



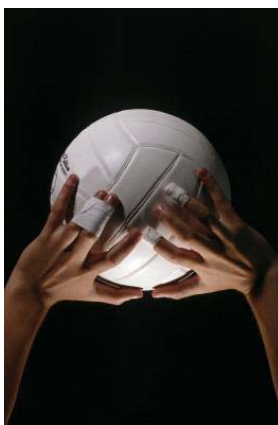
# Vision News

Edition 1 November 2013

## Welcome!

Vision Volleyball Club welcomes returning, new players and families to the Club. This is a great year for growth and we look forward to the 2013-14 season. VVC is very proud to have 6 teams 13UG, 14UG, 15UB, 15UG, 17UB and 17UG this year. Welcome to our coaches! Thank you for being a part of Vision. Good luck in the season ahead!

Vision Executive



## Important Dates

**November 9** - OVA Provincial Cup - 15UB, 15UG (16U tournament), 17UG (18U tournament)

**November 16** - OVA Provincial Cup - 14UG and 17UG

**November 23** - OVA Provincial Cup - 15UG

**November 24** - North Bay Parade

**November 30** - OVA Provincial Cup - 13UG

## Fundraising

Many of our teams are participating in ongoing fund raisers. Currently the 14UG are selling Kicking Horse Coffee and magazine subscriptions. 15UG are selling gift cards and a Christmas Basket. 17UG have garbage bags and windshield washer fluid for sale and the 17UB have cedar rail posts. Please feel free to contact each team's parent rep to find out more information. Please help support these teams in their fundraisers.

### Parent Reps:

**13UG** - Tina Cadieux  
tinacadieux@hotmail.com

**14UG** - Natalie Drenth  
njdrenth@gmail.com

**15UB** - Ken Coughlin  
kencoughlin@sympatico.ca

**15UG and 17UB** - Kim Culin  
kimberly@arnstein.ca

**17UG** - Sandra Pappano  
sandrappano@icloud.com

## Congratulations!

November 9 - The 15UG recently came home with a bronze medal as well the 17UG won silver, at their tournaments. The 15UB placed 6 at their first OVA tournament in Stratford.

November 16 - The 14UG finished in 7th and the 17UG placed 5th. Congratulations to both girls team's.



# VISIONVOLLEYBALLCLUB



@VisionNorthBay

@visionvolleyball

Vision Volleyball Club

## Social Media

Please 'Follow', 'Like', 'Tweet', '#hashtag' along with us. Share your tournament pictures with us at [media@visionvolleyball.ca](mailto:media@visionvolleyball.ca). Check out our website, [www.visionvolleyball.ca](http://www.visionvolleyball.ca)

## 2013-14 Teams

**13UG** - Jen Rothwell and Genie Thompson

Bronwyn Bourre, Kayla Cadieux, Kylie Cirullo, Sara Cirullo, Jo-Anna Fleury, Tori Gravelle, Kristina Heil, Rebecca Heil, Carlie Hemsworth, Meghan Spencer and Logan Thompson

**14UG** - Kristen Sheffield and Sheila Suprovich

Emily Drenth, Jillian Gleason, Tessa Grenon, Tianna Head, Olivia Heintz-Gingras, Shaelyn Laronde, Mina Linklater, Hayley Monaghan and Tessa Pizzale

**15UB** - Sean O'Kane, Sara Porter and Tucker Bedard

Chris Bowman, Bryan Coughlin, Dante Doherty, Brendan Lazarou, Kyle McDiarmid, Jared Mechevske, David Moore, Marshall Point, Jared St Jacques, Zacharee Shaver, Lance Sumalde and Ben Thompson

**15UG** - Danny Gosselin, Colleen Bedard and Rachel Burk

Victoria Bidal, Meghan Culin, Erin Doucet, Tia Gleason, Julianna Head, Emily Heil, Amanda Justice, Zeyana Laplante, Maddie McDiarmid, Olivia Valenti and Brooke Verhoeven

**17UB** - Charles Pepin, Jeremy Currie and Jesse O'Brien

Jackson Brear, Jared Chatelaine, Braiden Coughlin, Matthew Culin, Ryan Hatt, Tyler Johnson, Antoine Pepin, Keats Vanderlee and Avery VanDusen

**17UG** - John Jeffries, Len Pappano and Karen Morris

Julia Allard, Kate Bowness, Chelsea Cadieux, Annagh Macie, Kristen Moore, Courtney Pappano, Alex Stockfish, Tabitha Tremblay, Danyka Wall and Kristen Zamperoni

## Vision Executive

Club President - Amedeo Bernardi

Vice President - Colleen Bedard

Treasurer - David Culin

Secretary - Kara Macie

Club OVA Contact - Tanya McCubbin

Media/Website - David & Kim Culin

Equipment/Uniforms - Danny Gosselin

Club Parent Rep - Sandra Pappano

Welcome to new members Michelle Justice and Mike Valenti.

There is an expanded, passionate and empowered Executive team. We are focused on the development and growth of our young players as we help to lay the foundation to their lifelong involvement in volleyball.

Amedeo Bernardi  
Club President

# Volleyball

'A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown.'

## Coach Insight



### The Truth in Numbers

You know it's funny...I never really paid attention in Math class while I was in school. I remember sitting in class thinking of, well you know...I was a teenage boy. In retrospect, I wish I had tried harder to understand what I was doing and why it was so important to learn. It's been said over and over again that Math is the only absolute truth. As a result, it is so important to learn to use math that we find in every aspect of life - volleyball is no exception.

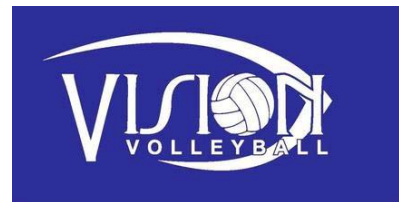


For three years, I've been on a personal growth mission to find more effective ways to use data in my coaching. I was inspired by the book/movie 'Moneyball' and figured if they could do it, why can't I? I set out to learn how to use the numbers we find within the game. The question became, 'How could I do that using statistics'? The answer came to me when I was at the Junior National

Team selection tournament. It just so happens that the Junior National Team is chosen using a very simple yet understandable system of numbers. In my endeavour to learn more, I went to a presentation given by Glenn Hoag, the current Men's National Team Head Coach. He spoke at length about how they employ a basic +/- system in order to understand more about his team's in-game performance. He went on to explain how he put the numbers to good use.

Let me share with you how we now use these numbers to make better players and to educate our athletes about performance. Let's begin with actions that give you positive points...or as we call them, 'pluses'. Pluses come from aces, blocks, kills and digs. Minuses are actions that would cost you points such as, balls hit into the net or hit out by an attacker, (otherwise known as unforced errors), balls that are blocked, any ball handling errors and missed serves. These are all very simple to track. We give the pluses a value of 1 point and all minuses a value of -1. Here is an example. If a player plays 12 sets and finishes with a +26 and -13, the player would finish with a value of +13.

That value is then divided by the number of sets played. In this case, this player would be +1.08. So the athlete was making a total average of one point per game. This is the most effective way to decide if your players are helping you on the floor. It also gives the player validation of his or her on-court performance. Don't get me wrong, I'm not saying it's the end-all of your decision making process as a coach. Certain players have intangibles they bring to the game you are not able to account for in numbers. However, if you are tracking performance, numbers don't lie.



You can also find good numbers in passing. Passing stats are even simpler. The idea is to use a 3 point scale to identify the quality of the pass. For example, if your player passes a ball to 2.5 on the court, the value of that pass would be a 3, which means that your setter is able to run your full compliment of hitters. A two-pass is a pass which would only allow you to run both antennas. So, the right side and the left side hitters are the ones most likely to see the ball in this case.

# Vision Volleyball

## Truth in Numbers continued

As a result of the quality of the pass, middles are out. A one-pass is when the setter or one of the other players has only one available hitter as a result of a very poor pass. It also includes an over pass to the other team. The last one is a zero pass. A completely missed pass is when the ball is unable to be played by any other player. It's also known to players as a 'shank'.

So let's look at an example of a passing chart. This gives you a better idea of how things would look after a tournament.

Quality of Pass>>	0	1	2	3	AVG
Player 1	3	8	4	0	1.09
Player 2	0	6	4	6	2.00
Player 3	3	2	0	0	0.40
Player 4	4	11	9	0	1.21

Other examples of numbers a coach could use would include: numbers for the quality of sets, percentage of serves made in zones as requested by the coach etc.

If you have seen the movie 'Moneyball', you know and understand that there are numbers everywhere in every aspect of sport and they can hold a lot of value. So when your son or daughter comes home and tells you they were +4 and passed a 2.50, please be impressed, because now you have gained a better understanding of numbers and how they can pertain to the sport of volleyball.

Danny Gosselin

Team Ontario  
Vision Volleyball Club  
HPVT

