



# SIDEOUT

APRIL 2020



## WELCOME

We hope you are all staying safe and are still able to practice some volleyball in whatever way possible. This newsletter has some relevant information for you, on what the alert levels mean for volleyball, as well as how to continue to develop or learn while at home. There are lots of ideas for keeping busy on our social media.

We are also selling balls online if you don't already have one! Just click [HERE](#) to order!.

## WHAT'S ON NEXT MONTH

All events in May and June are postponed!

July 2020 Beach Volleyball Development Camp (TBC)

July 2020 Tertiary Volleyball Championships

Dear Volleyball Community,

We hope you are well and safe! We are now in Alert Level 3, but we are still not allowed to engage in any volleyball activities outside our bubble. Volleyball New Zealand is preparing an Alert Level Activity Register as a guide for the Regional Associations and the Community on the activities that can be run during Alert Level 1 and 2. VNZ will also release guidelines on how to run community activities at these Alert Levels.

Our CE was on the radio too! Check out the interview where they talk about her journey and what's going on with Volleyball in New Zealand.

[The Long Talk](#)



## THE CE'S MESSAGE

TONI MAREE



As you will be aware, New Zealand has moved out of Lockdown Level 4 on midnight Monday April 27. That means that as of today, Tuesday April 28, we will move into Lockdown Level 3 which is based on Restrict.

While this allows for a modicum of new activity, for example the option to drive regionally to exercise, sport and recreational facilities will remain closed and businesses can open only if they do not interact directly with customers. The key message is that Alert Level 3 is much like Alert Level 4.

We would appreciate your support in ensuring the advice on physical activity is followed. This will ensure New Zealand capitalises on the gains made to stamp out the virus in our country.



# PREPARING FOR LEVEL 2

Volleyball NZ continues to work closely with Sport NZ to agree what Level 2 will look like for sport across NZ and volleyball specifically.

We will ensure there is wide communication as to what will be allowable and expected for sport under level 2 well before we are in that position.

We know that contact tracing will be key and everyone will be required to be able to confirm where they have been and who they have been engaging with as a part of sport and recreational activities.

We continue to work closely with Association's both at a Board level and operationally to ensure there will be a great provision of activities and programmes available for those keenly awaiting the opportunity to participate in volleyball at any level. Sport will clearly be different this year for everyone, but we are looking forward to being a part of it's new developments.

## LEVEL 3 AND 4 ACTIVITIES

While everyone is at home, we encourage you to Follow Virtual VNZ on our Facebook and Instagram!

We talk about a range of topics that will help volleyball players during Level 3 and 4. We have Mental Skills Monday, Technique Tuesday, Wellbeing Wednesday, Trivia Thursday and Fitness Friday.

Join our weekly competitions and engage with fellow volleyball players.

Follow us for more volleyball info and updates:



# SKY SPORT NEXT

We hope you've been tuning in to our various Home Advantage videos with Sky Sport next. If you haven't, check out the links below to the videos that have already been, and subscribe to our social media channels and the sky sport next YouTube channel to get the new videos as they come out too.

Watch weekly Sky Sport Next - Home Advantage Videos featuring some of our top NZ Volleyball Athletes:

Episode 1 Pro Tips with Beach Black Johann Timmer [LINK](#)

Episode 2 Improve Your Vertical Jump with Volley Blacks Captain Ben Glue [LINK](#)

Episode 3 Setting with Beach Black Mike Watson [LINK](#)

Episode 4 Training with NZ Pro Sam O'Dea (Pepper Game!) [LINK](#)



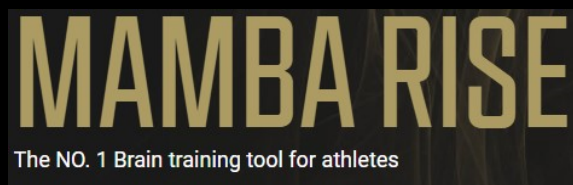
## MAMBA RISE APP

Volleyball New Zealand in partnership with Tour Time are excited to introduce MambaRISE, the #1 Volleyball Brain Training tool.

This unique digital training tool provides athletes with a solution that replicates live in-game decision making, using MambaRISE's interactive in-app footage. Because your brain doesn't differentiate between real and simulated gameplay, you continue to develop and process repetitions off the court, regardless of your position in the team. In the current environment where team training is off the cards, MambaRISE is the perfect solution to keep your mind in the game. MambaRISE creates new and enhanced neural pathways to keep your skills sharp; so when you return to the court you will have increased processing power and instinctive decision making skills, putting you head and shoulders above the competition.

Thanks to our partnership with Tour Time, VNZ are thrilled to offer this 12month digital subscription to you at the 15% reduced rate of \$84.95USD. Click the link below and download MambaRISE today and put your training back in YOUR hands.

[www.mambarise.com/tourtime](http://www.mambarise.com/tourtime)





# COACHES WEEK

This week, April 27-May 1, is going to be Coaches Week across all VNZ Social Media channels. This is because this Sunday, April 26th, was supposed to be the VNZ Coaches Conference.

However, we don't want COVID-19 to stop us from engaging and developing our coaches. So keep an eye on our Facebook page, our Instagram account or our website to see videos from Kirk Pitman (Current Australian Womens Beach Volleyball coach, not to mention an NZ legend), Mark Lebedew (former Australian Mens and German Mens Coach), Deitre Collins-Parker (US College coach from UNLV, Cornell University and San Diego State) and more.

Also, if you are a coach, join the VNZ Coaches Network group on Facebook, as we will be dropping some content for coaches ONLY in this group throughout Coaches Week. The link is [here](#)



# ATHLETE FEEDBACK

Looking to develop your game further, even under the current conditions?

Volleyball New Zealand are offering our athlete feedback service to all players around the country. This is a great opportunity to receive feedback on any and all skills from current Volley Black Johann Timmer. He will provide written analysis using footage provided to give you instant feedback on your game.

Register [HERE](#).



# EVENT UPDATE



## POSTPONED

## NEW DATE: TO BE DETERMINED



## CURRENTLY NO CHANGE







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