

Welcome to the 2009 Season for the Mt Lofty Volleyball Club, we look forward to seeing you all out at training soon!

Your Committee for 2009 is:

<b>President</b>	Brian Kempe	brian.kempe@bigpond.com / bkem@collotype.com.au
<b>Vice President</b>	Belinda Huff	belhuff@hotmail.com
<b>Treasurer</b>	Ann Malone	leojh@senet.com.au
<b>Vice Treasurer</b>	Renee Healey	renee.healey@hotmail.com
<b>Secretary</b>	Judith Shannahan	richjude10@bigpond.com
<b>Committee</b>	Mark Lowrie	lowrie16@aapt.net.au
	Helen Zakelj	hzakelj@hotmail.com
	Judy Graham	asa46767@bigpond.net.au
	Hilary Healy	will.healy@bigpond.com
	David Eldridge	david.eldridge@hhs.sa.edu.au
	Carolyn Breen	ccbreen@bigpond.net.au

**1<sup>st</sup> Training...**  
**Tuesday 10<sup>th</sup> March, 7.00pm**  
**Mt Lofty Community Recreation Centre**  
**9.00pm for pizza after training**

**Player Representatives**

This year the club would like to have at least one male and one female player as a member of the committee.

Belinda Huff has filled this role over the past few years, but this year has taken on the Vice-President's role. With Belinda's promotion, we are now looking for two new player representatives to join our committee.

Please consider this wonderful opportunity – you get to catch up with a great bunch of volunteers once a month at our meeting, (meetings are held on Monday nights at the Mt Lofty Rec Centre.) you get to have a say and an understanding of the running of the club, you will have many laughs, help to plan the SA Open, cook BBQ's, sell Powerade, bake cakes, play a few practical jokes, ... And that's just the beginning! Why don't a couple of you come together and share the experience – do each other in? You will learn a lot of valuable life experiences! Go on give it a go!

*Next committee meeting is Monday February 2nd at Mt Lofty Community Sports Centre at 7.30pm. March Meeting Monday 2nd.*

**2009 Season Coaches**

It is with great delight and pleasure that we announce the following coaches for season 2009.

<b>League Women</b>	Simon Phillips
<b>League Men</b>	Raoul Tuul
<b>Reserves Men (play/coach)</b>	Patty Rogers
<b>Reserves Women 1</b>	still seeking
<b>Reserves Women 2</b>	David Eldridge
<b>Div 1 Women</b>	Dependent on team nom's
<b>Div 1 Men</b>	Dependent on team nom's

We would like to welcome **Raoul Tuul** back to Mt Lofty after an absence of some years. Raoul was our Senior Men's 2008 AVL coach. Raoul brings a huge wealth of knowledge and experience to our ranks & we are delighted to have him on board. **Simon Phillips** is entering new territory by coaching our League Women in 2009. This opportunity & experience will further develop Simon's skills & aid his aim of becoming a future high profile coach. This appointment is reflective of his loyalty to our club, & we wish him the best of luck. **Patty Rogers** will balance his playing with coaching the reserves men team this year. As most of you would know, Patty has been a long term and valued member of Heathfield and Mt Lofty, as both a player and coach at all levels, so we are sure he will handle the coach / player role with ease. **Eldo** will again have his senior High School girls battle it out with the best of the reserves women's sides in the state. Eldo's continued support, input and enthusiasm is unquestioned & we look forward to his young team's involvement with our senior teams in 2009.

We are still looking to appoint a Reserve Women's coach to replace Janice Scott from 2008. If you know of someone, or would like to put yourself forward for that role, please advise either Hilary Healy or Brian Kempe asap. Depending upon nominations, we have a couple of people in the wings for the Div teams, and will announce those once we confirm if will be fielding teams.

Congratulations once again to the above people, and we wish them all the best with their teams in 2009.

### Intention to play in 2009

This year we need to lodge our team nominations by no later than **February 27th, 2009**, however, our first training is not until **Tuesday, March 10th at 7pm**. It is therefore imperative that your coaches are aware of your intention to play this year before this date. Could **all interested players** please advise their coach or a committee member of their intention no later than **Friday February 20th**. This way we can be certain to nominate the correct number of teams for the season.

### VSA Membership

Every playing member (junior and senior) of our club must be a registered VSA member in order to take the court within the state league competition. Failure to do so will result in forfeits to your team. The Mt Lofty Committee has decided that in order to make this process easier, we will collect this membership as part of your club membership fee. It will be included on your club membership form so that you will not have to pay VSA direct; the club will pay it then on your behalf. This saves both VSA and us hounding you throughout the season about unpaid membership and risking game forfeits. VSA have decided that memberships will run from April 1 to March 31, but leniency will be given to those people whose current memberships still have a number of months to run. From 2010, a strict 12 month membership will apply.

We hope this new process makes it easier for all concerned, and will give you a once only payment for the whole state league season. Your membership form will show a breakdown of fees and inclusions etc. Please note that those of you needing uniforms, it will be an additional cost.

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### Mt Lofty Subs

The club has voted to not increase subs for this season – they will remain the same as last year. The only change will be the inclusion of VSA membership. Your subs will now include trainings, VSA membership, match fees, and any other costs that the club must meet in order to operate. Please note that we do not aim to make a profit from our subscriptions.

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### Uniforms for 2009.

Our grace period on introducing the new style uniforms (ie. the cool dry fabric with the Mt Lofty logo on the back shoulders) NOT THE OLD COTTON STYLE - is over. This means that any player for season 2009 playing for Mt Lofty on Saturdays will require the newest uniform style.

The club has replacements out on order for those player numbers that need to be replaced. Anyone with a brand new uniform set from 2008 (provided it has the logo on the back) will be OK.

Anyone with a shirt numbered 51 to 60 (ie cool dry fabric but that has reference to Centacare on the back) can give their uniform back to have the logo put over the top on their behalf at no extra cost. (Please bring your uniform to the first training so that this can be done in time for the start of the season.)

Any brand new players will be issued with the new style uniform at a cost of \$90 for the set (a blue and white version).

Any returning players with the old style will have new ones available for them at the \$90 cost.

Any questions or confirmation on uniforms, please see Brian Kempe.

### Presidents prattle!

I trust your Christmas break was full of fun and festivity and that the new year of 2009 has kicked off well for each and every one of you. I'm sure you have all **loved** returning to work as I did, regardless of how many or how few days you had off. Upon reflection on the completion of season 2008, I think we all have a great deal to be very proud of – rounds and the prelim finals played at Mt Lofty Community Sports Centre, a very successful SA Open, a number of our teams making finals, including the success of Renee Healey's Div 3 girls in the grand final, the catering help and support from club members, and the successes of the Lofty Canteen. Since then the hard work has continued on the beach courts, and on Wednesday January the 14th, the foundations were poured for the building of a permanent Lofty canteen – our own little piece of real estate! So 2008 was indeed a very productive year.

On top of all that physical exertion, Eldo and I have attended a number of planning meetings with other club presidents and VSA staff, in review of 2008 and planning for the 2009 state league season. Together with what has happened on the Lofty front, with coaches appointments for this year and men's AVL at the end of last year, I just know that 2009 is poised to be another great year in the chronicles of the Mt Lofty Volleyball Club. Can I take this opportunity to thank extensively the work of the 2008 club committee, without who all our players would not have such wonderful facilities and opportunities to play and enjoy their volleyball.

The 2009 committee is listed elsewhere in the newsletter, but I would like to welcome Carolyn Breen to the committee for 2009 and look forward to working with her this year. Congratulations and thanks to all returning committee members and office bearers. It is a pleasure to share both work and many laughs with you all!

While our senior men's AVL team did not qualify for finals, the experience was once again terrific, and the closeness of the 7 teams, perhaps with the exception of Canberra Heat who are rebuilding, meant that even down to the final round games, it was not clear who would finish top 4. The AIS eventually overcame Old Pirates in the gold medal match to win the season, both teams which we beat during our home round. The delivery of the Adelaide AVL round again set the standard for the nation, with Old taking some extensive notes during their visit here, to deliver what was I believe something near comparable for their round. Thankyou expressly to everyone who helped to make that weekend the huge success that it was, and to the sponsors in Carpet Burners, Bakers Delight, Bicycle Express, & The Courier Newspaper our gratitude for their support.

A few changes will be happening in State League this year, the most significant being that the Reserves division will be restricted to 8 teams only – 1 from each club, plus the 2 top performing other teams from last years competition. This means for 2009 Lofty will field 2 reserves women's teams. 2010 will see Reserves become a 6 team division just like League. Any other nominated teams will fall into Div 1 (last years Div 3), the size of which will be determined by the number of nominations VSA receive. The objective is to ultimately strengthen the divisions down the line and provide more evenness within each division (avoid having Lion 1 belting Austral 3 for example). The hope also is to have Junior League Div 1 strengthen up and have a more elite U19 competition, rather than as it has been in recent times.

Mikasa MVA balls will be the ball of choice for matches played this year. VSA are yet to be sure of having them for round 1, but they are doing their best.

While still not voted on, much discussion has been had about removing the "2 up 2 down" player movement between divisions on a Saturday. This may be reduced to 1 player only, or may be removed altogether. The idea is to avoid in particular league players moving down, and having big impacts on match results in Reserves. This will be voted on at the next SOC on Feb 18th, the result of which will be implemented for season 2009.

I was lucky enough to once again accompany the Heathfield High School SIV teams to Melbourne for the Australian Volleyball Schools Cup in December. Heathfield had a great week and finished a paltry 22 points behind overall winner Brighton, but still a good 50 points or so ahead of its 3rd placed rival. Congratulations to all players, managers, support staff and coaches on yet another wonderful AVSC experience. I would like to extend a warm invitation to any school leavers from 2008 to continue their volleyball careers with Mt Lofty in 2009 by joining one of our senior teams.

Mt Lofty in 2009 will have the establishment of a Coaches Committee, of which all coaches will be a member. This committee will drive collectively the selection, trainings and all things coaching within the club, and for players should be the second step in any grievance or discussion about their team. Your coach should be the first step. Only if this process fails, should a player issue reach the club committee. Thankyou all for your support in this new initiative.

As is tradition, there will be the pizza night, a pie and pasty night, as well as other club functions throughout the year, and once the Lofty canteen is fully operational, who knows what sort of antics we might suggest?

So .... Another year beckons, and frankly I cant wait! See you all at our first training and pizza night on Tuesday March 10th at the Mt Lofty Community Sports Centre – 7pm sharp!

*Brian Kempe  
President (again!) 2009.*

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### **Mt Lofty Beach Volleyball Courts "Mountain Beach"**

After many hours of labour throughout the school holidays, the Beach Volleyball courts are now ready for use. Volunteers have installed the courts, poles, nets & boundary lines, plus beautiful grass surroundings with a irrigation system. Paving is now ready to be laid, pergola structure up & ready for the roof. We are planning on having a number of evening working bees to finalise the project. The club could hold a slab party on the new canteen 'shed' site, & play a bit of beach volleyball as well. Many thanks to all the people who have helped out with this significant project. If you have not helped out to date, & would like to, please contact Eldo to arrange assistance with one of the evening working bee sessions.

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### **2008 Men's AVL Report**

Mt Lofty's League with imports Josh Hixson (South Adelaide) and Brad Tutton (USC Lion), competed in the Australian Volleyball League (AVL) 2008 competition starting in Oct last year. The competition was a double round robin across 4 rounds, with finals contested on the weekend immediately prior to National Schools Cup. We were extremely fortunate to secure Raoul Tuul as coach, and with his vast playing and coaching

experience, Raoul set new standards for training and preparation, not recently seen at Lofty.

Due to training injuries, and late exclusions from the squad, the initial robust lineup of 19 players, was rapidly diminished. Round one took the team to Sydney where they played 4 matches over the course of the weekend. The highlight of the first round was the match against the Queensland Pirates. Although Lofty was only able to secure 1 set for the match, the remaining 3 sets were nail biters, and could have fallen either way.

Round 2 had the team travel to Melbourne where we played University Blues (Melb team), Western Australia, the AIS junior team and Canberra Heat. While only being successful against the Heat, the other 3 matches all provided Mt Lofty with opportunities to overcome their rivals. The lack of player depth and the inability to substitute and rotate players off the bench was a telling factor, Lofty were always close to the mark, but struggled to deliver the knock out blow. Matches were played at Monash University, and Melbourne Uni venues.

Proving that Mt Lofty's team was definitely around the mark with a fit and fully available team, round 3 in Adelaide, hosted at the Mt Lofty Community Sports Centre, resulted in 3 out of 4 wins. Lofty defeated the Qld Pirates, the AIS, and UTSSU (Uni of Technology/Sydney Uni), only narrowly losing to Western Australia in a 5 setter after being 12-8 up in the 5th – definitely the one that got away! A number of sponsors were secured for the weekend, including The Courier newspaper, CarpetBurners, Bakers Delight and Bicycle Express. We once again thank them for their terrific support of our club and of volleyball.

Our round set a precedent yet again, with some 250 spectators attending the Friday night match vs UTSSU, quite a number over the course of Saturday, and then followed by another estimated 160 for the Saturday night match-up with the AIS. One person came back 3 times over the weekend, because they enjoyed so much being able to watch top level volleyball in our home stadium.

The success of the round was toasted not only by the sponsors, but also by a number of the visiting teams, who had never experienced this type of playing environment before. Mt Lofty Club sat back with a rye smile - as we have done before, and knew the passion and experience of the committee would yet again deliver a quality round. This weekend was able to expose our sport and club to a number of new people, including our own juniors and also re-ignited some interest in the club from others who have been away from the sport for some time. The round was a huge success.

While the competition between all 7 clubs was extremely close, it was Qld Pirates, AIS, Uni Blues and UTSSU that made the finals playoffs with AIS taking the gold medal. Mt Lofty finished 6th only slightly behind Western Australia in 5th and ahead of Canberra in 7th. Very little separated the final positions 3rd to 6th, and it took the completion of round 4 in Brisbane to determine the final placements.

### **Mt Lofty Summer News**

Congratulations to **Alisha Jagger** who married Kingsley Fuller on 3<sup>rd</sup> January at a beautiful wedding at Clarendon.

Congratulations to ex Mt Lofty player **Danielle Maycock** who married Troy on 24<sup>th</sup> January in McLaren Vale

**Sascha Oehrli** has been appointed the Heathfield Volleyball Trainee for 2009, Congratulations & Good Luck to Sascha.

Welcome home Anna Maycock from playing Professionally Overseas – we look forward to her involvement with Mt Lofty this year.

**Rory Welsh's** volleyball window of opportunity opened so quickly and unexpectedly that he barely had time to pack his bags and leap through ... After four years in Heathfield High School's highly successful volleyball program, Welsh, 15, caught the attention of Australian Institute of Sports volleyball head coach **Russell Borgeaud** ... Welsh stopped cleaning his footy boots and got out his volleyball when he received a call inviting him to tour Europe with the AIS team later this month for games against Italy, Sweden and Slovakia's junior men's teams.

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### **The Lofty Larder!**

Following a *bolt of lightning* last year from a committee member or two whilst behind the catering tables in the multi-purpose room at Lofty, the idea of a stand-alone catering facility at the Lofty gym was borne. Ever reliable and builder extraordinaire Mark Lowrie in particular, together with the rest of the committee, has taken this 'idea' and as of January 14th, 2009 Mt Lofty Volleyball Clubs first bit of real estate was realised – or at least the start of it!

A 5m x 5m concrete slab has appeared in the SW corner of the beach courts. This is the foundation of what will be the "Lofty Larder" catering facility. The committee has approved the funds to erect this 'shed' (as we have to call it!), in consultation with Heathfield High School administration. While MLVC can't actually own it as such (it is on school land), as we are constructing it, we will have free hire for any events or functions that come under our banner. Any funds raised as a result of those hiring's will belong to the club.

Other clubs or organisations will be able to hire it from the Volleyball programme via the school for a hire fee which will go to the SIV programme. It is possible that the opportunity for one of our members to staff the facility when it is hired by someone else may occur, but those sorts of details, including an agreement between Mt Lofty and the school are yet to be fully discussed and finalised.

The school has agreed to pay for and fit out the shed, in accordance with their building and OH&S regulations, with "that man Lowrie" already acquiring 2 kitchens and a stove in readiness. The aim is to have fridges and a freezer, sink, coffee machine, in built BBQ and the like, to make the provision of food and drinks to spectators and athletes much simpler. Ultimately a courtyard like alfresco area with tables and chairs will take shape between the larder and the gym in the remaining L shaped area.

The 'shed' will be constructed to aesthetically match the design and colour of the gym, so that it will look like an integral part of the whole facility.

For those of you who have not yet seen the developments over the holiday season – drop in a have a look – it will be, if not already, arguably the best volleyball facility in the state, and almost the nation.

Congratulations and thanks to all those who have contributed in any way to these projects. The future of Mt Lofty definitely looks bright.



*The new pergola for the beach courts – thanks to all who helped out!*