



St. Philips Volleyball Club

Newsletter 2023/24



Location: Anglian Leisure, Netherhall Sports Centre, Queen Edith's Way, Cambridge, CB1 8NN
Contact us: committee.spvc@gmail.com



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Club Chair's Notes

by Mitesh Patel

It's my first season as Club Chair, and it's been a joy to see so many people attending training, upskilling themselves and gaining confidence, providing some brilliant gameplay at training and especially at county league matches.

One of the key goals of the executive committee this season was to evolve the club. This was achieved through increased membership and training days, an improved finance system with use of online banking, the introduction of a women's team to join the county league and some equipment improvements i.e. kit tops for county league team members and new volleyballs.

The executive committee and I thrive to evolve the club further with improved digital footprint (such as Instagram). We would like to create our own improved website, containing the latest club data and information, which will hopefully lead to securing sponsorship(s); this will help reduce other high burden costings we subsidise through our membership currently.

I would like to place a special mention to our coach, Hamid Sanami. Not only did he found this club back in 1978, but he is still dedicated to the club, and all on a voluntary basis. St. Philips Volleyball Club and the Cambridge Volleyball Association (CVA) are very lucky to have such a dedicated, committed and thoughtful coach and CVA Chair.

In addition, I would also like to thank all the volunteers who helped during match days (as scorers and line referees), as well as those who took on refereeing duties during county league matches, and of course all the loyal supporters of the club who tirelessly cheered us on during our matches. Go Pips!

Thank you to all members of the club for your continued support and attendance. Please continue the good work and I look forward to seeing you all at future events.



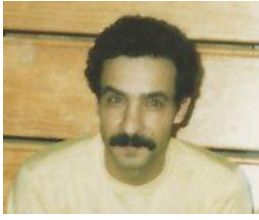
Fixtures Secretary's Notes

by Carrie Hodgson

Keeping this short and sweet(!), I want to say a huge thank you to those who signed up for matches ensuring that we did not have to forfeit any games. There are only a few matches left of the 2023/2024 season, so let's go Pips!

Team	Pd	W	L	SF	SA	PF	PA	Pts	FF	SS
Bury (M)	15	12	3	39	12	1207	972	66		
Newmarket	12	11	1	34	9	1059	774	54		(-3)
Rhinos1 (M)	15	7	8	29	29	1236	1260	51		
CVC2 (M)	15	8	7	25	25	1076	1053	48		
Stowmarket	13	9	4	28	19	881	950	47	(-3)	
CVC1 (M)	13	7	6	26	19	1005	882	46		
Rhinos2 (M)	14	2	12	15	36	916	1043	31		
CVC Mixed	12	3	9	12	33	841	1031	27		
St Phillips (M)	13	2	11	8	34	682	938	23		

Team	Pd	W	L	SF	SA	PF	PA	Pts	FF	SS
CVC1 (W)	11	11	0	33	1	847	400	55		
Rhinos1 (W)	11	8	3	26	14	860	648	45		
Bury1 (W)	11	6	5	23	17	842	714	40		
Bury2 (W)	12	5	7	19	22	776	809	36		
CVC2 (W)	9	6	3	20	14	685	611	35		
Rhinos2 (W)	10	2	8	7	24	451	705	19		
St Phillips (W)	12	0	12	0	36	326	900	12		



Coach's Notes: Season 2023-24 round-up

by Hamid Sanami

It is a pleasure to be part of this old club (established 1978 and one of the founder members of CVA) - coaching such great players and making so many good friends. I have to say I love seeing you all smiling and following my coaching every

Monday and Saturday, especially when I try to teach you a new technique and see your confused expressions! I enjoy it so much.

At the start of the season we had a few new members, all with different abilities, but you guys blended in and helped one another. It made a big difference and helped give others confidence.

St Philips Volleyball Club was set up to give an opportunity to all, regardless of ability. We offer a welcome to everyone as long as they want to try this beautiful non-contact sport and enjoy doing it. I am sure you have all come across other clubs' players during matches and have seen the difference between them and us. This is because they mostly want to attract people who already know how to play, and are not that interested in giving everyone a chance. This attitude has been a bone of contention for me in this league.

I want to make it clear to all that everyone in this club has value and is respected regardless of ability. As far as I am concerned, participation is the most important thing, and this can give everyone greater confidence. You can all see how we have improved since the start of the season. I loved to hear your feedback on match highlights and your reactions to how the matches have gone and how you did well, winning every point in your opinion was a great achievement, well done to all.

I must also say thank you to all our supporters for keeping us going for another year. Without you guys we would not be here.

- Thank you, Women's team.
- Thank you, Men's team.
- Thank you to committee members (Carrie Hodgson and Mitesh Patel).

Lastly, I want to say thank you to Carrie Hodgson and Mitesh Patel. Without them none of this success would have happened. They have worked so hard and have made my job so much easier, I have had nothing to sort out except the coaching and telling players what to do.

There is one other thing I want to mention, and this is not a criticism. I know we all have lives outside volleyball, but I hope that some members will think about showing a little bit more commitment to the club, which will go a long way in helping us achieve greater things.

Wishing you all the best. I hope to see most of you in the 2024-25 season.

Captain's Log (Men's Team)

by Mitesh Patel

Win	2	Loss	12
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We had a strong contingency of players at the start of the season, which aided the team bonding a lot more. After Christmas this seemed to have dissipated, however the spirit of the team ethos was still present. I would like to thank Beatrice Kpaku and Rogie De Leon, as they stepped in from the women's team to join the men's team when there were insufficient players signed up.

One aspect of the team that is consistent is no matter what strength the opposition is, we put our heads together to make the best of the situation and put on our best performance.

Though the losses outweigh the number of wins overall, there were many sets that we played with close calls against some strong oppositions.

There were some stand out players worth mentioning as Player of the Match on several occasions, such as Joel Henson, Ashley Sawle, Kai Jie Chow, Martin Weber, Jake Templeman, Haran Sivapalan, Sheffin Joseph and Rogie De Leon.

I would like to give a huge shout out to our supporters, you know who you are. With your presence, this helped the team hugely with their performance and was well appreciated.

Next season's thoughts are to consider having two men's teams and one women's team, but that is still under executive committee decision, and depends on whether there is sufficient interest from the membership/club to pursue this. Any thoughts, please contact committee.spvc@gmail.com.

Captain's Log (Women's Team)

by Carrie Hodgson

Win	0	Loss	12
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I am hugely proud of the women's team for their dedication this year to upskilling themselves and moving us from a group of players who had mainly only played on a social basis to what we now are - a club team.

Without fail, the majority of the team turn up to training each week and I can only commend everyone's dedication and attitude during these sessions.

We may have lost all of our games, but this isn't a true reflection of our performance - we are getting better and better, and our confidence has grown so much. Our game against Bury Bobcats 1 a few weeks ago saw us playing possibly the best we have ever played; we gave a strong opposition a real run for their money and had some epic rallies. After the match, the two referees from Rhinos 1 came over and congratulated us on just how much we have improved over the last few months.

A huge thanks has to go to our coach, Hamid Sanami, as well as our stand-in coach, Mitesh Patel, who attended every single match and is our biggest supporter.

A special thank you needs to go to Sara Leitman. Without her determination to form a women's team, we would not be here!

I want to thank all you ladies for your support. It's meant so much to me, especially as it was also my first time playing for a club team. I couldn't ask for better team mates.

Roll on the next season... I can't wait to see what we can achieve in the 2024/2025 women's county league!

Other Highlights

<h3>Instagram</h3> <p>We are on Instagram! Please follow us to see this season's pictures/videos once they have been posted. From next season, we hope to post videos and pictures on a more regular basis.</p> <p>Our handle is: @spvc_cambridge</p>	<h3>Grade 4 referee course success!</h3> <p>Congratulations to Ashley Sawle and Mitesh Patel for completing and passing their Grade 4 referee course.</p> <p>They can now be appointed as registered referees to officiate county league matches.</p>
<h3>AGM notice</h3> <p>Date: Monday 20 May 2024 Time: 20:00 – 22:00</p> <h4>Agenda</h4> <ul style="list-style-type: none">● 20:00 – 20:30: AGM official business (incl. summary of season by Chair, Fixtures Secretary and Coach, and prize-giving)● 20:30 – 22:00: Gameplay/tournament <p>I would like to invite everybody to join us at our last event, where the first 30 minutes will be taken up for official business with prize-giving, and the remainder of the session will be gameplay. Friends and family are all welcome.</p> <p>Kind regards,</p> <p>Mitesh Patel Club Chair</p>	<h3>Sub-committee role vacancies</h3> <p>If you're interested in one of the sub-committee roles, please contact committee.spvc@gmail.com</p> <h4>Marketing</h4> <ul style="list-style-type: none">● Main role will be to update the club Instagram account with the latest pictures/videos from matches and training sessions.● Look out for other opportunities to get sponsorships/funding.● Will report to the Executive committee. <h4>Website</h4> <ul style="list-style-type: none">● Main role will be to create and maintain new club website with the latest data, pictures, videos, etc.● Will report to the Executive committee.
<h3>New volleyballs</h3> <p>The club has acquired new FIVB approved, official Olympic competition volleyballs, Mikasa V200W.</p> <p>Interesting fact: Volleyball had a dainty name: Mintonette. This is because it was like badminton ("minton" later turned to "mintonette"). It was renamed "volleyball" by another educator, Alfred S. Halstead, because the ball was volleyed back and forth. Halstead is credited for popularising the sport.</p>	<h3>Coach's corner...</h3> <p>Hamid Sanami, our volleyball Coach, came to Cambridge in 1976 and bought his bicycle from the old bicycle shop on Hills Road for £7.50.</p> <p>On his retirement gathering he went to the same shop (now a restaurant with very nice food) and found out Charles Darwin bought his bicycle from the same shop.</p> <p>So Hamid and Charles have something in common, although Hamid is the only one who can say he ate there once it became a restaurant!</p>
<h3>Members highlights</h3> <ul style="list-style-type: none">● Congratulations to Sara Leitman and Patrick Frost on their marriage, and they're expecting a new baby too.● Congratulations to Walid Romdhane and Charlotte on their new baby.	

