HEVO Fresher's Pack

19-20
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 to 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
- Contact information

57% of HEVO participants found out about the HEVO programme through Freshers Fair
First week as a HEVO

Stand out

Your first 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

Have 2-3 people on the stand all the time so that there are enough people to speak to potential members - make people feel at ease when they come and talk to you. Be as enthusiastic and excited as possible.

Visual and Interactive

Make your stand visual and interactive. Try having a laptop showing volleyball videos and promoting your sessions (e.g. photos from last year).

Give out information

Have a clear plan of dates and times for your first session so you can inform sign ups there and then. Setting up a Facebook page might also be helpful.

Hand out posters and leaflets (can be found downloaded HERE to promote your session).

Demonstrations

Use a Game in a Bag (can be purchased 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.

2018 - 19 stats

Over 5,500 students took part in HEVO sessions
Set up a challenge

Set a volleyball challenge for freshers with a leaderboard and an incentive prize for the winner. The **Speed Cage** is a great way to promote volleyball and raise awareness of your club. 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

Make a record

Use sign-up sheets to record names and details of students for promotion and marketing. Could you use iPads or laptops?

Further Promotion

Following the fresher’s fair it is important you continue the recruitment drive by reaching out to the wider student audience. Here are some top 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 the next page 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.

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.

---

2018 - 19 stats

Gender split of Female vs Male participants

52% 48%
Good examples of social media usage

2018 - 19 stats

64 universities are part of the programme
Email to students after Fresher’s Fair:

Good morning / afternoon,

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

- New to volleyball and 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!

Date (INSERT DETAILS)
Time (INSERT DETAILS)
Location (INSERT DETAILS)
Cost (INSERT DETAILS)
Kit to bring / wear (INSERT DETAILS)

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 first session:

Good morning / afternoon,

Thank you for coming along to our first 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 and 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

Date (INSERT DETAILS)
Time (INSERT DETAILS)
Location (INSERT DETAILS)
Cost (INSERT DETAILS)
Kit to bring / wear (INSERT DETAILS)

BUCS Training session

Date (INSERT DETAILS)
Time (INSERT DETAILS)
Location (INSERT DETAILS)
Cost (INSERT DETAILS)
Kit to bring / wear (INSERT DETAILS)

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.

---

2018 - 19 stats

19% of HEVO participants went on to represent their university in volleyball
Delivering your first session

It is likely you are going to get a range of students along to the first 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 understand that your fresher’s week may come before the HEVO conference therefore we have provided an example session plan from the course to deliver for your first 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 first session to cater for mass numbers

Students wanting to play BUCS

Ask your BUCS club representatives to come along to the first few sessions to provide easy routes into the club.

Students wanting to try a new sport

Try different formats to make volleyball stand out from other sports i.e. sitting or UVolleyball or beach volleyball.

Students wanting to play recreational volleyball

Ensure the sessions are fun, inclusive and engaging for all involved (example plan on next page).

2018 - 19 stats

29% of HEVO participants took part in volleyball for the first time
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.

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
2nd team for every member to Successfully volley / dig the ball around in a circle twice

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

2018 - 19 stats
40% are likely or very likely to continue playing volleyball after university
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 as are 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

2018 - 19 stats

On average each HEVO engaged 87 students in volleyball per session
Contact information

**Go Spike Speed Cage**

**For universities across England**
To book the Go Spike Speed Cage please contact Macauley Allen (Project Delivery Team Officer) on 01509 227720 or m.allen@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

**Rob Payne**
Core Market Coordinator
Volleyball England
T: 01509 227738
E: r.payne@volleyballengland.org

---

2018 - 19 stats

68% HEVOs are still involved in volleyball since leaving their HEVO role