



## Cambridge Volleyball Club AGM minutes

Saturday, 24.06.2016

### Old Bicycle Shop Cambridge

**1. Apologies:** Massimo L, Frank D , Andrew N, Luis F, Tomas J, Lenka B, Michael M, Hanns G, Rolf N

**Attendees:** Keith M, Charlotte H, Rauf S, Pablo T, Kelsey P, Richard P, Jessika V, Valentina I, Ursula L, Sarah MJ, Lorna R, Frances B, Elaine L, Stacey L, Klaudia W, Jean J, Gosia B, Enrico P, Dom Z, Marco

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

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

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

Started season with a reasonable number of players, the core from last season and three new players soon signed up. However, limitation to player availability (caused by registration delays due to Int Transfers as well as the usual illness, injury and work-related reasons) resulted in sub-optimal line ups for most of the first half of the season. We lost in the first round of the National Cup in a close match against a team from the division above and league results were not good with a 2-6 win loss ratio half way through the season. Things reached an ultimate low-point just before Christmas with a shield match loss against a scratch Cambridge University team and the coach offered his resignation after the match. This was dismissed by the players immediately.

Please see appendix number 1.

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

Pending.

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

Training for CW was on Tuesday 6.30 or 20.15 at St. Faiths. As always, early training is difficult for some players who are stuck at work or still commuting. This season we were

without Karolina Imroth and Martina Pintani for maternity leave and Gosia Zabinska for an employer training course. We are losing stalwart committee member Sarah Maplesden-Jenkins due to long-term injury and Valentina Lotckha to a new job in Oxford (the dark blues) and wish them every success with new ventures.

Please see appendix number 2.

**d) County men-** Luis Figuera

Very successful season in terms of results. The best ever I believe. Runners-up in the County League to Newmarket, Runners-up in the County Cup to Newmarket, Winners of the Walton Shield Tournament. We played 4 times with Newmarket, beating them 2 times, one for the league and in the Walton Shield final. Unfortunately, not a successful season in terms of number of players. We struggled with numbers the whole season having to ask usually 2 NVL Men players to fill in numbers for several matches. Training on Saturday afternoon at 4pm is definitely not popular, with several county players expressing that and giving up after a few weeks, or even after coming only once. Next season we need to find a different time slot for training.

**e) Beginners-** Frances Balaam

Beginners and Core Skills on Thursdays 6pm-7.30pm at St Faith's – what can I say? This was a very rewarding group to be involved with, made up of players who had good work ethics and dedication. Each week they trained with a mindset of wanting to improve and striving to do their best. That focus of wanting to learn and advance was enthralling.

Please see appendix number 3.

**f) Intermediates-** Stacey Law/Tomas Janik

The start of the season saw many familiar faces from last year as well as a fairly constant stream of new players coming to try out the session. The high numbers (some weeks reaching 20 players) dipped noticeably after Christmas, and we settled to about 10-12 players per week with some more newcomers right at the end in March and April.

See appendix number 4.

**g) Satellite Club-** Frances Balaam, Jean Jacquet, Gosia Bieniek

To be included in September 2017

**4. Awards:**

- a) Most dedicated player for Beginners: **Jess L**
- b) Most improved players for Beginners: **Shani Z and Hannah M**
- c) Most valuable player for Beginners: **Anna L**
- d) Most improved player for Intermediates: **Klaudia Walter**

- e) Most valuable player for Intermediates: **Sam E**
- f) Most valuable player for NVL men: **Enrico Picone**
- g) Most valuable player for NVL women: **Jessika Vieira**
- h) Most valuable player for county men: **Adam Gola**
- i) Most valuable player for county women: **Valentina lotchkova**
- j) Chairman's cup: **Frances Balaam**
- k) MVP for Men's Division 3 Central 2016-17: **Pablo Ternera**

#### **5) Treasurer's report:**

The table below gives an overview of the incoming and outgoing fees by category. It accounts for the time from 18<sup>th</sup> May 2016 to 20<sup>th</sup> June 2017, including the first payment for the summer tournament on 6<sup>th</sup> May and £2,500 paid by Living Sports Cambridge on 8<sup>th</sup> March 2016. Including these payments, we only made a loss of -£644.19.

Please see appendix number 5.

#### **6) Chairman's report:**

Pending.

#### **7) Dissolve current committee**

- a) Chairman – Keith McAdam
- b) Secretary – Gosia Bieniek
- c) Treasurer – Klaudia Walter
- d) Club welfare officer – Frances Balaam
- e) Fixtures Secretary – Andrew Nightingale
- f) Communication / Website Secretary – Sarah Maplesden-Jenkins
- g) Social Secretary – Frank de Kievit
- h) Purchasing officer – Massimo Lai
- i) Team representative(s) for NVL men – Jean Jacquet and Rolf Neugebauer
- j) Team representative(s) for NVL women – Annalisa Mupo
- k) Team representative(s) for County men – Andrew Nightingale
- l) Team representative(s) for County women – Ursula Lowe and Frances Balaam
- m) Team representative(s) for Intermediates – Stacey Law
- n) Team representative(s) for Beginners/ Core skills – Stacey Law and Frances Balaam

## 8) Election of new committee

- a) Chairman – **Keith McAdam**
- b) Secretary – **Gosia Bieniek**
- c) Treasurer – **Klaudia Walter**
- d) Club welfare officer – **Frances Balaam**
- e) Fixtures Secretary – **TBC**
- f) Communication / Website Secretary – **Charlotte Handford/Frances Balaam**
- g) Social Secretary – **Rauf Saatcioglu**
- h) Purchasing officer – **Charlotte Handford**
- i) Sponsorship manager - **Charlotte Handford**
- j) Team representative(s) for NVL men – **Jean Jacquet and Kamil Kaminski**
- k) Team representative(s) for NVL women – **Annalisa Mupo**
- l) Team representative(s) for County men – **Andrew Nightingale**
- m) Team representative(s) for County women – **Ursula Lowe and Frances Balaam**
- n) Team representative(s) for Intermediates – **Stacey Law**
- o) Team representative(s) for Beginners/ Core skills – **Frances Balaam / TBC**
- p) **Coaches 2016/2017**

**NVL Men** = Jean Jacquet?

**NVL Women** = Jean Jacquet/Keith McAdam?

**County Women** = Enrico Picone/ Tomas Janik

**County Men** = Rauf Saatcioglu/ Luis Figueira?

**Beginners** = Frances Balaam/ Ursula Lowe/ Luis Figueira?

**Intermediates** = Tomas Janik

**Satellite Club** = Frances Balaam

## 9) Other Business

### a) Satellite club.

It was a successful season with boys competing in the AoC Sport National championships. Some of the players attended training with the Beginners, Intermediates and County teams. We need to enquire Living Sport about the remaining funding of £500. Hills Road Sixth form is happy about the collaboration, although it would have been good to provide them with a feedback form. We are looking forward to commencing another season of collaboration and to increase numbers of athletes participating in the sessions.

**b)** This year we would like to propose a change to our club members who decide to enter the summer tournament. Each team from CVC is obliged to volunteer their time in between the games in order to offload other club members, which would also help with reducing the overall cost of the membership next season. The set of duties/task is to be confirmed.

**c)** Strength and conditioning sessions will be introduced to the club members next season. The sessions will be held at Anglia Ruskin Sports Labs on Wednesday. The sessions are most likely to start at the beginning of September.

**d)** Charlotte offered to help with the sponsorship for the club. She created a portfolio and a list of potential companies. Everybody is invited to leave feedback/comments or to let her know about any possible opportunities.

**Cambridge Volleyball Club Secretary**

**Gosia Bieniek 24.06.2017**

## Appendices

### 1) NVL MEN

Started season with a reasonable number of players, the core from last season and three new players soon signed up. However, limitation to player availability (caused by registration delays due to Int Transfers as well as the usual illness, injury and work-related reasons) resulted in sub-optimal line ups for most of the first half of the season. We lost in the first round of the National Cup in a close match against a team from the division above and league results were not good with a 2-6 win loss ratio half way through the season. Things reached an ultimate low-point just before Christmas with a shield match loss against a scratch Cambridge University team and the coach offered his resignation after the match. This was dismissed by the players immediately.

The weakest team dropped out of the league which left us bottom of the table at the start of the year (albeit with a few games in hand on most teams). Despite the further loss of a couple of players due to injuries the team worked hard at training where attendance was good and the team stayed optimistic. The squad was especially energised by the return of Enrico Picone and results started going our way. With many teams beating each other several stayed in contention but we were the only team to go on unbeaten run through to the finish, we steadily climbed the table winning, securing top spot at our final match.

The team also entered the a tournament at USAF Lakenheath airbase and won. This was just after the end of the league season in April and would have been great preparation for any playoffs.

Eventually a successful season but it's clear how availability of key players can make or break a league campaign. With just one training a week development is limited and the team depends very much on incoming talent to stay competitive. Only two ARU students were fully involved and both of them suffered significant injuries midway through the season. 18 players registered but 4 never available and another 6 only available for half the season.

Pablo won VE MVP for the division (most nominations at NVL matches for the season).

Jean Jacquet

### 2) AGM County Women (CW) 2016-17

Training for CW was on Tuesday 6.30 or 20.15 at St. Faiths. As always, early training is difficult for some players who are stuck at work or still commuting. This season we were without Karolina Imroth and Martina Pintani for maternity leave and Gosia Zabinska for an employer training course. We are losing stalwart committee member Sarah Maplesden-Jenkins due to long-term injury and Valentina Iotckha to a new job in Oxford (the dark blues) and wish them every success with new ventures.

Once again 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! Competitive matches have been a bonus.

The Eastern Volleyball Federation (EVF) season at the Sportspark, Norwich is always enjoyable and provides an opportunity for team bonding too. The numbers of days was increased from 6 to 8, a combination of Saturdays and Sundays. One team (Tigers) had a confirmed entry. Panthers had first refusal if another ladies team pulled out. This was a result of a confidential poll by the Norwich organisers and most teams wanted 'one team per club' entry. The team positions for the Easter Volleyball Federation 2016-17 series are: <https://sites.google.com/site/easternregionvolleyballseries/home>

Ladies		15th Oct	29th Oct	20th Nov	8th Jan	28th Jan	26th Feb	25th Mar	7th May	Best 6 Points Total	Position
1st	Is It In?	9	8	10	10	10	10	10	10	60	1st
2nd=	Stowmarket	5	7	9	8	7	9		8	48	2nd=
2nd=	UEA	10	10	6	0	9	8	5	5	48	2nd=
4th	Spikers	8	3	7	7	5	7	8	7	44	4th
5th	<b>CVC Tigers</b>	7	5	8	6	6	6	7	3	40	5th
6th	Ipswich	0	9	0	9			9	9	36	6th
7th	Rhinos	6	6	5	4	3			6	30	7th
8th	Medusa	3	4	4	5	4	5	6	5	29	8th
9th	<b>CVC Panthers</b>	4	0	3	0	8	4			19	9th

New this year, a few games organised by Rhinos VC in a local ladies league. CW played against them, ARU, St. Philips, UCCW and Bedford with a tournament at Easter. Not all teams played the same amount of matches and Bedford either cancelled or made up their team numbers with Cambridge players. The Cambridgeshire Volleyball Association (CVA) made a large contribution to the court hire. In 2017-18, this will be self funded by ladies teams - the CVA will organise the fixture list which is usually two matches (home and away) This will be more expensive for the team next season as more court time for matches will be needed. The team positions for the CVA 2016-17 series are: <http://www.rhinos.org.uk/women-league>

Team	Pd	W	L	SF	SA	PF	PA	Pts
Rhinos VC	7	5	0	19	4	548	364	12
Cam Uni	5	4	0	14	3	399	321	9
<b>CVC</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>10</b>	<b>6</b>	<b>363</b>	<b>236</b>	<b>6</b>

St. Philips	6	2	3	8	11	374	361	5
GNG Bedford	7	1	6	2	19	233	508	2
ARU	4	0	4	1	11	166	293	0

We would like to formally thank Tomas and Micha for coaching and wish them both long and happy marriages and fulfilling parenthood. Thanks also to Birgit for organising the Spring League series and Ania for the walking weekend in Brecon Beacons with recipes for the excess of cucumbers. Frances and Ursula hope to complete assessments for UKCC Level 2 Coaching qualification by September 2017. There enough core players for next season. We look forward to having a new coach (EP) for the 2017-18 season.

### 3) Beginners and Core Skills

Thursdays 6pm-7.30pm at St Faith's – what can I say? This was a very rewarding group to be involved with, made up of players who had good work ethics and dedication. Each week they trained with a mindset of wanting to improve and striving to do their best. That focus of wanting to learn and advance was enthralling.

Over 50 players came through the doors this season; 23 juniors and 7 adults became club members. A lot of effort went into ensuring the sessions were run smoothly. A big thank you to Stacey, Andrew, Frank and Valentina who attended as helpers regularly and a special mention to Jean, Tomas and Mirto who helped inspire the players with their volleyball knowledge and skills. The group was also blessed with Luis' persistent passion of always wanting the best out of the players and Ursula's total support as and when cover was needed.

After a quick survey from the players, we decided to run 10 more training sessions after the Easter holidays where we benefited from having even more coaches to help run the sessions – thank you to Rauf, Enrico and Ursula.

#### Most Dedicated Player award

It has been very encouraging for us to see the progress made by the players, especially the ones who were able to train regularly. A big well done to Jess for earning the Most Dedicated Player award – not only because she attended 27 out of 35 training sessions, she was always on time and ready to learn, play and perform – a fantastic attitude indeed!

#### Most Improved Player award

It was a very difficult decision to choose the Most Improved Player for this group; there were two deserving players and we decided to award them both – Shani and Hannah. Not only did their volleyball skills improve remarkably this season, their commitment to the sport was second to none – travelling to Essex to train with the other junior players in the Eastern region and subsequently making it to the Eastern squad. It was indeed a proud moment for us to see them play and compete at the Inter-regional championships. A big well done to them both!

## Most Valuable Player award

Without a doubt, Anna deserved this award - the Most Valuable Player. It was evident from the beginning of the season how much she loved volleyball; that passion was backed up by her total devotion to the sport - she trained whenever she could, and you could always count on her supreme focus in training. We loved how she always kept an open mind for ways to improve. The progress she made also earned her a training spot with the County women. Well done Anna!

It was a great season. Going forward, we hope to inspire more players to take up volleyball in Cambridgeshire.

Frances Balaam

### 4) Intermediates

The start of the season saw many familiar faces from last year as well as a fairly constant stream of new players coming to try out the session. The high numbers (some weeks reaching 20 players) dipped noticeably after Christmas, and we settled to about 10-12 players per week with some more newcomers right at the end in March and April.

One of the main aims was to learn the 5-1 system which we were using reliably towards the end of the season. After trying out various options, most players settled into a particular position. All round improvement was complemented by progress in the specific positions. Our serve receive was one of the weaker points, something to work on especially next season.

Our teamwork and communication were put to practice in the friendly games against the Cambridge University men's 2nd team and the CVC county women. We had a bit of a rocky start but over the course of multiple sets we managed to put up a good fight on both occasions, and the last set against the county women was a nailbiter finish, losing 23-25. We also entered a team into the Spring League, and while we unfortunately didn't quite match the skill level of the other teams, we gained some immensely valuable

Stacey Law

### 5) Treasurer report 2016-17

The table below gives an overview of the incoming and outgoing fees by category. It accounts for the time from 18<sup>th</sup> May 2016 to 20<sup>th</sup> June 2017, including the first payment for the summer tournament on 6<sup>th</sup> May and £2,500 paid by Living Sports Cambridge on 8<sup>th</sup> March 2016. Including these payments, we only made a loss of -£644.19.

<b>Category</b>	<b>Incoming</b>	<b>Outgoing</b>	<b>Total</b>
<b>ARU</b>	5,000.00		5,000.00
<b>BEG</b>	1,999.00		1,999.00
<b>CM</b>	920.00		920.00

<b>Coaching</b>		-2,040.00	-2,040.00
<b>CVA</b>		-20.00	-20.00
<b>CW</b>	2,772.00	-616.00	2,156.00
<b>EQUIP</b>		-1,248.40	-1,248.40
<b>INT</b>	2,086.00		2,086.00
<b>LEYS/ST FAITHS</b>		-9,870.00	-9,870.00
<b>Living Sport Cambridge</b>	2,500.00		2,500.00
<b>NCA</b>	65.00	-2,308.00	-2,243.00
<b>NVLM</b>	3,185.00	-1,995.00	1,190.00
<b>NVLM+NVLW</b>		-688.90	-688.90
<b>NVLW</b>	2,255.00	-584.50	1,670.50
<b>OTH</b>	75.00		75.00
<b>REF</b>		-525.00	-525.00
<b>Rugby Ground</b>		-1,770.00	-1,770.00
<b>SAT</b>	300.00	-2,426.01	-2,126.01
<b>Summer Tournament</b>	6,939.65	-4,272.38	2,667.27
<b>VE</b>		-349.50	-349.50
<b>XMAS</b>		-27.15	-27.15
<b>TOTAL</b>	28,096.65	-28,740.84	<b>-644.19</b>

6)

7) The following table shows the incoming membership fees and outgoing fees for hall hires and other costs by team. The £5000 from ARU were not included in this table.

<b>Team</b>	<b>Memberships</b>	<b>Fees</b>	<b>Training</b>	<b>Match</b>	<b>Total</b>
<b>BEG</b>	1,999.00		-1,620.00		379.00
<b>CM</b>	920.00		-1,560.00		-640.00
<b>CW</b>	2,772.00	-616.00	-1,890.00		266.00
<b>INT</b>	2,086.00		-1,860.00		226.00
<b>NVLM</b>	3,185.00	-2,339.45	-2,108.00	-857.00	-2,119.45
<b>NVLW</b>	2,255.00	-928.95	-1,890.00	-1,102.00	-1,665.95