Welcome

Firstly we would like to welcome you to the HEVO programme. You have a very exciting opportunity to make a big impact on volleyball at your university. We realise that coming into the role it’s hard to know where to start so we have produced a resource pack for you capitalise on the most important week in the HEVO calendar… Fresher’s Week!

Within this fresher's pack we have:

- How to stand out at your fresher's fair
- How to promote your sessions to a wider student network
- Who to expect at your first session
- A plan to deliver a mass participation session
- Sign-up sheets (attached document)
- Template emails to students
- What to bring to the HEVO conference
- Contact information

2015 - 16 stats
4295 new students took part in volleyball
First week as a HEVO

Stand out

Your 1\textsuperscript{st} opportunity to promote volleyball to students is during the fresher’s fair. It is essential you have a stand to recruit students for your weekly recreational session.

Top Tips

- Man the stand with 2-3 people. Try to stand out from other clubs. What’s your unique selling point?

- Make your stand visual and interactive (example pictured below).

- Demonstrate the sport using a ‘Game in a Bag’ (pictured below).

- Use sign-up sheets (\textit{included in pack}) to record names and details of students for promotion and marketing. Could you use iPads or laptops?

- Have a clear plan of dates and times for your first session so you can inform sign ups there and then.

- Hand out posters and leaflets (can be found downloaded \textit{HERE} to promote your session).

2015 - 16 stats

6000 students took part in HEVO sessions
Further Promotion

Following the fresher’s fair it is important you continue the recruitment drive by reaching out to the wider student audience. Below are some tips:

More advertising

Ensure that your sessions are advertised in as many places as possible. Posters, websites, SU social media and Fresher’s Week guides are all great places. You also will have email addresses and numbers from Fresher’s fair so make sure you use the template emails on page 5 to provide information on sessions / festivals.

Check your social media pages

Some students may contact you via Facebook to ask about the sessions, so keep checking and be as helpful as possible.

Demonstrations

Use a **Game in a Bag** (can be purchase from HERE) to set up in high footfall areas such as the SU building, library, or around campus where there is a good flow of people walking past. This attracts attention and can get people interested in coming along to taster sessions.

**Go Spike Speed Cage**

The **Speed Cage** is a great way to promote volleyball and raise awareness of your club. You will be trained to use it during the conference. Key details are:

- The speed cage is 4m wide x 4m deep x 5m high
- A speed gun measures the speed of the spike
- Cost is £50 plus delivery from Loughborough plus operator costs

**UVolleyball**

How about delivering a UVolleyball festival during fresher’s week? We have found it’s a great way to attract students. If you don’t have the equipment ‘UV Gear’ rent the lights and sell paint, lines and balls. Contact details on page 10

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**2015 - 16 stats**

Gender split of 55% Female vs 45% Male participants
Template Emails / Messages

Email to students after Fresher’s Fayre;

Good morning / afternoon,
Thank you for showing interest in playing volleyball during fresher’s week. We have some great opportunities you to play whether you are:

- New to volleyball at want to give it a try
- You just want to have a knock and meet new friends
- You want to play volleyball competitively in BUCS

Please come along to our 1st session and give it a go!

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Feel free to bring some mates, all welcome!!

Check out our Facebook (INSERT LINK) and Twitter (INSERT HANDLE) pages for more info of up and coming sessions and events.

Email to students after 1st session;

Good morning / afternoon,
Thank you for coming along to our 1st volleyball session, we hope you had a good experience! We are really keen to give you opportunities to continue playing through university on a weekly basis whether you are:

- New to volleyball at want to give it a try
- You just want to have a knock and meet new friends
- You want to play volleyball competitively in BUCS

Below are the volleyball sessions and events you are very welcome to attend:

Go Spike recreational Session

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BUCS Training session

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2015 - 16 stats

42% increase in attendees at the HEVO conference
Delivering your first session

It is likely you are going to get a range of students along to the 1st session with different abilities and motivations for attending. As a HEVO it is important to retain as many students as possible throughout the year therefore we have provided some information below so you know what to expect and solutions:

As part of the HEVO conference you will be trained to become Go Spike Student Activators. We appreciate that your fresher’s week may come before the conference therefore we have provided an example session plan from the course to deliver for your 1st session.

The key points to remember are:

- Make the sessions fun and inclusive to students of all abilities
- Try to ensure students get maximal court time during the session so they have a positive experience
- You will need at least three people involved in running the 1st session to cater for mass numbers
Example session plan - Large Numbers

**Skill Introduction**

10 minutes

*Group size should be based upon amount of space, balls and people in the session. The smaller groups the better as more touches*

**Go Spike Challenge**

10 minutes

*Play on multiple badminton courts across the sports hall to maximise student involvement.*

**Adapted Game**

30 minutes

*In a 4 badminton court sports hall you can involve 64 players at one time (16 per court)*

**TOP TIP**

If you have more than 64 players try to book a 2nd session

**SET UP**

Organise your group into teams of 6-10 in a circle. Set up group challenges to introduce basic skills as follows:

**CHALLENGES**

1st team for every member to
Successfully volley / dig the ball twice

1st team for every member to
Successfully volley / dig the ball around in a circle twice

**King Ball**

Aim: For the King Ball to pass over the winning line
- Divide the group into two equal teams
- Each team has three balls
- Each team has to hit the King Ball using a serve
- One member of the team feeds the ball back into play while other members are serving - keep it fast!

Variations
1. Players stand at the baseline
2. Use more than one ball as the King Ball
3. Throw the ball into play instead of serving it
4. Change the size of the King Ball

**Top Tip**: Balls to be fed back into play quickly to ensure a team member always has a ball to defend the King Ball by adding a ball chaser

**King Of The Court**

Aim: For the “Kings” to stay on court as long as possible
- Three teams
- The “Challengers” serve to the “Kings” to start each rally
- If the Kings win the rally, they score a point
- If the Challengers win the rally, they replace the Kings
- The team that loses comes off court and the next team comes on
- The idea is to try and stay on the “King side” and the first team to five points wins

Variations
1. Once a team gets to five points, mix the teams up
2. If a team wins the point with a spike, they score two points
3. If you have a large group, play with three or four teams of Challengers
4. If it’s a large group, one team can referee and score

**Top Tip**: “Kings” to always serve. This makes sure challenges come onto court fast and ready to play

2015 - 16 stats

Approximately 1,750 hours of volleyball played
Example session plan - Small Numbers

Skill Introduction

10 minutes

Group size should be based upon amount of space, balls and people in the session: The smaller groups the better as more touches.

As an alternative to the skill introduction in the ‘large numbers’ guide you can also introduce the serve and spike with these simple drills (right). They are all possible in groups of 2/3:

Go Spike Challenge

10 minutes

Can be played in a small space either within a sports hall or open area. Only a net (could be a Go Spike net band) and ball is required. This can be played in pairs and can become a really competitive challenge.

Adapted Game

30 minutes

This game can be played with a few as 6 players on court. It is a great way to quickly establish equal ability teams on court and challenge all participants.

Challenges

Serve—In pairs start at the net and take a step back every time it goes over between you and a person on the other side of the net. First one to the baseline wins

Spike - In pairs set up targets to aim for on the floor, adjust the distances as necessary. After practicing create a competition between the pairs using a ladder format.

To The Baseline

Aim: To improve accuracy of serve and for players to reach the baseline

- In pairs, with one ball
- Players stand opposite each other and take it in turns to serve
- If the serve goes over the net and is caught, both players take a step backwards
- Keep going until you reach the baseline

Variations

1. Use underarm serves
2. Make it into a race to the baseline between teams
3. Jump serve = two steps

Top Tip: For beginners serving can be a difficult skill to master. Beginners are able to throw the ball into play before moving onto the underarm serve

Wipeout

Aim: For one team to win all the players from the other team

- Two teams of four – ensure the teams are as equally matched as possible
- When a team wins a point, they also win a player from the other team
- The winning team is the first to get to ten points, or the team who wins all the players
- Player who loses the point moves to the other team

Variations

1. Time limit the game instead of points. Who has the most players after three minutes?
2. Players are allowed more than one touch to make it easier
3. Allow the team that wins the point to choose who they take

Top Tip: Accurate shots ensure the game is successful and players are not lost

TOP TIP

The games don’t necessarily need to be played in a sports hall.

2015 - 16 stats

On average each HEVO engaged 62 students in volleyball
Contact Information

Go Spike Speed Cage

For universities across England
To book the Go Spike Speed Cage please contact Volleyball England on 01509 227722 or info@volleyballengland.org.

For universities across the South West
To book the Go Spike Speed Cage please contact Andrew Potter (Plymouth Mayflower VC) on 07971 498404 or popotter40@hotmail.com.

UV Gear
To book UV equipment for UVolleyball please visit www.uvgear.co.uk. You can also contact UV Gear on 01737 233 890 or info@uvgear.co.uk

Further Information
For more information or any questions relating to Higher Education volleyball, please contact

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Volleyball England
T: 01509 227738
E: r.payne@volleyballengland.org

2015 - 16 stats
120 Grade 4 referees qualified