



St. Philips Volleyball Club

Newsletter 5:
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Club Chair's Notes

by Mitesh Patel

The beginning of the 2025 season started with a lot of optimism, where we had a 85% return of our Gold members. Currently, we have a total of 66 members (consisting of players, volunteers and supporters), with on average 30 members attending Senior Club Monday's, 10 attending Junior Club Wednesday's and 17 members attending Senior Club Saturday training sessions. Our men's team had a guest invite to the Norwich Volleyball Association (NVA) Eastern Regional Tournament (NERT). NERT was an eye opener to experiencing playing different high level opponents, which gave our team inspiration of what to look forward to and what to expect from our future training sessions.

This season, the executive committee focussed on our two key goals:

1. **Improve training programmes through effective feedback loop.** Through regular feedback from participants via Spond app as well as verbal, the head coach and I, through my assistant coaching role, have been collaborating more, producing detailed session plans based on feedback, ensuring participants are being heard & treated as valued members of the club. The dedicated Saturday training session has been very valuable, for additional refining of skills. With continued attendance of all training sessions, our participants show their improved skills, converting into exciting gameplay, where opponents are viewing us as a team to beat.
2. **Junior Club**, led by Hamid Sanami. This has taken off very positively, having regular attendance of junior members, who all are having great fun attending the training sessions. We're still looking for opportunities to have our members compete too.

As an aside, I hold the role of Club Welfare Officer (the initial point of contact for anyone (members, parents, coaches, volunteers) to report concerns about welfare, poor practice, or abuse). If there are any concerns, feel free to approach me in person or via email where I will do my best to be helpful.

Also, as I'm working through the head coaching course, stepping down from my club chair role temporarily, where Maike Steindel will be stepping in until my course has completed.

I would like to thank the committee for their continued hard work on running the club and encouraging good volleyball for all members. Thank you to all the participants for all their hard work thus far and please continue your great efforts in the new year. Finally, thank you to all our supporters and volunteers; you all make the events more enjoyable and indirectly make the club very organised and professional.

Happy Holidays! Go Pips!



Treasurer's Notes

by Maike Steindel

Following in the footsteps of my dad, who's been taking care of the finances at our local tennis club back in Germany for over 30 years (i.e. since before my time), I'm excited to step into the treasurer role here at St Philips Volleyball Club. My mission is to help keep our club both community-focused and affordable, while making sure we stay in good financial shape.

I'm happy to share that we're currently on track to finish the 2025/2026 season comfortably in the black! That means we can start thinking about how to invest a little back into the club next year - maybe some new training gear, extra sessions, or a fun social event or two.

I'd love to hear your thoughts on what would make the biggest difference for you.

Looking forward to seeing what the rest of the season brings!



Fixtures Secretary's Notes

by Carrie Hodgson

This season, Pips were able to enter two men's teams and one women's team.

The men's 1 team have played three games, with two wins and one loss. The men's 2 team and the women's team have each played four games, but sadly with no wins yet. There are plenty of games coming up in 2026, so we'll all be trying our best to get Pips some more victories!

There is one game left before Christmas. Today, the women's team will be taking on CLVs. This is a home game and we would love for there to be lots of supporters on the sideline cheering us on!

Wishing you all a merry break, and we'll see you at training on Monday 5 January 😊



Coach's Notes

by Hamid Sanami

To all dear members of St Philips Senior and Junior Volleyball Club, I wish you all a wonderful holiday season and a Happy New Year. My sincere thanks go to our dedicated committee members - Mitesh Patel, Carrie Hodgson, and Maike Steindel - for their hard work over the past months.

Reflecting on Unity and Growth

The spirit within our club changes from year to year. While last year was defined by cohesive growth and mutual encouragement, this year has presented challenges in maintaining absolute unity. Ensuring every member prioritizes the team's collective success over individual interests remains a key focus for our leadership.

The Power of Teamwork and Respect

We have many members who give 100% effort to the club. To maintain a positive environment, we must uphold high standards of sportsmanship, including respecting all coaching decisions regarding line-ups and strategy, which are always made in the best interest of the team's success.

Our junior members serve as a fantastic example, consistently displaying admirable teamwork, mutual encouragement, and focus on cooperation. Their team spirit is a true highlight and a valuable lesson for all of us.

Looking Forward Together

To ensure clear communication and effective play, all members are requested to focus on their assigned roles on the court during training and matches. This allows the coaching staff to manage strategy effectively.

These comments regarding conduct are directed at a very small minority. My utmost respect and appreciation go out to the vast majority of members who consistently give their best effort. Your dedication is the true foundation of our club.

Your Voice Matters

As we plan for the future, we invite all club members to share their opinions and ideas on how we can continue to grow St Philip's Volleyball Club in a positive, inclusive, and successful direction. We look forward to a successful year ahead, powered by unity and a shared passion for the game.

All the best and let's have a strong start to 2026!

Other Highlights

New YouTube channel

<https://www.youtube.com/@spvc-cambs>

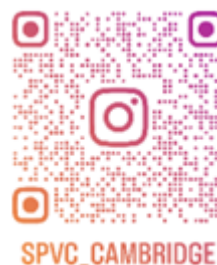
We launched our new YouTube channel at the beginning of the season. We're primarily uploading videos of our matches and soon to show live streaming of matches too.



Like, comment, share and subscribe to our channel.

Instagram: @spvc_cambridge

View photos of our matches, team and social events



Like, comment, share and follow us!

Sponsorships and Donations

Interested to sponsor or donate to our club? Please contact us on committee.spvc@gmail.com for further discussion.

Alternatively, we have an easyfundraising page:



<https://www.easyfundraising.org.uk/causes/st-philips-volleyball-club>

Player Highlights (Past and present)

- Congratulations **Beatrice Kpaku** on passing her Drivers Test (4th time lucky), purchasing her new car & her recent carol service performance at St. Barnabas Church
- Congratulations **Diogo Barqueiro** on his new job after completing his A Levels
- Wishing **Anthony Akum-Nyemi** all the best with his Masters studies

If you have any highlights to share for future newsletters, email: committee.spvc@gmail.com.

Sub-Committee Role Vacancies

If you're interested in joining us in the sub-committee role (reporting to Club Chair), please contact committee.spvc@gmail.com.

1. **Social Media** - volunteer looking after updating Instagram and YouTube
2. **Website** - volunteer maintaining club website

Volleyball Facts

The offensive styles we now know as "set" and "spike" were first introduced in the Philippines. The ball was hit high by one player and another player hits the ball sharply to land on the opponent's court. The hit is usually strong, which makes it difficult to defend. The spike or kill was called "bomba" and the spiker was referred to as a "bomberino".

Pictures of Season 2025/26....so far...

