

ISSUE 1
Dec 29, 2010

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FCVBC

COURT TALK



Welcome to your 2011 Four Corners Volleyball Club Season. We are proud to be your volleyball partner, and thank you for your patronage. Our FCVBC Court Talk Newsletter is a great way to stay in tune with what's happening inside and around our busy program! Court Talk provides schedule, deadline, and club connection information. Supplemental features will inform you of our FCVBC Special Events, Announcements, and FCVBC Team Tournament Results. Specific Team Information is located at your FCVBC web site.

www.fourcornersvolleyball.org

MEET the TRAINER



JACOB NESTER, OWNER, HEAD TRAINER OF **CROSSFIT DURANGO**

FCVBC proudly presents your new performance trainer: Jacob Nester, and his training staff at CrossFit Durango. Our partnership is designed to present a functional, holistic performance training program for our community athletes, based on three principles:

INJURY PREVENTION - PERFORMANCE - ACCESSIBILITY

Be sure to read Jacob's article **before attending** our CrossFit Launch, Monday, January 3rd, at Escalante Middle School, Durango

CROSSFIT PARENTAL WAIVER REQUIRED FOR ATTENDANCE

available for download at www.fourcornersvolleyball.org "NEWS" web page!

ARRIVE 15 MINUTES BEFORE YOUR TEAM'S CROSSFIT SESSION:

630pm-730pm: 13Kate, 14Greg, 14Peaks, 15Molly, 15Michol, 15Tom

730pm-830pm: 16Taylor, 16Bayli, 17Peaks, 17Tessa, 17Terene, 18Ron

Parent Pick Up: Upon conclusion of each session

What to Bring: Workout clothes, court shoes, water bottle, and a SMILE!

Elite Fitness From Home

Written by Jacob Nester, for FCVBC Athletes

High-level fitness does not require a treadmill, stair master, or fancy piece of machinery. The 4,500 square foot fitness center with \$300,000 worth of equipment is a wonderful thing, but not a requirement. Hard work, determination, and an ever-present safety conscious mind frame, however, are necessary to achieve the upper tier of fitness.

Hard work in the form of functional fitness tops the cake when attempting to gain the most advantageous results. Functional fitness refers to movement patterns found in everyday life such as sitting (squat), picking up an object (deadlift), moving an object overhead (push-press), and so on. These movements require groups of muscles, not individual, to work together for a common goal. Such an orchestration of firing motor units demands more from the body than the typical bicep curl. Functional movements necessitate greater energy output, coordination, balance, agility, stamina, and general body awareness. They begin at the body's midline (often called the "core") and end at the extremities, arms and legs. For example, a jump is a mechanical pattern performed by the body, beginning by stabilizing the spine, followed by closing the hips, and finally reopening the hips with such force that the weight of the body is launched from its foundation. The midline must maintain control in order to protect the spine from excessive torsion and hyperextension while in the air and against those same irregular loading patterns with the added compression element during landing.

The spine is an amazing piece of the body, but it is not capable of withstanding any substantial load without support. This is where ever-present safety-consciousness plays its role. By beginning, maintaining and ending movements with the correct posture and muscular support, a high level of safety may be achieved. Indications of a stabilized spine include a tall chest, shoulders tucked back, and a straight back.

If the indicators are unclear, think of a gorilla's back. The gorilla provides an illustrative example of a strong and supported spine with its chest held high, shoulders rolled back and a constantly straight back.

If hard work equals functional movements, and if safe movements begin with a stabilized spine, where does dedication fit into the picture? When speaking of exercise, dedication is the commitment applied to fitness and health. Once a schedule and routine has been established it is imperative that every workout is completed and sections are not skipped. Often a person's least favorite exercise indicates a weakness and is the most frequently missed. Strive to make your weaknesses your strengths. Be creative in designing your workouts. Pair a movement you enjoy with one that needs some work. Frustration is not uncommon when working your most challenging movements or exercises. Remember to make every attempt to improve performance worth the effort and frustration. With enough dedication, goals will be reached and the number of weaknesses will dwindle.

There are countless ways to apply these philosophies. So, start simply. Select a functional movement or exercise you enjoy, such as running. Now pick one that may need some attention, such as the pushup. The two movements paired together create a couplet and may be defined as a task priority. With the motions chosen, repetition goals are now included. The use of body weight movements typically indicates higher repetition schemes, so in this example, twenty repetitions will be our goal. By multiplying our repetitions by the number of sets, the workout volume will be produced. On sport-specific training days, volume should be lower and on non-training days, the volume may be higher. In this example the number of sets (or in CrossFit, called "rounds") will be four. Lastly, a somewhat short distance of 400 meters is chosen for the run length. To summarize, our example workout includes a total of four rounds, each of which is comprised of twenty pushups and 400-meter sprints.

Now, we must add a final and critical component: time. By applying a time variable many things may be accomplished. One, the power output and work capacity may be measured and in the world of performance is a direct correlate of ability level (but this is a subject for later discussion). Two, by inserting a stopwatch into the equation, a competitive environment is created. The time relationship with the workout becomes a measure often thought of as a score. Scores being associated with sports now lend playful drive instilling a sense of motivation to the participants. *Welcome to the world of CrossFit, the sport of fitness.*

Generate similar workouts through the week. Try to stay a week of programming ahead, so that each day's task is prepared and ready to be executed. Be creative; try generating something new for each day by varying the time projected to complete, the movements, the relative difficulty and any other aspects that randomize the routine. Make it fun; treat the workouts as a game, something to look forward to. It should be an oasis from school or work where you are in control of every breath and movement. Remember that the energy applied to the workout is directly related to the improvements gained on the court.



CROSSFIT DURANGO

For additional information or questions email crossfitdurango@gmail.com or visit www.crossfitdurango.com. CrossFit Durango would love to help and enjoys receiving questions. Further informative sites include www.crossfitkids.com and www.crossfit.com.

About the Author: Jacob Nester is an owner, trainer and CrossFitter at CrossFit Durango. His certifications include CrossFit Level 1, CrossFit Kids, CrossFit Gymnastics, Hardstyle Kettlebell, and USA Weightlifting. His educational background is Engineering-Physics and experience includes over a decade of training and gym management. He lives in Durango, Colorado with his wife Katie and son Lucas.

PARENTAL WAIVER: REQUIRED FOR PARTICIPATION IN CROSSFIT CLINICS AT FCVBC

PERSONAL INFORMATION

Name: _____
Date of Birth: _____
Address: _____
City/ST/Zip: _____
Phone # () _____
Email: _____
Emergency Contact: _____
Phone# () _____
Work phone # () _____
Emergency Contact is: Parent - Spouse (circle one)



Waiver and Release of Liability for CrossFit Durango
111 West College Dr.
Durango, CO 81301

Express assumption of risk:

I, the undersigned, am aware that there are significant risks involved in any physical training regimen. These risks include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, injury or death due to improper use or failure of equipment. Injury may also result simply from the fact of physical training itself. By its very nature, physical training seeks to have me push beyond my limits in order to produce a physical adaptation by my body. This requires feedback from me to my trainer regarding what is happening with my body. Excessive work can result (in rare cases) in rhabdomyolysis. I should look for signs of excessive soreness, darkened urine, and pain in the kidney areas in the days following a particularly intense workout. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s). I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while training with CrossFit Durango at any and all locations. I, the undersigned acknowledge that I have no physical impairments or illnesses that will endanger myself or others.

Participant Initials: _____ **Parent/Guardian Initials:** _____

Release:

In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities available at CrossFit Durango, I, the undersigned hereby release CrossFit and CrossFit Durango, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect. If I am signing on behalf of a minor child, I also give full permission for any person connected with CrossFit Durango to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.

Indemnification:

The participant recognizes that there is risk involved in the types of activities offered by CrossFit. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CrossFit and CrossFit Durango, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by CrossFit. I understand that any photographs taken of me by CrossFit Durango can be used wholly or in part for editorial or advertising purposes. By signing this form, I give up all claims of ownership, income, and editorial control of said photographs and I assign all copyright ownership to CrossFit Durango. Use of photographs may be granted to third parties; however, the photographs will remain the property of CrossFit Durango. I hereby grant CrossFit Durango full copyright and authority to publish the photographs. I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.

Printed Full-Name of participant: _____
Signature of participant: _____
Date: _____

PARENT/GUARDIAN INFORMATION

(if participant is under 18 years old)

Name of Parent/Guardian: _____
Signature of Parent/Guardian: _____
Date: _____



BRING BOTH PAGES OF THIS PARENTAL WAIVER TO THE MONDAY, JANUARY 3, CLINIC REQUIRED FOR PARTICIPATION!

WWW.CROSSFITDURANGO.COM



FCVBC Practice Protocol

1. WHAT WE DO NOT BRING TO PRACTICE:
 - a. No Cell phone: Please turn it off at the door. Our coaches do not want to compete for your attention while on team time.
 - b. No Gossip
 - c. No visible jewelry: We recommend taping any belly-piercing underneath practice shirt.
 - d. Avoid Negativity
2. WHAT WE DO BRING TO PRACTICE:
 - a. FCVBC Practice T-shirt is worn for all practice sessions, scrimmages.
 - b. Conservative playing shorts
 - c. Court shoes
 - d. Water bottle
 - e. Knee pads
 - f. A GREAT ATTITUDE!
 - g. Pursuit Rule and Leadership Creed
3. EQUIPMENT RULE: The team is responsible for equipment-IN and OUT. Arrive ready to assist your coach in practice prep. Please do not leave practice without making sure the equipment is in its designated place, and your team's coach has his/her team equipment accounted for.
4. INVESTMENT RULE: Always REPEAT-CALL the ball. Always SUPPORT your teammate. Always COVER your attacker. At FCVBC, every player invests in every contact, even if she is not directly touching the volleyball.
5. PURSUIT RULE: FCVBC adheres to the philosophy of "Relentless Pursuit," as it serves as a cornerstone of team strength and character. This Pursuit Rule is not optional, as it is demanded by the game of volleyball.
 - a. Novice players will learn to pursue safely and consistently through coach direction and supervision.
 - b. Intermediate and advanced players will take their defensive skill base to the next level through organized challenges, and a no nonsense approach to work ethic.
6. SHAG RULES:
 - a. Please, do not throw balls to the ball cart, or at a coach.
 - b. Rather, please Carry-Run the balls to the cart and/or coach.
 - c. Shag your own balls: Please do NOT interrupt other players in order to shag your ball.
 - d. Peppering partners shag their ball together, while running, not walking.
7. LEADERSHIP CREED:
 - a. No sitting or walking, unless it is Coach-Designated. "HUSTLE!" means exactly *that*.
 - b. Never leave a court unexcused by the coach. If there are any players on-court at work, then you are, too. Support them by being attentive to their needs: hustling balls, encouraging their efforts, and being available to your coach. Your teammates will return this courtesy when you are on-court.
 - c. No swearing or ugly faces: exercise control. Any overt display of displeasure or frustration will not be tolerated. We cannot afford losses of emotional control during competition. We compete how we practice.
 - d. Volleyball is a game of adjustment, unpredictability and pressure, and the successful players learn to adjust to these pressures.
 - e. No one player is indispensable.
 - f. When a player ceases to learn, she starts downhill. We are ALWAYS positioned to learn, and our FCVBC Coaches are poised to assist our players in the learning process. Be inquisitive, open-minded, and forward-looking, as you take on new challenges.
 - g. Team success is in direct relationship to individual sacrifice. All players may be asked to play positions they are unaccustomed to: Learn the new positions, as they enable you to diversify your skills and become more marketable to coaching staff.
 - h. FCVBC Members and Coaches mutually accept that to improve, we must work on our weaknesses. Turn them into strengths by taking them head on in your daily practice regiment.
 - i. TEAM MEETINGS = PRACTICE. Practice is the best Team Meeting there is.
 - j. Hustle and desire will sometimes compensate for ability level(s).
 - k. Every player can make a definite contribution to team success.
 - l. If a player is too small for constructive criticism, she is too small for praise.
 - m. The INDIVIDUAL goal should be to become the best volleyball player you are capable of being and the TEAM goal is to become the best team we are capable of being. Leave every practice a stronger player than when you arrived.
8. GYM GUEST RULE: Each player is responsible for picking up garbage. Do not leave anything for coaches, or our tournament hosts to find. It's the right thing to do.



TRAVEL, HOTELS and the MASTER CALENDAR

OUR "NEWS" WEB PAGE:

FCVBC has three primary way of communicating with our families throughout the region: FCVBC Coaches, FCVBC Web Site, and our Court Talk eNewsletter.

All the information pertaining to Travel Itineraries, Hotel Reservations, Monthly Practice Schedules, and Special Events will be posted on our "News" web page:
<http://fourcornersvolleyball.org/news.html>

We will also email you the Court Talk eNewsletter every 2-3 weeks, with key updates, changes, volunteer requests, or "anything club."

HOTEL RESERVATIONS and TEAM ROOMS:

There are deadlines to book reservations at our "Host Hotels," which are quickly approaching! Be sure to book early, as our room blocks often fill. Take advantage of great rates!

If your daughter is NOT traveling with a parent/guardian and needs to stay in a Team Room, please RSVP her TEAM ROOM SPOT to us at CoachT4U2@aol.com. We will coordinate final cost, chaperone, transportation, and details as tournaments begin to approach.

**TEAM ROOM RSVP DEADLINES & RESERVATIONS DEADLINES
ARE THE SAME DATES NOTED ON OUR NEWS WEB PAGE.**



Colorado Crossroads

Junior National Qualifier and Crossroads Select Tournament

PLEASE BOOK YOUR COLORADO CROSSROADS HOTEL RESERVATION IMMEDIATELY: FCVBC IS REQUIRED TO FILL 75% OF EACH TEAM'S ROOM BLOCK FOR TOURNAMENT ACCEPTANCE. ALL RESERVATIONS INSTRUCTIONS ARE POSTED ON OUR NEWS WEB PAGE: Do not call hotel directly.

DEADLINE: JANUARY 26, 2011

RECIPE for SUCCESS



GREAT KIDS / GREAT FUTURES

Ingredients For Court:

1 heavyweight volleyball
1 volleyball net
2 iron posts
2 post cushions
2 antennae
1 hardwood court

Ingredients For Player:

1 girl
1 ton of guts
2 quarts leadership
1 loud voice
1 comfortable fitting jersey
1 pair of court shoes
6 gallons of commitment
1 lb. of aggression
1 pair of heavily worn kneepads
1 pair of knee high socks
1 pair of spandex

Step 1:

Place two iron posts into holes in the ground of the hardwood court. Attach the ropes that are on the net to the iron posts, then crank until the net is 7'4" in height. Place two antennae perpendicular to the sidelines painted onto the hardwood court. Velcro the two pole cushions around the posts to prevent injuries.

Step 2:

Slowly mix together the ton of guts, 6 gallons of commitment, 1 lb. aggression, and 2 quarts of leadership. Next, pour the mix slowly into the heart of one girl. Finally, add the one loud voice to the girl.

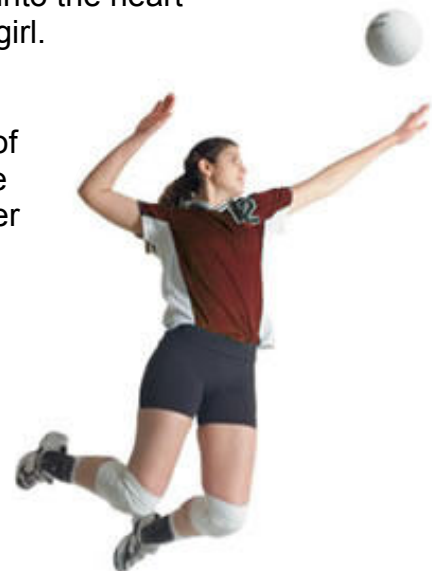
Step 3:

Place one comfortable fitting jersey and one pair of spandex around the girl. Add the one pair of knee high socks. Fit the kneepads and court shoes over the socks and tie the laces of the shoes.

Step 4:

Place the girls on the court made in Step 1.

www.volleyballusa.org



HOUSEKEEPING Notes

Great
Kids...
Great Futures!




Player Kits and Smack Sportswear Uniforms are on route. Gear will be dispersed to each team, once items arrive. Expect your gear between January 13-16.

Welcome,
Pagosa Peaks!

WELCOME ABOARD, PAGOSA PEAKS!

Led by FCVBC Coaches, Jen Pitcher and Shane Lucero, Pagosa Springs is continuing it's satellite program. Pagosa Peaks hosts two club teams in the 14U & 17U Divisions. Pagosa Peaks shares our tournament schedule, and Monday Night Clinics! Please be sure welcome our sister-teams!

A/M
Photography

Team and Individual Pictures will take place the week of January 17-23: Your FCVBC Coach will hand out Order Forms in advance, including time/location of individual and team pictures (sessions tagged to team practices).



Your Fort Lewis College Lady Skyhawks are partnering with FCVBC during Sunday afternoon practices! Skyhawks will rotate teams on a monthly basis.



Your FCVBC Coach will hand out OPTIONAL Kaboom Klub Informational Kits on Sunday, January 9. Fundraising continues through Monday, February 7, ESC, 630-830pm at the Kaboom Klub Spike-A-Thon (Durango & Farmington)



FCVBC is proud to announce the our Diggin' It In Durango has SOLD OUT three months in advance: 60 teams confirmed; However, we may open entries up to 76 teams. Hold onto your hats!



Team
Contact
Lists

Did you receive your Team Contact List? FCVBC emailed all member families prospective contact information of coaches, players, parents. Let us know if you did not receive one.

CROSSFIT DURANGO

NEXT CROSSFIT SESSION:
Monday, February 14, ESC, 630-830pm



*Welcome
to the 2011
Season!*