



NEWSLETTER

2015-16 - Issue #1 | Team Rosters | News/Updates

Competitive Beach Volleyball

This past summer saw the *Vision Sports & Entertainment* group develop one of the most impressive beach volleyball venues in Ontario if not in all of Canada. 5 new international level courts were constructed, prepped, and thoroughly tested before North Bay once again played host to the NORCECA International Beach Volleyball Tournament as



well as the Ontario Volleyball Association's Elite Grand Slam Beach Volleyball event.

The events were a huge success and the courts were enjoyed by local players all summer long.

Visit www.vsecanada.com for more information



VVC 2015-16 Season Teams

North Bay's Vision Volleyball Club has 6 teams competing in the 2015-16 Ontario Volleyball Association season! We are very excited to get to the opening rounds of OVA tournaments. Best of luck to all team players!

The 2015-16 team rosters follow:

12UG



Grace Anderson, Haley Boudreau, Abbie Crewson, Sydney Doidge, Cedar Gillespie, Kailey Gosselin, Mya Haines, Katherine Loder, Lauren Paleczny, Tessa Plamondon, Anna Mae Smith, Nicole Stevenson, Lauren Wright, Colleen Bedard (HC), Kim Culin (AC), Rachel Burke (AC)

Timbits Volleyball

2015 saw the addition of the 'TimBits Volleyball' program for youth skill and competition development. It was very well received in the community with 120 kids in our first year. The good people at Tim Hortons saw it fit to help Vision Volleyball start



this new youth specific program.

John Jeffries, Danny Gosselin and Kim Culin worked hard to make this program happen and some of the players from Vision's U16 Girls team spent their Sunday mornings teaching kids the skills and then coached their teams through some very competitive games. Team Yellow was crowned the champions of the first year of TimBits!



We are looking forward to running the program again in 2016 and hope it will be just as successful.

Looking forward to seeing you there.

Danny Gosselin.
Coaching development for Vision Volleyball.

New Season - New Teams! (cont'd)

14UG



Sofia Berardi, Bronwyn Bourre, Olivia Gauthier, Meadow Gillespie, Tori Gravelle, Holly Haines, Carlie Pappano, Maggie Picco, Rachel Point, Logan Thompson, John Jefferies (C), Genie Thompson (AC), Len Pappano (AC)

15UG



Samantha Adams, Katie Bethune, Nevaeh Caruso, Kylie Cirullo, Sara Cirullo, Kristina Heil, Rebecca Heil, Carlie Hemsworth, Kendall Koivisto, Colleen Bedard (HC), Danny Gosselin (AC), Tucker Bedard (AC)

16UG



Kylie Cirullo, Sara Cirullo, Emily Drenth, Tianna Head, Hannah Horsman, Shaelyn Laronde, Kate Mah, Sara Manning, Natalie Wright, Murray Doucette (HC), Charles Pepin (AC), Malcolm McCubbin (AC)

New Season - New Teams! (cont'd)

16UB



Andrew Allard, Steve Bidal, Bryan Coughlin, Kyle McDiarmid, Gabe Paquette, Alexander Paquette, Marshall Point, Lance Sumalde, Ben Thompson, Murray Doucette (C), Charles Pepin (C), David Culin (AC), Malcolm McCubbin (AC)

17UG



Brooke Allerston, Genvieve Berardi, Meghan Culin, Zoe Gagne, Emily Heil, Amanda Justice, Ally Lafantaisie, Zeyana Laplante, Maddie McDiarmid, Isabelle Rivest, Olivia Valenti, Danny Gosselin (HC), Dave Hennessy (AC), Jen Rothwell (AC)

2015-16 Vision Executive Members

This year's VVC Executive is comprised of the following members:

- Amadeo Bernard - President
- Colleen Bedard - Vice President
- David Culin - Treasurer/Finance
- Kara Macie - Secretary
- Danny Gosselin - Coaching Director
- Sandra Pappano - Club Parent Rep
- Kimberly Culin - Media/Social Media
- Michael Valenti - OVA Liaison
- Michelle Justice - Social Director
- Natalie Drenth - Director
- Tammy Gravelle - Director
- Gordon Mah - Director
- Chan Crocker - Past President WVC
- Tanya McCubbin - Committee Chair



Vision Volleyball considers itself *extremely* fortunate to be able to count on such a dedicated group of people who provide a great deal of time and commitment for the benefit of the club and all of the players!

COACH NEWS

The Question | Danny Gosselin

Coaching, one of the most rewarding experiences, comes with its share of learning moments. Over the years, I have had more of these learning moments than the average person. Often times the learning has happened due to miscalculations on my part, but not always and I wish to share some of the wisdom I have acquired.

In one such instance, a player, a most wonderful girl for whom I have a soft spot in my heart, approached me and asked, "Coach, how can I become a starter?" Most times I don't mind this question. Often times I give the "statistically speaking" answer, but, in this case, her stats were among the best on the team. The truth is she gets in her own way. How could I use this moment to impart my thoughts to her without hurting her feelings? This is what I came up with: I told her, rather than feel you need to improve statistically, what you need is to find a way to GIVE more to the culture. To take a famous quote from Kennedy, "It's not what your country can do for you, it's what you can do for your country." I let her mull that over a little while I watched her connect the dots.

She came back and asked if it was unity thing. I was impressed when she grasped the concept of what I was asking of her. I said, "Yes, it is." I further explained "Unity, or 'teamwork' comes from the willingness of the collective to give without being asked to share; without fear of persecution. Most of all, teamwork is learning to be selfless." I am not sure if she made all these connections during our chat, but I explained to her until she finds it in herself to become a true team player, she will likely never find that floor time she wants so badly. I don't know whether or not our chat helped... only time will tell.

A coach friend of mine has pointed out numerous times that we have entered into the "Age of Entitlement." There aren't ten minutes that go by when I don't see some of my players on a cell phone, taking a "selfie" and posting it on some sort of social media. They use these methods every day to SHOW OFF in every aspect of their lives. In the "Age of Entitlement", have we lost the meaning of the word TEAMWORK? It's more about ME now. It's a systemic issue because it's all about "What can you give me?" and "How can I get what should be mine?" "I want more playing time... I want to be a starter... I feel I'm the best," and so on. Where, in all of this, do I hear the words, "Coach, what could I do to make our team better?" The truth is, words like that don't come out often. If you don't have players that have the "give first attitude", you're never going to have the ability to perform at your team's highest level.

Imagine a player telling you, "I am going to give more effort at practice by giving my team mates more positive encouragement. I'm going to be the first one to shag that balls before I get my water. I'm going to be a leader in every aspect of my performance. I am going to review my core values and re-adjust them to encourage a positive environment at practice, then I will preserve that attitude and move it into game situation." This attitude would be wonderful if it were adopted by all members of your team. It would be a coach's dream. Parents often enable these "Age of Entitlement" behaviours. It's rare that I meet a parent who, ultimately, has the entire picture in mind. The parent of the girl mentioned above came to me at a tournament and asked why I didn't play the best players all the time. Parents don't understand the difference between spectating and coaching. Parents worry about one player, their child, while I have to worry about eleven separate players and their parents on top of that. If you think his comment was for the benefit of the TEAM, it was not. It proves my point. If this is what the parent was asking me in public, imagine what he would be saying to his daughter when they're at home. Parents should spend time understanding and talking about the big picture. These negative comments create animosity within a team and do not lend themselves to developing a cohesive unit. A few years ago, I was talking to a coach, for whom I have a great deal of respect, he is a very successful high school and club coach, has won many championships over the years, and has even produced a national team player. Mr. Bartlett said to me, "I would rather lose with 12 players that I like, than win with 10 I hate." I used these words as the back bone of my lifetime of coaching. I would rather lose with 12 players who understand the concept of functioning as a team, than win with 10 players who only function as individuals and lack team commitment. I will never forget those words and will continue to use them as part of my core values. If we work together, from the parents to the players to your coaching staff, to put away the ME FIRST attitude and commit to the TEAM, then, and only then, will you truly be a TEAM PLAYER.

Next Edition...

- Tournament Coverage
- Team Competition Results
- Club News & More...

