What is the programme?

The Higher Education Volleyball Officer (HEVO) Programme empowers university students to increase volleyball participation at their institution. It also provides essential professional development for students to gain life and employability skills during their time at university. The HEVO Programme enables Volleyball England to create and develop a yearly workforce of students across the country who are all focussed on growing the sport in the student sector.

The role of a HEVO

To lead and co-ordinate the development of recreational volleyball at their host university in order to encourage new participants into the sport, ensuring a quality experience for all players, regardless of their ability. HEVOs have four key objectives:

- Deliver a weekly Go Spike branded recreational volleyball session
- Run a minimum of one mass participation volleyball event per academic year
- Report participation figures to Volleyball England every term
- Upskill at least four students within their university to support volleyball growth (two Go Spike Activators and two Grade 4 Referees)

Key attributes of a HEVO

- Willingness to mentor others
- ‘Can do’ attitude
- Be the volleyball voice at university
- Excellent communicator
- Organisation skills
- IT and Social Media literate
- Motivational to other students
- Enthusiastic to develop sport
- University of Surrey
Why choose volleyball?

- It’s social
- It’s inclusive
- It’s adaptable
- It’s a great workout

Go Spike volleyball can provide your university with a range of opportunities to broaden your options to students, staff and the wider community. Volleyball is the only high energy, zero contact, mixed team sport that can be played indoors and outdoors – whatever the ability of your participants. Volleyball is the top of the class in terms of inclusivity.

From introductory Go Spike sessions, intra-mural leagues to UV volleyball parties, volleyball can be adapted to meet virtually any scenario, setting or participant group you have on campus. It’s been said that there’s always two things you’ll see and hear on a recreational volleyball court – smiles and laughter. Happy participants are contented participants who you have a better chance of retaining in sport and physical activity.

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**Impact of the programme**

- **Participant gender split**: 58% male, 42% female
- **Senior HEVOs appointed to mentor HEVOs**: 8
- **Universities are part of the programme**: 71
- **Diverse HEVO workforce**: 50
- **Participants who had never played volleyball before university**: 31%
- **Average number of students engaged per HEVO session**: 50
HEVO Programme 2016-17

For the 2016-17 academic year the HEVO Programme is growing and there will be more opportunities for universities to diversify their volleyball offer to students. As in previous years, the core volleyball offer will remain as detailed below. Universities will then have the opportunity to deliver up to four further bolt-ons to the programme, resulting in an increase in funding and resources of up to £950 for existing universities and £1,100 for new universities.

Core HEVO Programme

£150 to existing universities within the programme
£300 to new universities to the programme

Intra-mural Volleyball
£200
Sitting Volleyball
£200
Workforce Development
£200
Community Outreach
£200

Minimum Criteria

- Deliver a weekly Go Spike branded recreational volleyball session, which is separate to the BUCS squad
- Run a minimum of one mass participation volleyball event per academic year
- Report participation figures to Volleyball England every term
- Upskill at least four students within their university to support volleyball growth (two Go Spike activators and two Grade 4 referees).

What could this look like

- A fun, weekly Go Spike session aiming to engage and retain a wide range of the student population
- The mass participation event could be at the start of the academic year as a UV festival or at the end as a Go Spike Big Weekend event
- In each region we will organise a Grade 4 Referee Course and a Go Spike Student Activator Award for your university to access, which will be held at the start of the academic year—each university will get two free spaces on each.

“Kieran has made a conscious effort to link in with community volleyball in Colchester.”
Additional HEVO programme bolt-ons

**Intra-mural Volleyball**

**Minimum Criteria**
- A bi-weekly intra-mural competition
- Engaging 10+ teams
- Running throughout the academic year.

**What this could look like**
- Creating teams from university halls of residence, courses or just groups of friends
- Could be played indoor in the winter and outdoor in the summer
- 4v4 format to maximise sports hall space and reduce facility usage requirements.

**Sitting Volleyball**

**Minimum Criteria**
- Engaging 12+ participants
- A weekly Go Spike recreational session
- Focussed on inclusivity and reaching out to a wider student audience.

**What this could look like**
- An inclusive session using adapted equipment which is open to students of all abilities
- Pop up sessions around campus to maximise exposure and generate interest
- Creation of a team which may enter the Sitting Volleyball Grand Prix.

**Workforce Development**

**Minimum Criteria**
- Host at least one Go Spike Student Activator Award
- Upskill at least 12 students
- Deploy the activators through a session within the HEVO programme or local community

**What this could look like**
- A course held at the start of the academic year
- Targeting students with a willingness to support volleyball delivery
- Link with other universities to maximise numbers on the courses.

**Community Outreach**

**Minimum Criteria**
- A weekly Go Spike branded session
- Engaging 15+ participants over 16-years-old
- Providing links, where necessary, into local clubs for further volleyball opportunities.

**What this could look like**
- A staff volleyball session for the university
- A Go Spike session for the local community club (see Club Finder for your local club)
- Linking with your County Sports Partnership to identify local workplaces delivering a Go Spike session to the community from within your local sports centre.

£200 funding available

“Joel has encouraged several members of his club to join him on his development journey.”

£200 funding available

£200 funding available (in kind through course subsidy)
Timeline of HEVO Programme

How to become part of the programme

1. Recruit a student to become your HEVO who has the attributes identified on page 1. Recruitment can be done through a formal interview or application process.

2. Ask the prospective HEVO to complete the application form on page 9 of this booklet, including the number of bolt-ons you want to deliver. See options on page 4.


4. On acceptance, complete the Service Level Agreement with your HEVO and ensure your HEVO brings this to the conference.

“Hannah has made volleyball stand out in a small institution where students have a lot of sports to choose from.”
## Expectations for HEVO support

### Strategy

**Senior HEVO**
- Regional level support

**Volleyball England**
- HEVO conference seminar on how to plan your sessions within your university

**University**
- Dedicated weekly sports hall usage at an appropriate time for the target audience
- HEVO to plan the roll out of sessions with university.

### Equipment

**Volleyball England**
- HEVOs provided with a grant (£150–£300 + £200 per bolt-on) to fund the purchase of equipment
- Provide additional support for HEVOs looking to apply for Sport England Small Grants

**University**
- Universities to support HEVOs in applying for additional funding, e.g. local funding avenues or Volleyball England funding.

### Branding

**Volleyball England**
- HEVOs provided with free Volleyball England branded Mizuno hoodie and polo shirt
- HEVO sessions published on the Go Spike session finder
- Use of Go Spike and Volleyball England logos, and social media support

### Resources

**Volleyball England**
- HEVOs provided with a Fresher’s Pack at the start of the academic year
- HEVOs will attend a two-day conference which provides a wealth of resources.

**University**
- Presence on university website and social media
- Celebration of successes within the university.

### Promotion

**Volleyball England**
- Fresher’s Pack provided with tips for recruitment
- HEVO conference seminar on making yourself visible
- Downloadable posters and marketing materials

## Resources

“The recreational Go Spike sessions have proven to be the first step for many students who have then gone on to become active members of the volleyball club and even its committee.”
HEVO Conference

The HEVO conference will take place on Saturday 24th and Sunday 25th September at the National Volleyball Centre in Kettering. The conference is mandatory for HEVOs and the focus over the two days is to provide training, resources, inspiration and motivation to grow volleyball at their respective universities. Below are some highlights from our 2015 conference.

- **98%** were inspired by the UV Festival concept.
- **91%** would recommend the conference to future HEVOs.
- **97%** stated that it made the reporting process easier.
- **65%** of HEVOs used social media to promote the conference.
- **99%** were inspired by the keynote speakers, London 2012 Olympians Nathan French and Peter Bakare.
- **98%** had a positive experience of Go Spike Activator training.

"Anca decided to offer recreational Go Spike sessions for people who just wanted to play the sport and not necessarily join the competitive club."
Contact Details for Volleyball England

National Staff

Rob Payne  
Young People Manager  
01509 227738  
r.payne@volleyballengland.org

Sam Harding  
Adult Participation Manager  
01509 227742  
s.harding@volleyballengland.org

Hannah Winsbury  
Membership & Business Support Officer  
01509 227723  
h.winsbury@volleyballengland.org

Volleyball Relationship Managers

Steve Kerr  
Greater Manchester  
07595 022515  
s.kerr@volleyballengland.org

Liz Fletcher  
Black Country & Staffordshire  
07595 022516  
l.fletcher@volleyballengland.org

Rachel Laybourne  
East London & Essex  
07850 938304  
r.laybourne@volleyballengland.org

Sam Jamieson  
Teeside, Tyne and Wear  
07850 314295  
s.jamieson@volleyballengland.org

Mark Simmons  
Dorset & Hampshire  
07850 938280  
m.simmons@volleyballengland.org

“Through collaboration with the tennis club, Fred helped to successfully introduce sitting volleyball sessions at the university.”
Application Form

If you would like to become a HEVO at your university please read the attached role description and complete the details below. You will need to submit this form, signed by your university’s AU, SU or Sports Development Team, to the contact below. If you are unable to get a physical signature from your university contact, an email confirming their support of your application is acceptable.

The main expectation of a HEVO is to deliver/co-ordinate a weekly recreational, Go Spike branded volleyball sessions at your university. This will involve creating a pathway into competitive BUCS squads and upskilling a student workforce. You will become the main point of contact between the university volleyball club and Volleyball England.

NB. You will be required to submit termly participation report for your recreational volleyball sessions to your Senior HEVO. Failure to submit figures may result in Volleyball England recovering any monies paid and/or the

| PERSONAL DETAILS:  |  |
|--------------------|-----------------
| Full Name:         | University:    |
| Date of Birth:     | Gender:        |
| Home address:      | Term time address: |
| Phone Number:      | Email Address: |
| Course/Subject     | Year of studies from Sep ‘16: |

APPLICATION:

What skills and qualities do you feel you can bring to the role of HEVO? (Link to the Role Description)

If appropriate, please tick your targeted bolt-on options

- Intra-mural Volleyball
- Sitting Volleyball
- Workforce Development
- Community Outreach

UNIVERSITY ENDORSEMENT

To be completed by a lead from the University Students’ Union, Athletic Union or Sport Development Team

I confirm that the above named person is a student at the university stated and I endorse the above application to the Volleyball England HEVO Programme 2016-17

| Full name: | Job title: |
| University Dept: | Phone no: |
| Postal Address: | |
| Email Address: | |
| Signature: | |
HEVO Training Conference - 24th and 25th September 2016
National Volleyball Centre, Kettering

This weekend is always extremely popular and this year it will include the opportunity to meet Team GB Olympians, a chance to try your hand at UV Volleyball, and gain a Go Spike Student Activator Award. The HEVO Conference will ensure you have all the skills and training needed to excel in your role.

Attendance at the HEVO Conference is mandatory, if you are unable to attend for a valid reason you must nominate another representative to attend in your place.

### MEDICAL & EXTRA INFORMATION

In case of emergency, and as part of the organisation’s responsibility to young people. ALL individuals are required to complete this medical information section as accurately as possible. Details will be held securely.

<table>
<thead>
<tr>
<th>Emergency Contact:</th>
<th>Relationship:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Telephone Number</td>
<td></td>
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<tr>
<td>As far as you are aware, are you allergic to any medication? (If so, please state.)</td>
<td></td>
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<tr>
<td>Are you taking any medication? (If so, please state.)</td>
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<tr>
<td>Do you have any long term illnesses or injuries? (If so, please state.)</td>
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<td>Do you have any dietary requirements? (If so, please state.)</td>
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<tr>
<td>Do you have any cultural/religious needs?, e.g., prayer room, dress code, special diet? (If yes, please state.)</td>
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### CURRENT VOLLEYBALL QUALIFICATIONS

Please indicate below any formal volleyball qualifications you currently hold.

**COACHING**
- Go Spike Student Activator Award / Go Spike Activator Award / Sitting Volleyball Workshop /
- UKCC Level 1 / UKCC Level 2 / Level 3 or higher coaching qualification

**REFEREEING**
- Grade 4 / Grade 3R / Grade 3N / Grade 2 or higher refereeing qualification

### KIT SIZE

Once ordered kit sizes cannot be changed. Kit will be handed out at the HEVO Conference.

- XS, S, M, L, XL, 2XL, 3XL, 4XL
- (CHEST - 33”, 36”, 39”, 42.5”, 46”, 49”, 52”, 55”)

<table>
<thead>
<tr>
<th>T-SHIRT</th>
<th>HOODIE</th>
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### CONFIRMATION

I confirm that:

1. I have read the job description for the HEVO role 2016-17
2. I have the support of my university and the club to apply for the role
3. I will submit termly recreational participation data to my Senior HEVO, detailing the number of students playing recreational volleyball at the university
4. I give my consent to participate in the above mentioned volleyball event, session or activity and understand that I do so at my own risk and agree to abide by the Volleyball England Code of Conduct. I also consent that I may be communicated with, and that any photographic and recorded images of me may be used in line with Volleyball England policies

<table>
<thead>
<tr>
<th>Full name:</th>
<th>Date:</th>
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<tbody>
<tr>
<td>Signature:</td>
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</table>
Continuation sheet. Please include your name and university on this form