STUDENT VOLLEYBALL!

HIGHER EDUCATION OFFER
Higher Education Volleyball Officers

For the 2015-16 academic year Volleyball England will work with 65+ universities to implement the Higher Education Volleyball Officer (HEVO) Programme.

The overall aim of the programme is to implement a sustained and structured university volleyball network, through recruiting student HEVO’s to help deliver the following:

- Over 2000 students participating weekly through the programme
- Upskilling students to become activators and referees
- Build relationships with Universities
- Increase the number of students accessing high quality volleyball competitions (includes HEVOs running a mass participation festival)

The programme offers support in the recruitment and deployment of a HEVO to lead and coordinate the development of volleyball at the host university. They will encourage new participants to the sport and ensure a quality experience for all players, regardless of their ability, whilst maintaining a key focus on developing quality recreational opportunities based on the 4v4 volleyball format.

Benefits to the university are:

- Financial investment from Volleyball England to increase student sport participation numbers and improved student experience.
- Training for a HEVO leading to increasing employability skills and developing a strong working partnership with Volleyball England.
- National promotion of institutions through successful case studies with positive development reports shared with BUCS and Sport England HE Team.

For more information on the HEVO programme click [HERE](#). You can download the following documents to apply to become a HEVO institution:

- [HEVO application](#)
- [HEVO benefits](#)
- [HEVO role description](#)
Welcome to Volleyball!

Volleyball England’s Higher Education Offer provides universities with a range of opportunities. We are delighted that you are taking an interest in the only hi-energy, zero contact, mixed team sport you can play indoors and outdoors – whatever your ability!

Go Spike!

Go Spike is Volleyball England’s recreational way to play. It provides people of all ages and abilities the opportunity to experience volleyball.

It is based on a 4v4 game but can be played with as many people as you have available.

Go Spike volleyball can be played anywhere at any time - indoors, on grass or on the beach!

Set up and play with the Go Spike Game in a Bag. It’s the easiest way to play volleyball. The ribbon is your net, just tie it between two posts or a couple of trees, hold it, or even lay it on the floor. The ball is a blow up beach ball which can be inflated within seconds, it’s soft, and easy to use. Alternatively use the Go Spike ball, it’s a 230g softer ball that is ideal for beginners playing volleyball indoors or outdoors.

For further information go to www.gospike.net or for equipment go to www.volleyballengland.org/shop.
Workforce

**Go Spike Student Activator Award (£35.00 per person)**

**TARGETTED AT RECREATIONAL SESSIONS**

The award will upskill students to deliver sessions engaging players of all abilities, keeping sessions fun and focusing on participation through challenges and adapted games. The Activator may have a coaching background but the role is to facilitate activity, not ‘coach’, and to develop personal leadership skills. The Go Spike Student Activator Award course will cover the following themes:

- What makes a good Activator?
- Session Planning
- STEPs principle (Space, Task, Equipment, People)
- Practical: Challenges and Adapted Games
- Where next and participant retention

**UKCC Level 1 Award in Coaching Volleyball (£180 per person)**

**TARGETTED AT COACHING COMPETITIVE TEAMS**

- The UKCC Level 1 Award in Coaching Volleyball (QCF) is ideal for those who are new to coaching, but who have some knowledge of the game and would like to learn about how to apply that in a coaching environment
- The qualification allows coaches to act as assistant coaches - enabling them to focus on their development and gain experience whilst working with a more qualified coach
- 3 day course, consisting of three modules and a final assessment and focuses on the technical and skill based aspects of volleyball coaching.

**Grade 4 Referee Course (£50 per person)**

- 1 day Grade 4 refereeing course is the first step into refereeing.
- This qualification enables the student to officiate games within regional and local leagues as a trainee referee.
- The course consists of pre-course tasks, half a day of on-court practice and half a day of theoretical activities
- There is a short exam to successfully pass the course
Competitions

Festivals
Competition keeps people playing, but it needs to be the right level and accessible. Set up a festival or a one off competition, invite current players and advertise in halls and round campus to get more interest.

Intra-Mural Leagues
The next step to a more formalised league is an intra-mural league, this can get halls, courses, staff and students to play against each other.

Volleyball England Competitions
- Indoor Student Cup
  The Indoor Student Cup is one of the biggest indoor student volleyball competitions in the country in which all affiliated colleges and universities are eligible to enter. Qualifying rounds are held in the North, Midlands and South in November/December with 16 Men’s and 16 Women’s teams qualifying for the Student Cup Finals held in February.

- Beach Student Cup
  The Beach Student Cup is the largest student beach volleyball event in the country. Each year, over 200 students take part in the competition during a weekend in June. The three categories are Women’s Doubles, Men’s Doubles and Mixed 4s.

For more information please go to the Volleyball England competition website.

BUCS Competitions
British University and College Sports (BUCS) run a university volleyball league between October and February each year. There is also a Championship, Trophy or Conference knockout competition. In addition, BUCS host a beach volleyball competition in October. For more information on BUCS volleyball competition, visit their website or contact the organisation directly.
Facilities

Volleyball can be played anywhere, so you need to know how to get the best out of your facilities

**Indoor**

**Practice courts**
Installing two practice courts width ways across the hall, sees the net space being doubled and many more students taking part. Although the court is only 18m wall to wall, this is fine for recreational and training purposes.

**Net Wall Slider**
These are ideal for halls where standard floor fixed posts cannot be used and when used in conjunction with the center prop post are ideal for a long sports net which spans the hall. The uprights are fully removable when not in use and slot into a floor plate and wall plate when in operation. The sliders and tensioner allows for the net to be adjusted in height for practice men’s, women’s and sitting volleyball.

**Outdoor**

**Net systems**
Outdoor net systems are available to pitch up anywhere you have a bit of grass.

**Go Spike Ribbon**
Just tie up your ribbon between two posts, trees, lampposts, whatever you have and get playing.
Case studies

UVolleyball
The University of Bedfordshire vastly increased participation through UVolleyball. This was made part of a come and try festival reaching out to both existing and new players.

Equipment such as glow sticks, UV Volleyball’s, UV tape, UV lights and UV clothing were hired and bought to enhance the student experience.

Intra-Mural League
Having never incorporated volleyball into their inter-mural programme, The University of Nottingham linked their HEVO and club to create a new opportunity.

Through the HEVO and club development, it was sold as a mechanism to raise awareness of the sport in the wider student population. With the opportunity for beginners to get involved in competitive volleyball!

The club recruited players from existing members and team players, as well as university societies, other sports clubs, and university halls.

Results of the intervention were a 12 team league within one season.

For more information about volleyball development in HE institutions, please contact Rob Payne (Young People Manager) on r.payne@volleyballengland.org or 01509 227738