



# St. Philips Volleyball Club

Newsletter 2:  
December 2024



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## Club Chair's Notes

by Mitesh Patel

We started off the season with two key goals which were to focus on maintaining the good work we started last year with an organized training setup, and encourage our players/members' commitment to the club through regular training and performing to the best of their ability during matches.

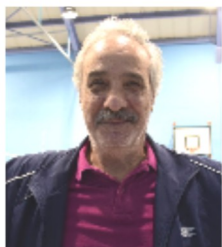
Currently we have 51 registered members to the club, of which 23 are gold members and part of the teams representing the club at the county leagues. We have continued the setup as last year, where Monday training is open to all membership types, welcoming any new members and walk-ins. On Saturdays, when there isn't a home match taking place, we have gold membership training only. This has helped team members get more opportunities to gel with their teammates, improve their skills and apply strategy improvement to the game.

It is very heartwarming to see commitment from our members not only at training but also making additional efforts to help support during referee matches, and as home/away match support, where we have scoring, line refereeing and a much louder voice both on court and on the sidelines. Our opponents are more aware of our presence now compared to previous seasons. I look forward to seeing more of these efforts in the new year with even louder voices present!

Financially we are in the black still, where we had enough in the kitty to contribute to new customized kit tops for the new team members of the club.

We continue improving our digital platform, starting the season with launching our new website. During the season we had the fortune to welcome our first sub-committee member and social media volunteer, Nicole Mak, who has a very exciting plan on how to improve our digital presence on Instagram.

I would like to thank the committee for their continued hard work on running the club and encouraging good volleyball for all members. I'd like to thank all the players for all their hard work thus far and to continue their great efforts in the new year. I'd also like to thank all our volunteers; you all make the events more enjoyable and indirectly make the club very organised and professional. Go Pips!



## Coach's Notes

by Hamid Sanami

The best news for all you good players is that you are in the oldest club in Cambridge. You can be proud that our club was there at the foundation of the local league and the county league. Our history goes back to 1978 when we started at St Philips school, when the charge for 1½ hours was £1.00 a night, collected in cash.

We were very much involved in the sitting/wheelchair format, and I am very proud to see so many of those members still involved as adults. I hope the new generation like you, good people, will carry on our legacy going forward.

It has been a great pleasure to be amongst you wonderful players. I look back to when we started, with a mixed bunch of players with varying abilities, but with your dedication to this sport you have kept positive and have moved in the right direction.

I want to say again that as you all know this sport is very much a team game, and once the players are on court you all need to support each other and encourage your team as a body in a positive way. This will produce good results, as I saw when I was watching the ladies' matches. I have to say I am very proud of you all. I am also very proud of the way the game is played in training, with every one of you supporting each other. This should be the same in matches.

We have lots of good men players, but we need to work on team spirit - gelling together and supporting and encouraging one another. Don't take this as a criticism but just remember that once you are out on court you can't play as a one-man band.

I also want to say thank you to you all for your help and patience at training. I am fully aware that I get carried away sometimes but trust me, I can see you all are capable and fit, and I like to get the maximum output if possible.

I am not going to single out anyone for their abilities, as you have all come a long way and I can see each one of you wants to do well. Believe me, if I am picking on any players, I am only trying to correct their approach. Please accept this as I do care, so don't get upset if you sometimes find yourself left out.

I would just like to single out two of our committee members, Mitesh Patel and Carrie Hodgson. They have both been carrying the St. Philips flag high. They have worked hard and have taken a lot of work off my shoulders. It has been a real pleasure to just focus on coaching duties and not worry about other hard work like organising the events behind the clubs' activities, and making sure the fixtures run smoothly. They have just been great, and I would like to send them all a big thank you note.

My final point, which I really appreciate, is that it is clear that some members have really put their hearts into this club. I am so very grateful for their support and help. Anyone who comes here can see this, so please accept my humble appreciation for helping to run the club and for giving positive feedback and advice too. You may think it is only a little thing, but it does go a long way and I really do appreciate it.

I wish you all a merry Christmas and the best to us all in 2025. Have a good year!



## Fixtures Secretary's Notes

by Carrie Hodgson

This season, we have been able to enter a second men's team due to the addition of a second division in the men's county league. This takes the total number of Pips teams to three!

So far, our Men's 1 team and our Women's team have each played 3 games, whereas our Men's 2 team have already played a whopping 5 games!

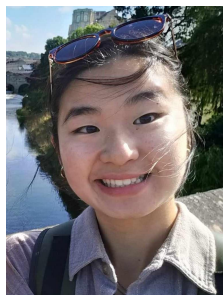
All teams are beginning to bond as we get to know our new teammates, with some great rallies and plays seen.

Both men's teams have had a solid start although the scores haven't always reflected the efforts they have made or how close the sets have been.

The Women's team has settled in well and already have a win under their belt! Thanks to Maike Steindel and Silvia Glont for the new routine when we get on court and for the team huddle/cheer after each point.

Our Men's 2 team has one last Cup match before we finish for Christmas, so if you're free on Thursday 19 December, 8-10pm, come along to Netherhall and support our team.

Have a great break and roll on 2025 for more training and matches!





## Social Media Notes

by Nicole Mak

Pips is a welcoming, inclusive, and fun club, and I'm excited to showcase this through our social media. I look forward to documenting matches and celebrating the team's hard work and achievements. If you have any ideas for our social media, feel free to message me on Spond, or I'm happy to chat in person!

## Other Highlights

<p style="text-align: center;"><b>New Website:</b> <a href="https://spvc-cambs.co.uk/">https://spvc-cambs.co.uk/</a></p> <p>We launched our new website at the beginning of the season. It has a modern look, easy navigation and gives you all the latest information about the club and calendar of events.</p>  <p>Feel free to share the information with friends and family.</p>	<p style="text-align: center;"><b>Referee Grade Level 4 Pass</b></p> <p>Congratulations to Carrie Hodgson for completing and passing her Grade 4 Level Referee course.</p> <p>She can now be appointed as registered referee to officiate county league games.</p> <p><b>Player Highlights (Past and present)</b></p> <ul style="list-style-type: none"><li>• Congratulations to Sara Leitman and Patrick Frost on their baby girl, Violet.</li><li>• Congratulations to Jeremy Lee on his recent marriage.</li></ul> <p>If you have any highlights to share for future newsletters, please let us know at <a href="mailto:committee.spvc@gmail.com">committee.spvc@gmail.com</a>.</p>
<p style="text-align: center;"><b>Sponsorships and Donations</b></p> <p>Interested to sponsor or donate to our club? Please contact us on <a href="mailto:committee.spvc@gmail.com">committee.spvc@gmail.com</a> for further discussion.</p> <p>Alternatively, we have a new easyfundraising page:</p>  <p style="text-align: center;"><a href="https://www.easyfundraising.org.uk/causes/st-philips-volleyball-club">https://www.easyfundraising.org.uk/causes/st-philips-volleyball-club</a></p>	<p style="text-align: center;"><b>Instagram: @spvc_cambridge</b></p> <p>We have started to live streaming our games and add snaps of our matches, team and socialising pics.</p>  <p style="text-align: center;">Come like, share and follow us!</p>
<p style="text-align: center;"><b>Sub-Committee Role Vacancies</b></p> <p>If you're interested in joining us in the sub-committee role, please contact <a href="mailto:committee.spvc@gmail.com">committee.spvc@gmail.com</a>.</p> <p>Website volunteer</p> <ul style="list-style-type: none"><li>• Main role, to create and maintain the website with latest data, pictures, videos, etc.</li><li>• Reporting to Executive committee.</li></ul>	<p style="text-align: center;"><b>Volleyball Facts</b></p> <p>The 3-hit rule which states that players in one team can only hit the ball three times was introduced in 1920. This helped increase the momentum of the game and improve its action. Since the hits are limited, players must handle the ball in the best ways possible so they can score.</p>

Pictures of Season 2024/25....so far...

