - Massimo Lai
- f) **Website /Communication Secretary** - Sarah Maplesden-Jenkins & Frances Balaam
- g) **Safeguarding officer** - Frances Balaam
- h) **Equipment/kit officer** - Massimo Lai
- i) **Two representatives for NVL Women** - Kelsey Piech
- j) **Two representatives for NVL Men** - Jean Jacquet & Massimo Lai
- k) **Two representatives for County Women** - Ursula Lowe & Martina Pintani
- l) **Two representatives for County Men** - Luis Figueira
- m) **Two representatives for Beginners** - Stacey Law & Austin Jiang

## **Coaches 2015/2016:**

**NVL Men** = Jean Jacquet

**NVL Women** = Keith McAdam

**County Women** = Ursula Lowe, Martina Pintani, Frances Balaam

**County Men** = Luis Figueira

**Beginners** = Gosia Bieniek & Luis Figueira

**Intermediates** = Gosia Bieniek

## **8. Election of new committee**

- a) **Chairperson** - Keith McAdam
- b) **Treasurer** - Klaudia Walter
- c) **Secretary** - Gosia Bieniek /Fiona Danks
- d) **Fixtures Secretary** - Andrew Nightingale
- e) **Social Secretary** - Frank De Kievit
- f) **Website /Communication Secretary** - Sarah Maplesden-Jenkins
- g) **Safeguarding officer** - Frances Balaam
- h) **Equipment/kit officer** - Massimo Lai
- i) **Representative for NVL Women** - Annalisa Mupo
- j) **Representative for NVL Men** - Rolf Neugebauer
- k) **Representatives for County Women** - Ursula Lowe
- l) **Representatives for County Men** - Andrew Nightingale
- m) **Two representatives for Beginners/Intermediates** Stacey Law for now/a separate rep for intermediates TBC

## **Coaches 2016/2017**

**NVL Men** = Jean Jacquet

**NVL Women** = Keith McAdam  
**County Women** = TBC  
**County Men** = Luis Figueira  
**Beginners** = Luis Figueira  
**Intermediates** = TBC  
**Satellite Club** = Gosia Bieniek

## **9. Other Business**

**a) Satellite club.**

**b) The possibly to enter the intermediates in a league/an agreement with Cambridge University team?**

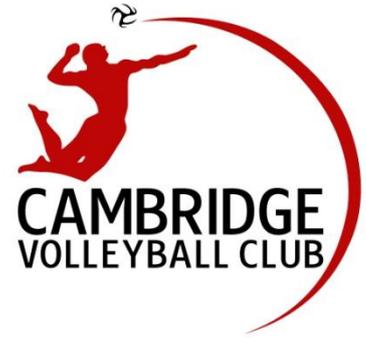
**Minutes compiled by Cambridge Volleyball Club Secretary,**

**Gosia Bieniek 14.06.2016**

## Appendix 1 -

### NVL Women, End of Season Report

By Keith McAdam



It has been a successful season for the team on its return to Division 2, this time in the South division as opposed to the North division, despite some challenges.

The team played 18 league matches, 6 at home and 12 away. Travelling to places as far away as New Forest, Portsmouth and Bristol, covering over 1800 miles in the process. Playing 2996 points over 69 sets.

The 18 players in the squad all played some part both in training and in the matches. Although promoted to a higher league the team were competitive in all but one match, we forgot how to play volleyball when we played the then league leaders Portsmouth. But we showed just how good we can be, losing a very tight 5 set match against the eventual league winners New Forest, and then beating Team Essex Trinity, who finished 2<sup>nd</sup>, again in a tight 5 set match. The strength of the team can be seen in the MVP nominations at each match. With 6 different players being nominated. Charlotte topping the nominations with 5.

We finished 3<sup>rd</sup> in the league and if a couple of the 5 setters had gone in our favour we could very well have finished in the playoff place.

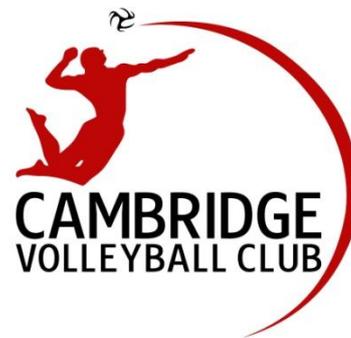
There have been some challenges. Despite 18 players in the squad, during the second part of the season we had as few as 5 players at training for a couple of sessions. And went to a couple of matches with only 6 players. Something that needs to be addressed for the new season.

Looking to the new season. The league will be stronger than last season which means we have to improve as well. And as such there will be a change in the way the team will train. There will be more focus on individual skills and Strength and Conditioning at the early part of the training and more emphasis on players to improve their own levels of fitness. With the challenge for the team to finish in the top 2 next season.

## Appendix 2 -

### County Women, End of Season Report

By Ursula Lowe



This year training moved from Thursday night, 8pm at the Perse to Tuesday 6.30 or 20.15 at St. Faiths. Tuesday proves to be mentally and physically harder as there are 3 more days to work before the weekend. However, attendance has been excellent with 12-14 or more players per session.

We lost stalwart players and committee members Karen Vetch and Sarah Heeson. The start of the season is always challenging, lots of initial interest, players finding their level, with CW or another squad, learning to love the system we play with (attacking and defensive positions) and of course paying their fees! There were injuries to contend with as well – some of them not volleyball related like Alicia who was knocked off her bike after training.

Two teams successfully completed in the Eastern Region Volleyball Series (ERVS) series – 6 Sundays between October and April. The ERVS season (rounds 1 and 2) had a shaky start, both teams had good individuals who needed to play more as a team, and know the rotation positions and defensive/cover positions. We started the season with Micha – a very specific warmup and drills. We worked hard. Before Christmas there was a team meal at the Breckland Lodge. We said good bye to Micha before he went on his travels.

January – some more new faces and revision of the positional systems. Tomas from NVL Men then took over. Discerning and contemplative, he accompanied us to the ERVS Tournaments in Norwich and coached both Tigers and Panthers. Sadly he injured himself and Keith stepped in coached double sessions and gave advice on player positions / options for matches.

Frances has been the friendliest greeter, helping us to organise new tracksuits and taking some warm-ups. Martina (baby in May) showed endless patience when explaining the fees. The squad have responded positively to whatever is thrown at them. According to a recent poll there enough core players for next season too. We would like more competitive matches.

We have no coach for the 2016-17 season just yet.

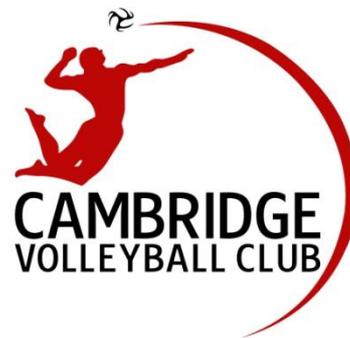
Final team positions for the Eastern Region Volleyball Series 2015-16 series where joint 2nd for CVC Tigers, and 8th for CVC Panthers. Overall results are below:

<b>Ladies</b>		4th Oct 2015	1st Nov 2015	28th Nov 2015	31st Jan 2016	28th Feb 2016	17th April 2016	<b>Best 4</b>	Position
1st	Is It In?	10	10	10	10	10	10	40	1st
2nd=	Spikers	8	7	8	8	8	8	32	2nd=
2nd=	Cambridge VC Tigers	5	2	9	7	9	7	32	2nd=
4th	Rhinos	9	8	3	5	7	3	29	4th
5th	Medusa	4	5	6	9	3	5	25	5th
6th	Ipswich	7	4	7	4	4	6	24	6th
7th	UEA	6	6	4	6	5	4	23	7th
8th	Cambridge VC Panthers	3	3	5	3	6	2	17	8th
9th=	Southend Cougars		9					9	9th=
9th=	GNG Bedford Ladies						9	9	9th=
Remember that over the season, only the TOP FOUR scores from the season from each team count towards the overall league									

Source: <https://sites.google.com/site/easternregionvolleyballseries/format>

## Appendix 3 -

# Beginners & Intermediates, End of Season Report



By Gosia Bieniek/Stacey Law

### Numbers (estimated not calculated):

- In total we had 50 registered beginners/intermediates-33 females/18 males/ of all ages/mixed abilities/
- the youngest was 12 years old the oldest 60
- for beginners on an average we had 8-14 people + helpers per session throughout the season
- many thanks to Luis for helping with the sessions and replacing me when needed
- helpers:  
County team girls (Lorna, Valentina, Alicia).

### October - formation of the intermediate group:

- for intermediates on an average we had 8-16 people + helpers (rotating from session to session)
- I couldn't be there all the time from January onwards, therefore many thanks to:  
Massimo, Nadira
- Special thanks for Stacey who was in charge of money, numbers and member's registration for both the beginners and intermediates!**

### Progressions:

#### **Beginners**

- separating juniors (Satellite Club) from adult players
- monitoring the numbers more closely
- changing the name for the sessions
- pre-season, post-season testing

#### **Intermediates**

- reminding them about the purpose of the group/team; learning control of the ball, rotations and mostly training to become a better player rather than focusing on playing games which would come eventually as well**
- maybe registering them in some sort of a league?
- changing the name for the session
- pre-season, post-season testing

### Training formats:

#### **Beginners**

03.09-17.12-> 16 weeks- 4 mezocycles:

- MEZO 1- managing 30 people on one court, health & safety
- MEZO 2- introduction to volley + dig, body positioning, stop + pass, underarm serve
- MEZO 3- volley + dig, pass + go, hitting footwork, overhand serve
- MEZO 4- volley + dig, stop + pass, pass + go, hitting footwork, underarm, overhand serve, small games set up

07.01-24.03-> 12 weeks- 3 mezcycles:

MEZO 1- volley + dig, pass + go, hitting with/from a toss, underarm serve, small game set up

MEZO 2- volley + dig, pass + go, reverse + pass, small games set up

MEZO 3- reverse + stop + pass + go, hitting a static ball (hold by a coach), small games set up

14.04-21.04-> 2 weeks- 1microcycle:

MICROCYCLE 1 – small games

### **Intermediates**

09.10-18.12-> 11weeks:

MEZO 1-> set, volley, dig, control of the pass/receive, diagonal pass, small games

MEZO 2-> volley + go, dig/receive, hitting (outside + middle), small games

MEZO 3-> intro to playing systems: 4-2, free balls, overhead serve, mid season testing

08.01-24.03-> 11weeks:

MEZO 1-> playing system 4-2, introduction to 6-2, transition from offence to defence

MEZO 2-> playing system 6-2, opposite hitting/setting, free balls

MEZO 3-> playing system 6-2

08.04-22.04-> 3 weeks:

MEZO 1-> reverse & pass, hitting options, small games, transition from defence to offence, end of season small tournament!

### **Admin feedback:**

Maybe the team reps could get access to edit/add + remove email addresses from the team mailing lists. Could be less trouble for Sarah this way, since most weeks during the season there were always 1 or 2 new names to add with new people coming. (This might be less of a problem for NVL and county teams though, they probably have fewer new people joining throughout the season.)

Re. the outstanding fees point: we next season, if players haven't paid e.g. after 2 warnings or some sort of timed deadline, then we could ask the coaches to say they should not be allowed to train until they've paid? Since team reps will collect fees and keep attendance, this should be relatively easy to sort out and communicate to the coaches.

It should also sort out the problem of people quitting partway through and not having paid some/any of their fees for next season. (Richard Piech was great in paying the full fee even though he knew he would be away from January and busy with his and Kelsey's baby! But we've had a few other people who have come a handful of times and paid partial fees, should we be stricter on asking for commitment?)

### **Sum up from team rep perspective, Stacey Law:**

#### **Beginners**

Enjoyable sessions, great atmosphere. New people joining all year with some moving up to intermediates. Higher number of juniors this year. Fewer players who were able to turn up to sessions consistently, so often unable to play 6v6, but played lots of small games (3v3, 4v4), and still noticeable improvement in most players by end of season.

## **Intermediates**

Really great opportunity for experienced beginners / something the club can offer to bridge the skill gap between beginners and county teams. Successful training averaging 11 people per week, almost always enough to play 6v6. Learned 6-2 rotation which was slow to take up but worked well towards the end. Will need to work more on offence/defence transition, but marked improvement in many players. Many keen to play more games / matches.

## **Sum up from the coach, Gosia Bieniek**

### **Beginners**

- equal emphasis on fun and skills
- being ready to adjust the session accordingly to the numbers and level of playing (on a day), however still sticking to annual periodization
- more movement with the ball and general coordination skills which would then transfer into game, reaction time, better ball flight judgement
- more open questions at the end of the session just to make sure they remembered why they are doing what they are doing

### **Intermediates**

- emphasis more on the skills and playing systems rather than playing competitive games (that will come with time)
- to introduce more 'controlled games' maybe every 3-4 weeks at the end of each mesocycle
- players need to learn rotations themselves they can only be given explanation, visual help etc, however it's ones responsibility to understand the rotations on the court (meaning they have to do their homework)
- the same as for the beginners- more open questions just to make sure everybody knows what they are doing

## **Feedback:**

### **Kai Singh: (from mum Tammy Singh)**

*"I'm the mum of Kai, who joined the beginners' squad in September along with her friend Marina. They both loved it and I know Kai at least does intend to return next season. Kai loved all the positive feedback and encouragement she received and the friendly atmosphere of the training sessions. Unfortunately we will be out of the country at the beginning of August, visiting my family in the U.S., so Kai will miss volunteering at the Summer Tournament. Sorry to miss it, it sounds like a great event the entire family would have enjoyed watching or helping at."*

### **Nathan Brown:**

*"I would like to move up a group if you and the coaches think that is appropriate. It may also mean that I am more able to make it on time. I enjoyed the good amount of drilling shots - my technique has massively benefit from it, and I know it still needs work. It does make for sessions that can feel a bit repetitive though, and the time spent playing mini games has been much more exciting, but does expose the need for honing technique (as with all levels of all sports tbh). I have appreciated the coaches' concern for our technique, but may I suggest for Luis that a comment of one thing done well may help to make him seem less intimidating and also for us beginners to know what we have got right as well as what we need to change."*

### **Lena Sole Vilaro: (from dad Jordi Sole-Casals)**

*"Lena is very happy with the volleyball experience. So, many thanks for all your patience and help."*

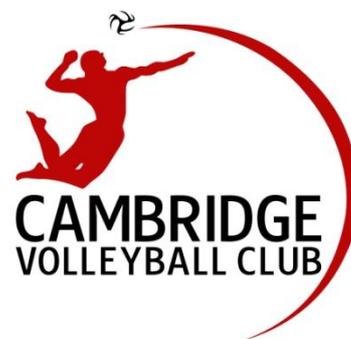
### **Laura Bonesi and (son) Luca Vendruscolo**

*"Our feedback is definitively positive, the sessions are very good - the coaching is well done and useful and the atmosphere is very friendly. There are not many activities that mums can do with their teenage sons and this is an excellent one."*

## Appendix 4 -

### Treasurer Report, 2015-2016

By Martina Pintani



Apologies for absence at AGM.

Recap of 2014-15 (previous season): we finished in a good financial situation; with the money from the ARU agreement we managed to break even without using the funds raised during the summer tournament 2014 (about £2,700).

#### 2015-16:

Very short summary: we managed to break almost even financially this year, between membership fee collections, income from Summer tournament 2015 (£4,800) and ARU agreement money (£5,000). Main increased outgoing was, as expected, the sports hall hire, which was about £4,000 more expensive than the previous season; this was due to higher cost of hall hire as well as introduction of the intermediate session and the extension of the training season throughout April.

#### More details:

- Club general outgoings: Total: about £20,000; main items of spending:
  - o Increased hall hire costs due to higher costs/hour as well as additional intermediate sessions and longer training season: total £13,400 spent on hall hire, vs. £9,300 the previous year → **£4,000 increase in hall hire costs w.r.t. 2014-15 season**
  - o Coaching: NVL M coaching (£1,160) covered by ARU agreement; beginners and intermediate coaching (£1,000) covered by CVC
  - o Referees: £1,000 between NVL M + W
  - o Players registration: £1,000 between NVL M + W
  - o Equipment: new volleyballs (£835)
  - o Team registrations: £800 between NVL M + W + County M + W
  - o Entertainment (Christmas party & AGM): £400
  
- Incoming: Total: about £20,450
  - o Summer tournament 2015: £4,800 (vs. £2,700 the previous year!)
  - o Membership fees: total about £13,800 (including 10x ARU players)
    - NVL W: 18 players (4xARU), £3,600 membership, but failed to collect £450; overall £850 **loss**
    - NVL M: 16 players (6x ARU), £4,000 membership, failed to collect £250; overall £300 **“gain”** (excluding coaching costs)
    - County W: 27 players, £2,800 membership; overall £330 **“gain”**

- County M: 16 players, £1,500 membership, failed to collect £290; overall £550 **loss**
- Intermediates: 17 players, £1,750 membership; overall £670 **loss**
- Beginners: 34 players over the year, £1,230 fees; overall £930 **loss**
- ARU agreement: £5,000, of which £3,150 included in membership fees above

**Additional comments:**

- Increased ARU players from last year: 4 to 6 in NVL M and 3 to 4 in NVL W – good as agreement would be for 6+6 and we should try to keep ARU interested.
- Liaising with Living sports for Satellite Club; received £2,500; CVC contributed £400; the £2,500 will be all spent by satellite club going forward.

**Recommendations going forward:**

- A few additional costs were only agreed by the committee AFTER the beginning of the season and after the setting of the membership fees: this is not good financial practice as it will lead to non-budgeted-for expenses, which can be quite high! Recommend to discuss IN DETAIL and BEFORE THE BEGINNING OF THE SEASON what the plans for the following year are, so that a budget can be appropriately created.
- Once again, there were issues with collecting money from some players; this is UNACCEPTABLE as it puts everyone else in a bad position. Example for this year: County W, beginners and intermediates OK; NVL M: £250 (1 player); county M £290 (3 players); NVL W: £480 (4 players); in some cases the situations with these players were highlighted since November/December last year, and throughout the rest of the season, but players still did not pay/did not raise financial difficulty issues and continued to attend training.

**Proposal:**

It is difficult and time-consuming for the treasurer to keep track of the situation of players in each teams and to keep highlighting problems to team reps, hoping that they would act on it and that players would then follow up and pay the membership due... each iteration takes a long time. Proposal would be that team reps are made more responsible for ensuring that players have paid, and it's the team reps who keep track overall of their own team (with help from the treasurer who will check whether claimed online payments have actually been made). Also, an agreement on tougher rules needs to be reached (really telling people who have not paid that they cannot play in the team); these rules MUST be applied, no matter whether the team is then left without enough players to play a match! Alternatively, "naming and shaming" might work – circulation of a monthly email to each team with everyone names and how much they have paid/how much is outstanding – hopefully peer pressure (and shame) will do the rest.