

THE BADGER BEACON

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Questions about membership?

Email our staff at membership@badgervolleyball.org

TIPS AND TIDBITS...

• Are you or your son or daughter using **University Athlete** to help as a recruiting tool for college? If so, make sure that your profile is up to date. The Badger Region Championships are coming up fast and we wouldn't want you to forget about this. See more on Page 2.

• Want to promote your business in the Beacon? We accept **advertising**. For more contact brian@badgervolleyball.org.



Paciero named Blizzards head coach

The Badger Region has announced Christine Paciero as the head coach of the Badger Blizzards women's Premier Volleyball League team.

The Blizzards will compete in a small number of competitions this winter/early spring leading up to the PVL Championships in Detroit, Mich., during the USA Volleyball Open Championships in late May.

The team will also look to offer clinics and make appearances around the Badger Region throughout the season.

Paciero recently finished her fourth year as the head volleyball coach at the University of Wisconsin-Parkside.

Paciero (pronounced- Pah-share-oh) joined the UW-Parkside Athletic Department in 2011 after a highly successful stint as the Head Volleyball Coach and Athletic Events Manger at Dominican University in River Forest, Ill.

Her efforts earned her Northern Athletic Conference Coach of the Year awards in both 2009 and 2010.

Paciero's success at Dominican expands beyond the court as the program was honored with the AVCA Team Academic Award both her final two seasons with the 2010-11 team boasting a 3.50 grade point average.

Paciero is well-connected throughout the state as she

served as a coach with the Wisconsin Juniors Volleyball Club as well as the varsity head coach at Cedarburg High School.

Prior to her time in the high school ranks, Paciero was an assistant coach at Wayne State University, an NCAA Division II member in Detroit, Mich. There she helped the Warriors to two division championships and three 20-win seasons. She also spent time as an assistant coach at Schoolcraft Community College in Livonia, Mich., where the program reached the round of 16 at the national tournament.

Paciero enjoyed great success as a player as well, matriculating from Florida Southern College in Lakeland, Fla. There, she won two regional championships including one Final Four appearance for AVCA Hall of Fame Coach Lois Webb. She began her collegiate career at Schoolcraft where her team won a national championship.

Paciero earned her bachelor's degree from Florida Southern in social studies education. She received her master's degree in educational leadership from Cardinal Stritch University in Milwaukee.

If you club would like to have the Blizzards run a clinic at your location, contact Brian Sharkey at brian@badgervolleyball.org.

If you are interested in trying out for the Blizzards, contact Paciero at paciero@uwp.edu



TEAM OF THE WEEK

Congratulations to the Northern Impact 16-Pink team on being named the Badger Beacon Team of the Week. In their first tournament of the season, the girls won the Fond du Lac Open on January 11. For the day, the team was 5-0 in matches and 10-0 in sets played. In the finals 16-Pink defeated CWVC 16-1 to take home the title.

For future consideration for team of the week, please submit your nomination to Ryan Thompson, ryan@badgervolleyball.org

Beach, anyone?

Yes. It's below freezing in many parts of Wisconsin, but that doesn't mean we shouldn't be thinking about the summer.

We recently posted a tutorial to the Badger Region website (www.badgervolleyball.org) that helps educate parents, players and coaches on how to start a sand program.

Right now we are trying to find all the clubs in the Region who are offering a sand program.

If that's your club, email Brian Sharkey at brian@badgervolleyball.org.

How to recognize, reduce and respond to physical misconduct

What you need to know to protect athletes Almost all sport involves strenuous physical activity; in practices and competition, athletes regularly push themselves to the point of exhaustion. However, any activity that physically harms an athlete — such as direct contact with coaches or teammates, disciplinary actions, or punishment — is unacceptable. Physical misconduct can extend to seemingly unrelated areas including inadequate recovery times for injuries and diet. Two of the best ways to promote safe conditions are to set clear boundaries and take a team approach to monitoring athletes.

Definition

Physical misconduct involves contact or non-contact behavior that can cause physical harm to an athlete or other sport participants. It also includes any act or conduct described as physical abuse or misconduct under federal or state law (e.g., child abuse, child neglect and assault).

Exceptions

Physical misconduct does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline or improving athlete performance.

Contact offenses

- * Punching, beating, biting, striking, choking or slapping an athlete
- * Intentionally hitting an athlete with



objects or sporting equipment

- * Providing alcohol to an athlete under the legal drinking age
- * Providing illegal drugs or non-prescribed medications to any athlete
- * Encouraging or permitting an athlete to return to play prematurely or without the clearance of a medical professional, following a serious injury (e.g., a concussion)
- * Prescribed dieting or other weight-control methods (e.g., weigh-ins, caliper tests) without regard for the nutritional well-being and health of athlete

Non-contact offenses

- * Isolating an athlete in a confined space (e.g., locking an athlete in a small space)
- * Forcing an athlete to assume a painful stance or position for no athletic purpose (e.g. requiring an athlete to kneel on a harmful surface)
- * Withholding, recommending against or denying adequate hydration, nutrition, medical attention or sleep.

What you need to know about University Athlete

With the start of the open period for college recruiting, the Badger Region wanted to pass along information for you about University Athlete (UA). For the first time, the Badger Region Championships will be utilizing UA at no cost to college coaches in order to increase the exposure of our recruitable student-athletes. This by no means is a requirement, but, especially at large events, UA is a primary means for coaches to keep track of and find athletes. Having the correct information is key— especially graduation year. UA links with AES for tournament schedule and information.

University Athlete is the premier communication tool connecting collegiate coaches and prospective student athletes. They are not a recruiting service; they don't sell athletes to colleges nor promote them in any way; therefore, the coaches trust them and use their services.

UA combines the convenience of an online database with the efficiency of iPhone and Android software to assist coaches' recruiting efforts at tournaments.

At a tournament, colleges can instantly find any player, identify new players, evaluate and take notes without losing valuable time needed to watch courts. More than 300 Div. I and more than 500 Div. II, III, Junior College and NAIA programs utilize University Athlete's services.

Athletes: College coaches get your contact and other information directly from University Athlete. You can get a free profile and keep your contact data up to date as well as some extras like video links, biography info, and competition dates. Register at www.universityathlete.com/new_athlete

Club Directors: USAV has a new policy this year that prevents athlete contact data from transferring from WebPoint to AES. Please fill out basic contact info in AES (address, city, zip, email, and phone). Club directors can also get a free University Athlete login to manage athletes, teams, and basic contact information.

The Art of Coaching Volleyball
is coming to a city near you!

Chicago, IL Coaches Clinic
May 2-3, 2015 at Loyola University

REGISTER TODAY!

Free boys volleyball clinics

The Badger Region has partnered with Carthage College for a boys volleyball clinic that will take place follow a match on Saturday, Feb. 7.

After the 1 p.m. match between Carthage and Benedictine University (Lisle, Ill.), athletes 14 and under will take the court and will receive instruction from Carthage coaches and players.

To register, go to www.badgervolleyball.org.

(A second clinic will take place March 22 at the Milwaukee School of Engineering.)

<http://www.theartofcoachingvolleyball.com/clinics/events/chicago2015>

Club profile: Block Party Volleyball Club

1. What geographic area do you serve and where are you based out of?

Block Party serves the metro-Milwaukee area. Our practices are held in Wauwatosa, WI.

2. What ages/genders does your club serve?

Block Party has girls teams from 11s-18s.

3. How long has your club been around?

Block Party started in 1997, operating from the old Lynch Court House facility. Christine Denny, the current club director, played on the first Block Party 12's team as a 10 year old.

There were years that Block Party only ran a few teams. We have slowly expanded our age range, and have matured into offering multiple teams across most age levels.

4. What are the club's goals for the season?



Our goal is to improve player's volleyball skills and help develop their love for the game. We hope to build competitors, but also solid role models. We're always looking for new ways to expand the competition level for our athletes. This season, Block Party is sending seven teams to a National Qualifier. It's our goal to get the tough work in at practices, so that our girls can be ready

to compete at this new level.

5. What do you like most about Badger Region?

We appreciate the support of the Badger Region staff members. The office has always been helpful when Block Party staff, players, or parents need assistance.

6. Any other fun facts about your club?



Block Party really is a family-run club. Three generations of Lynch family members have served as the Block Party club director and over a dozen family members have been on the coaching staff. Close to 1/3 of the current coaching staff is still Lynch family members! Our family is passionate about volleyball and we get a lot of enjoyment in sharing that spirit with the coaches, kids and parents we get to interact with each season.

United offering discounts on airfare to USAV events

Planning on flying to a USA Volleyball event, qualifier or national championship? Then United Airlines might have a discount that you can use.

Passengers can get up to 10 percent off flights (depending on booking class) to all 50 states and Canada.

This also applies to groups.

What do you need to have to get the discount?

- * Origin and destination of flight
- * Travel dates
- * Event name and date
- * National Governing Body associated with (USA Volleyball)
- * Full name (as show on photo ID)
- * Mileage Plus number
- * Passenger date of birth.

When prompted, the USA Volleyball 2015 United Code is U045.

For questions, call 800-841-0460 from 9 a.m. to 7 p.m. (CST) Mondays through Friday.

Your Pix



The Oconomowoc Girls 15s team has a little fun before the holidays at a practice. Send in your fun team photos or event snapshots to brian@badgervolleyball.org.

All players, refs, coaches and clubs can be featured here. Send a write-up and photos to brian@badger-volleyball.org and you might be in the next edition of the Badger Beacon.



Penn State's Hancock: How I hit my serve



Penn State University setter Micha Hancock (the NCAA Player of the Year) offers tips on how she hits her menacing serve.

Nobody was more fun to watch during the 2014 college season than Penn State setter Micha Hancock, and a big part of what made her game so entertaining was her lethal serve. In four years as a Nittany Lion, the lefty from Edmond, Oklahoma, racked up a school record 381 aces.

Her serve, which she often struck from the far left side of the court so it zoomed with a screwball curve toward zones 5 and 6, played a big part in Penn State's back-to-back championships in 2013 and 2014, which gave the Nittany Lions an NCAA D1 record seven national titles. She was the 2014 AVCA Player of the Year and is currently participating in a U.S. national team training block.

Mostly, Micha scored points and put opponents out of system with her jump spin heater, but Penn State Coach Russ Rose will tell you that her float serve was also a big weapon – and the team's best.

Early in the season, Art of Coaching visited a Penn State practice and asked Micha to take us step by step through her serves.

Check out the video on The Art of Coaching Volleyball website to see what she had to say: http://www.theartofcoachingvolleyball.com/penn-states-micha-hancock-how-i-hit-my-serve/?ap_id=BadgerRegionVB

Register now for adult tournaments

Jan. 25: Men at UW-Parkside.

Feb. 7: Women in Madison, Wis.

Feb. 8: Men in Pleasant Prairie, Wis.

Feb. 21 or Feb. 22: Seeking tournament host

March 7: Men and women at Lakeland College

March 28: Men and women at UW-Oshkosh

April 11: Badger Region Championships

April 25: Men and women at Lakeland College

May 9: Men and women at Sheboygan North High School.

For details on who to contact for each event, go to the adult event schedule at www.badgervolleyball.org.

YOUR PIX



The Club Synergy 17s team is shown at the Winter Classic in Milwaukee that took place Jan. 17-18.



The Club Synergy 16s is shown after a tournament in Lodi, Wis.

Junior Beach Tour to make stop in Milwaukee

The USA Volleyball Junior Beach Tour 2015 is making a stop in the Badger Region. The Central Open Grand Slam Qualifier will be June 6-7, 2015, at Bradford Beach in Milwaukee, Wis., on the shores of Lake Michigan. The two-day event will hand out five bids per age group.

Registration information will be up soon on the Badger Region Volleyball Association website by hovering over "Events," then clicking on "Outdoor" and then "USAV Junior Beach Tour."

The USAV Junior Beach Tour offers tournaments to boys and girls ages 10 to 18. The age divisions are 12U, 14U, 16U and 18U in Open and Club categories.

The teams are comprised of two male or female players, no coed teams are allowed. Each player receives a T-shirt. Uniforms are not required. The top five finishers per Open Division per gender receive a bid to compete in the Junior Beach Tour Championships, July 24-26, 2015 (held in Virginia Beach, VA) and a medal.

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The Badger Region Volleyball Association promotes initiatives for safe, structured and fun life-long volleyball experiences!

If you (or you or your organization) would like to advertise in a future Badger Beacon, contact Brian Sharkey at the phone number or email address above.

More online:
www.badgervolleyball.org

Twitter:
[@BadgerRegionVB](https://twitter.com/BadgerRegionVB)

Facebook:
BadgerRegionVolleyball

Badger Region Volleyball Association

CALENDAR OF EVENTS

Jan. 25: Adult volleyball tournament at the University of Wisconsin-Parkside.

Feb. 7: Free middle school boys clinic after the 1 p.m. Carthage/Benedictine men's volleyball at Carthage College.

Feb. 7: Women's adult volleyball tournament in Madison.

Feb. 8: Men's adult volleyball tournament at RecPlex in Pleasant Prairie.



March 8: Men's and women's adult volleyball tournament at Lakeland College.

March 13: Tryouts for the Badger Region High Performance teams. Both boys and girls will try out for their respective teams at the Wisconsin Center from 6 to 9 p.m.

March 13: Badger Blizzards Clinic at the Wisconsin Center (More information to follow).

March 14-15: Badger Region Championships for G13, G15, G16 and all Boys Teams at the Wisconsin Center (Milwaukee)

March 22: Badger Region

Qualifier for girls ages 13, 14 and 15 at Kettle Moraine High School.

March 22: Free middle school boys clinic after the 1 p.m. MSOE/Loras men's volleyball at the Milwaukee School of Engineering.

March 29: Badger Region Qualifier for girls ages 12, 16, 17 and 18 at Kettle Moraine High School.

April 10: Badger Blizzards Clinic at the Wisconsin Center (More information to follow).

April 11-12: Badger Region Championships for Adults, G11, G12, G14, G17 and G18 teams at the Wisconsin Center (Downtown Milwaukee)

April 19: Dale Rohde Memorial Tournament for boys ages 12-18 at Kettle Moraine High School.

April 25: Men's and women's adult volleyball tournament at Lakeland College.

May 9: Men's and women's adult volleyball tournament at Sheboygan North High School.

June 6-7: USA Volleyball Junior Beach Tour (Central Open Grand Slam) at Bradford Beach in Milwaukee, Wis. This two-day event will offer five bids per age group.

June 22-July 3: Girls Junior National Championships in New Orleans, La.

June 28-July 5: Boys Junior National Championships in Columbus, Ohio.

July 21-25: High Performance Championships for both boys and girls at the Iowa Events Center (Hyvee Hall) and Wells Fargo Arena in Des Moines, Iowa.

*Have a great story idea or person you want featured in the Badger Beacon?
Email Brian Sharkey at brian@badgervolleyball.org.*

BADGER REGION HIGH PERFORMANCE

The Badger Region High Performance program is an avenue for the region's premier players to receive training and competition opportunities from some of the top coaches in the Badger Region. Our program is the regional chapter of USA Volleyball's HP program. As a part of the HP pipeline, our program follows international age definitions and program offerings each year.

AGE DIVISIONS:

This season, we will be fielding one Badger Region Boys' HP team for boys born in 1997 and after. The Region will offer a Girls' International Youth Team for athletes born in 1998 and after, and a National Select Team for athletes born in 2000 and after.

HP TRYOUT:

The Badger Region HP tryout is open to any Badger Region member. Attending a tryout allows players to make the Badger Region HP Camp/Training Team and ultimately the Badger Region HP Championship Team. To join one of these training teams, a player must attend the Badger Region HP Tryout that will take place from 6 to 9 p.m. Friday, March 13, 2015, at the Wisconsin Center in downtown Milwaukee.

HP TRAINING TEAM:

The Badger Region HP Training Team roster is populated through the tryout process. These athletes will train over four days at various locations.



HP CHAMPIONSHIP TEAM(S):

At the conclusion of the training sessions, the staff of the Badger Region HP Camp/Training Team selects 10 players to their Badger Region HP Championship Team(s). These 10-player rosters will compete at the USA Volleyball High Performance Championships in Des Moines, Iowa, July 21-25.



BADGER
REGION VOLLEYBALL

**REACH
NEW
LEVELS**

BADGER REGION HIGH PERFORMANCE TESTIMONIALS:

"One of the best experiences of my young volleyball career was playing for the Badger Region High Performance team. There aren't many times where you can bring the best players in the region to play together on one team, and it's fun to see the level of volleyball increase because of that. I was on the first team that the Badger Region sent to Sacramento. Being able to be one of the players to lay the ground work and expectations of this program is something I will never forget. I enjoy looking to see how the program continues to grow and develop. It is definitely a badge of pride that I wear when anyone brings up High Performance programs."

**Taylor Braun (Catholic Memorial High School,
UW-Madison, Stony Brook University
Asst. Women's Volleyball Coach)**

"It was honestly one of the best experiences I've ever had playing volleyball. Being on that team taught me so much about how to be a better volleyball player. On top of all that, I meant a bunch of great guys that I still call my friends. I would recommend it to anybody who wants to better themselves as a volleyball player."

**Michael Molbeck, Racine Park
(Class of 2016, Southport/Club W)**

"I will never forget my two years at HP. I met one of my best friends there, the people were amazing, and the travel was so awesome. I have seen some of the best volleyball in my life while at the tournaments, and loved being a part of the international experience!"

**Tessa Weber, Kenosha Tremper
(Class of 2013, Wisconsin Jrs, UW-Whitewater)**

"High performance was hands down, the best experience of my volleyball career. The level of play against national and international teams was nothing I had ever seen before. I never really thought one volleyball tournament could bond a completely random group of girls so much. High performance took a talented group of volleyball players from all over the region and put a team together full of dedicated athletes that all had an insane love for volleyball. I wouldn't have traded this volleyball experience for anything."

**Emily Wineinger, Lake Country Lutheran
(Class of 2012, Milwaukee Sting,
Clarke University)**

*Coaches: Want to assist with HP tryouts on March 13?
Email Brian Sharkey at brian@badgervolleyball.org.*