

October 2011

# Old Dominion Region Newsletter

*ODR is on facebook! See our page "Old Dominion Region of USAV Volleyball" and share your thoughts and questions.*

***VHSL has adopted rules which could seriously impact students playing in the Juniors program.***

**27-8-1 OUT-OF-SEASON PRACTICE RULE** - *Effective August 1, 2011 all athletic teams are restricted from any organized activities during designated "dead periods." Out-of-season dead periods shall be 10-day periods beginning with the first permissible practice date of a sports season as published in the VHSL Calendar. A summer "dead period" for all athletic teams shall be week 1 of the NFHS standardized calendar. During dead periods, no coaching, observing or contact between a coach(s) or player(s) may occur in the sport involved. There maybe no practice, open facilities, weight training/conditioning, out of season league(s) or member school sponsored clinics/camps. Outside of dead periods, activities may occur on any day except Sundays. Schools, districts and/or regions may impose more restrictive guidelines. VHSL catastrophic insurance is not applicable to any out-of-season activities.*

***Please talk to your Athletic Directors and Principals about this.***



*Be sure to attend a scorekeeping clinic prior to the 2012 season.  
USAV is allowing two liberos to be designated per match so the  
score sheet has changed.*

*Congratulations to Barb Besal for becoming a Junior National  
referee!*

*Congratulations to Jessica Keeler for being named the Adult  
Coordinator for the ODR!*



## *2012 Junior Tournament Schedule*

*Is being developed now and will be released in December. If you are interested in hosting a tournament please contact Dorothy McIntyre at [dcmcintyre@verizon.net](mailto:dcmcintyre@verizon.net) for girls events and Beth Wirt at [wirteh@cox.net](mailto:wirteh@cox.net) for boys events.*