

Heat Herald

March 6, 2010

Upcoming Events

March 6, 2010:

Family Night

Potluck
Player vs. Parents
18-1 vs. Coaches
Guest Speaker

April 17, 2010:

Poker Night

Poker Tournament
Food & Drinks
A Great Time!

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HOT OFF THE PRESS

The Inland Empire Volleyball Club has decided to start publishing a bi-weekly newsletter called the "Heat Herald".

This publication will be used to pass on information to the players and their parents, in a fun and entertaining way.

The newsletter will feature all the clubs' news, upcoming events, tournament and event re-

caps, editorials, and advertisements. Each edition will also highlight at least one random person

The logo for the Inland Empire Volleyball Club (IEVC) is displayed in a stylized, italicized font with a 3D effect and a shadow.

involved with the club. This will allow people to better connect with the club family.

Included in each edition

will be the opportunity to buy space for an advertisement or special message. For more information on this please contact Coach Aaron at the listed email address.

Also, please feel free to email Coach Aaron with ideas, comments, or questions regarding the "Heat Herald"

Hope you enjoy the first issue!

Heat To Give Helping Hand

IEVC is in the process of teaming up with a local non-profit organization, in hopes to create a lasting partnership. This partnership would

provide an outreach program to our players and parents. Here at IEVC, we feel it is important to give back to our community. This

provides our players to grow as a person, and not just work on improving their athletic abilities. Look for more information soon.

“The difference between a successful person and others, is not a lack of strength, not a lack of knowledge, but rather a lack of will”
-Vince Lombardi

Tournament Dates:

13-1 & 14-1:

March 6
 March 13/14

15-1:

March 14
 April 10

16-1:

March 6
 April 11

18-1 & 18-2:

March 7
 April 18

Spotlight Player

DEJA THOMPSON “THE GENTLE GIANT”

Deja Thompson is the tall, young middle blocker on Coach Aaron’s 16’s team. She might look intimidating but describes herself as funny, nice, and quiet. Deja currently attends Kucera Middle School. She enjoys English class, but dislikes all the Math classes.

Volleyball was not the first sport that she wanted to play. Deja first started playing basketball, but then decided it was not for her. She thankfully decided to make the move to volleyball. She started playing volleyball in the 6th grade, and one of her first competitive experiences was in the Young Ladies Volleyball Association



(YLVA). Her talent was spotted here, and she was offered a spot on the club. She has been with IEVC for two years now, and is enjoying every minute of it.

Deja was born on January 6, 1996. She enjoys hanging out with friends, swimming, and shopping. She enjoys spaghetti and listening to her favorite band “All Time Low”. A talent that Deja said many people do not know about her, is that she is flexible enough to put her leg behind her head. The person Deja would most like to talk to is her Grandma.

You can find Deja hitting and blocking on the 16’s team.

Keep Your Team Healthy

With the time of year, the illnesses that are going around, and the close proximity to your teammates, it is important to practice good health habits.

Please be health conscious at practices and tournaments. If you feel extremely sick, or have a fever, please call you

coach and do not come to practice.

Please be conscious of sneezing and coughing at practice, and then touching the balls. Make sure to cough and sneeze into your elbow bend. If you do cough or sneeze into your hands, please excuse yourself to go sanitize or wash

your hands as soon as possible.

Also, remember to wash your hands after every practice, especially before you eat. If each player takes these few steps, we should be able to maintain healthy teams.

COURT COMMUNICATION

Communication on the court is the key to succeeding at volleyball. This communication must be active between players and coaches. When communication breaks down, the team becomes weaker, and the teams' play will suffer. This break down is easy to avoid.

The first level of communication always begins with the individual. Each player must make the effort to be actively engaged in the play. When a player is constantly talking, not only is she helping her teammates, but subconsciously she is directing herself on the court. This constant communication creates movement on the court, allowing people to read and react to play more efficiently.

This communication goes deeper than just calling "MINE". Players need to be communicating be-

fore, during, and after the play. This constant talking allows a player to build confidence in herself, as well as giving confidence to her teammates.

Confidence is key in communication. A player must always remain confident in herself, or else the team could lose confidence in her. A player must do her best to bounce back from errors and remain positive, which will reinforce the team's confidence in that player. If every person on the team has confidence in themselves as well as their teammates, communication will actively flow between them.

Trust is also an important part of communication. A player must have trust in her teammates, as well as her coach. If this trust breaks down, so does the level of communication,

which leads to the team breaking down.

Communication should not only be coming from players on the court. Teammates on the bench need to take an active role in the team. Bench players can help out by communicating as if they were on the court. By actively participating in the game, bench players will become more aware of the action, so when/if they are put in, they know exactly what is going on in the game. Also, a coach is more likely to put an engaged teammate into the game.

Remembering that communication is the back bone of a team, a player must do their best to always be actively communicating. This will provide a better team atmosphere, and give the team the best possible chance to win.

Hurt vs. Injured

Coaches are always trying to tend to and manage player injuries. Coaches are not able to diagnose most problems, so communication and honesty with your coach is imperative. A coach always wants a player to participate in games and practices. So when is the time to sit out?

First, it is important to distinguish the difference between being hurt and injured. Being

hurt refers to an injury that causes pain or discomfort, but does not interfere with function or mobility. Being injured means that you have a problem that does not allow you to have complete function of the injured part.

Most coaches expect a hurt player to play through the pain. Players need to learn how to manage and deal with pain. Injuries pose a much more compli-

cated problem. Some injuries can be played through while others should not. If playing with an injury poses a threat do cause further damage to that body part, a player should then be excluded from participating. This decision will be made with the best interest of the player in mind.

Get to Know Director Keith

Here is some information that will allow to get to know Director Keith a little better.

Favorite Sports Team:

Boston Celtics

Favorite Band/Singer:

Billy Joel

Favorite Food:

Meatloaf

Favorite TV Show:

The Biggest Loser

Favorite Movie:

One Flew Over the Cuckoo's Nest

Person He Would Most Like To Meet:

Larry Bird

Things You Might Not Know About Keith:

He can jump his dirt bike over 70 ft.

He is a great dancer, and enjoys singing.

Your Ad or Message Here!!!

Contact Coach Aaron
Aaron.Cowan@att.net

High Performance Camps

Beginning March 9, 2010
Nichols Park
Beginners 6:00-7:30 PM
Advance 7:30-9:00 PM
Tuesday & Thursday
Contact Keith

Co-ed Adult Volleyball

Every Sunday Night
7:30-9:30 PM
La Sierra Academy
Beginners thru Advance
1 Hr Practice & Conditioning
1 Hr Scrimmage



AC MAGIC PRODUCTIONS

SPECIALIZING IN:
CLOSE UP MAGIC
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STREET MAGIC
CARD MAGIC
PERFECT FOR ANY EVENT!!!
CONTACT COACH AARON
(818)497-3860 OR EMAIL

Summer 2010

Week Long Volleyball Camps

More information coming soon!