

SOUTH HANTS VOLLEYBALL CLUB – Juniors Parent Info



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Who we are

SH Juniors

SH Adults

SH Sitting

Portsmouth
VC

Our Junior Section

- South Hants Volleyball Club is a positive and friendly environment for junior players.
- Don't worry if you know nothing about the sport – just come along and chat to other parents/guardians. We can learn together and support each other!



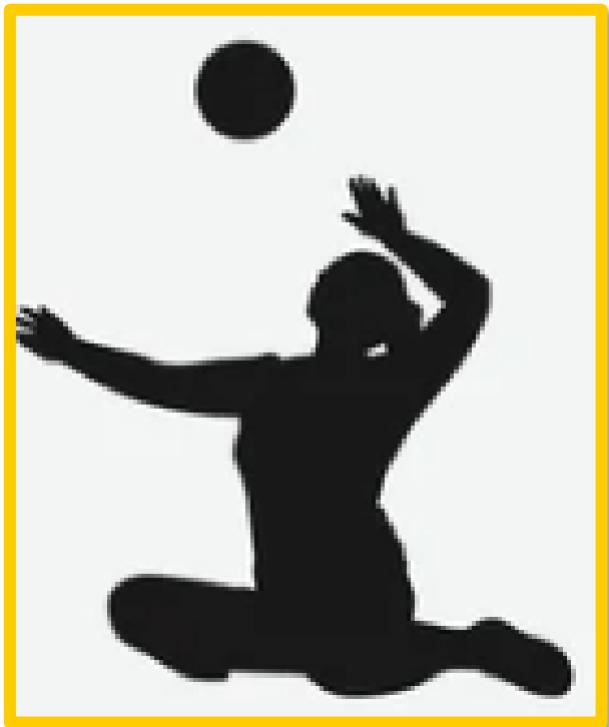
2025 - 10th anniversary of the junior section



- From 2 to over 120 juniors
- From 2 to over 15 coaches
- From 1 to 9 weekly junior training sessions
- From local games to 12 teams competing in National Juniors Competitions
- From beginners to England selected players
- From local competitions to National Bronze medal (U16 girls 2025)
- From nothing to medals galore in many tournaments



Sitting Volleyball



- South Hants Sitting Volleyball welcomes people who are disabled or not. It's a fast, highly skilled format of the game, and is sociable, challenging and a great work out!
- Players of all standards are welcome - aged 14 years and over. There is also a chance of competition via the Grand Prix series.
- Sitting volleyball can really help juniors with their indoor game as it is fast, requiring speed of movement and thought, with emphasis on communication, ball flight judgement, decision making and technical execution

Club Vision



Club Vision

South Hants Volleyball Club (SHVC) wants to establish itself as a leading regional hub for inclusive, high-performance volleyball. It wants to offer a clear and supportive development pathway for players of all ages, abilities, and formats—from grassroots to national competition.

Core Philosophy

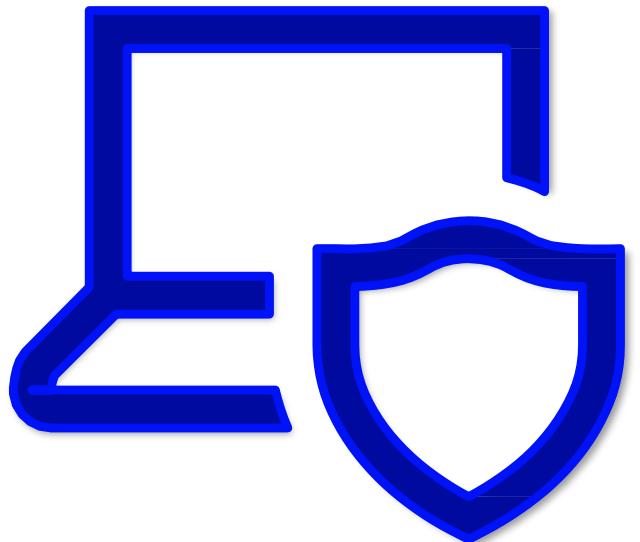
Our primary aim is to create a cohesive volleyball pathway that supports players in achieving their personal goals—whether they participate in Men's, Women's, Juniors, Mixed, or Sitting Volleyball.

Club Identity & Style of Play

SHVC want to develop a distinctive playing style, focusing on two key areas, serving and defence.

Management Committee

All positions are voluntary



Chairman – Neal Pattenden

Secretary – Benoit Royer

Development Officer – Bev Cooper

Technical Director – Nick Sampson

Treasurer – Ray Stanley

Junior Treasurer – Vierka Douch

Welfare Officer – Vanessa McAll

Club Affiliated Rep – Sitting – Richard Osborne

Parent Coordination / Grand Prix Secretary – Gillian Towler

Social Officer – Robenia West

Event Coordination – Sue Hobdey

Club Shop / Kit – Sue Hobdey

Portsmouth Ladies Rep – Kathryn Towell

Child Safeguarding



The Club believes:

- That the safety and welfare of children should always be of paramount importance, whatever the circumstances.
- That everyone with a role in working with children has a moral and arguably a legal responsibility to safeguard and promote a child's welfare particularly when it comes to protecting children from abuse.
- That special care is needed in dealing with children whose age, inexperience or physical state makes them particularly vulnerable to abuse.

A full version of the SHVC Child Safeguarding Policy is available [here](#).

Remember it is everyone's responsibility to look out for and speak for children.

If you have any concerns, please contact Vanessa McAll via the Spond App

[NSPCC - Keeping Your Child Safe in Sport](#)

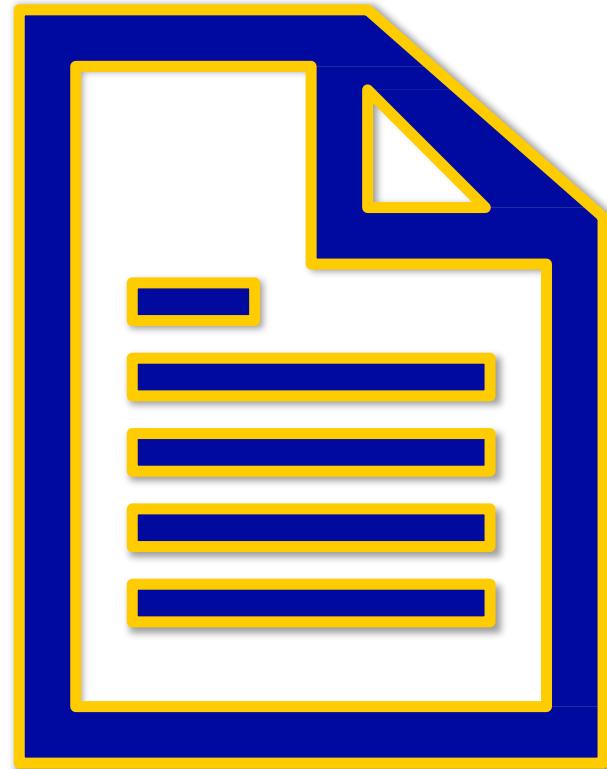
Code of Conduct

South Hants Volleyball Club is fully committed to safeguarding and promoting the wellbeing of its members and ensuring a positive and enjoyable experience for all.

As a club, we believe that it is important for all members, coaches, volunteers and parents associated with the club to show respect and understanding at all times, for the safety and welfare of others.

Therefore, members are encouraged to be open and to share concerns or complaints with the Chairperson or Secretary of the committee, so this can be escalated to the most appropriate person.

A full version of the SHVC Code of Conduct can be downloaded [here](#)



Competition Teams 2025/2026

GIRLS TEAMS AND COACHES

Under 18 Tier One – Benoit Royer

Under 18 Tier Two – Tom Jeffries

Under 16 Tier One – Stuart Wood / Benoit Royer

Under 16 Tier Two – Stuart Wood / Benoit Royer

Under 15 – Stuart Wood

Under 14 – Stuart Wood

BOYS TEAMS AND COACHES

Under 18 – Neal Pattenden

Under 16 – Blanka Wood

Under 15 – Blanka Wood

Under 14 - Blanka Wood

The teams run each year are dependent on how many juniors are registered. Players for each category need to be under the age of the category on September 1st.

All our coaches are volunteers and are paid only with appreciation and player commitment!



Competitions 2025/2026

Junior Grand Prix - Runs monthly from October to March

<https://www.volleyballengland.org/competitions/volleyball/national-junior-competitions>

Bronze, Silver & Gold Cups (U16 & U18) -schedule TBC

<https://www.volleyballengland.org/competitions/volleyball/national-junior-competitions>

Local Leagues –schedule TBC

Details on Spond

Ashcombe One Day Outdoor –June

[Ashcombe Tournament](#)

Reading One Day Outdoor –September

Details on Spond



Fees

Paid via GoCardless set up via email communication with Vierka Douch

1 training session per week = £25 per month

2 or more training sessions per week = £45 per month

10 Go Cardless payments taken through the year (no payments July/August)

Covers the cost of hall hire, equipment, competition entries, club shirts (not match shirts), insurance, trophies....

Your initial email to set up the payments via GoCardless will be sent by Vierka Douch. It is a simple process!

Coaches will liaise with parents regarding the transition between 1 session per week to 2 or more. When the monthly payment will increase to £45 per month.

Any payment issues contact Vierka Douch via Spond.

Please also review the [SHVC Financial Hardship Policy](#)



Training Schedules

Horndean Technical College – Horndean

Intermediate & beginners – Saturday 9am to 12 noon

Cams Hill School – Fareham

Under 15 & 16 - Monday 6pm to 8pm
Under 18 - Monday 8pm to 10pm
Under 18 – Wednesday 6pm to 8pm

*invites from coaches via Spond

All invites to training sessions will be posted on Spond via the Events tab. Invites to the Cams School sessions are for players involved in competitive teams and competitions. If you have any questions, please speak to the coach.

Training venues are not available in the summer due to exams, so training moves to Cosham outside. Details on Spond.



SHVC Kit



- Training Shirts – presented to new players each term
- Match Shirts – purchased annually approx. £25
- Club Hoodies – purchased annually approx. £25



Training / Match Ready!

Clothing

- Wear comfortable clothing for training

Footwear

- Proper footwear is essential for safety and performance
- Fashion-focused trainers are not suitable for volleyball
- Wear supportive trainers with good grip and laces tied properly
- Coaches can recommend appropriate volleyball shoes

Jewellery

- Jewellery is not permitted during training and matches for safety reasons
- We do not have secure storage for personal items
- Please leave all jewellery at home
- If you forget, you are responsible for the security of your items

Hair

- For safety of players, long hair must be tied back for training / matches

Fingernails

- Long / false fingernails are not advised, as they are prone to breaking and can cause injury

Hydration & Nutrition

- Fuelling for performance –A healthy and substantial meal before training sessions is crucial for energy
- Snacks: Bring healthy snacks (fruit, energy bar, sandwich) to refuel
- Water: Stay hydrated with a large, named water bottle. Drinks breaks will be enforced



Junior Volleyball Pathways in England

Pathway Level	Organisation	Key Activities
Local Club	South Hants Volleyball Club	<ul style="list-style-type: none">• Structured junior programs (ages 10-18) for all abilities• Develop skills and compete in local leagues and national competitions.
Regional	South East Volleyball Association (SEVA) https://southeastvolleyball.co.uk/	<ul style="list-style-type: none">• Enter regional talent pathway• Attend trials for regional squads (U15, U17)• Compete in national competitions like the Inter-Regional Championships.
National	England Talent Pathway - Volleyball England https://www.volleyballengland.org/	<ul style="list-style-type: none">• Identified and selected based on regional performance• Receive high-level coaching and performance support• Opportunity to be selected for England age-group squads (U17, U19) and compete internationally.

For additional development outside the club check out Volleyball England and VBDC as examples. A quick google search for volleyball camps may provide more opportunities. Also check on Spond App in the posts tab as there will be historical information available.

<https://www.volleyballengland.org/national-teams/england-talent-pathway/volleyball-futures>
<https://vdbc.co.uk/our-camps>



How to support the players / club



Turn up and support junior players!



Help set up the venue for the competition



Sponsorship of teams / events / awards



Easyfundraising – raise money for the club shopping online [here](#)



Getting your junior to training and matches on time



Make sure junior players are fully prepared for training and matches



Help organise the competitions to let the coaches coach!



Spread the word of SHVC to your community and schools

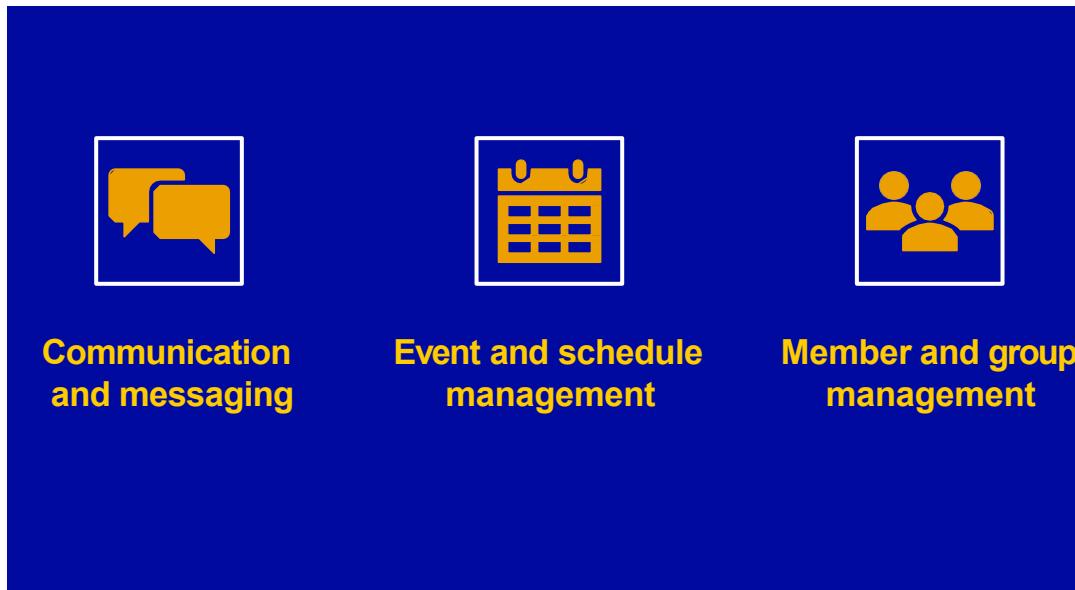
All support is welcome and encouragement matters!

Chat with other parents / guardians and find out more about the club and the sport.

If you are interested in helping out contact Gillian Towler via the Spond App.



Communication - Spond

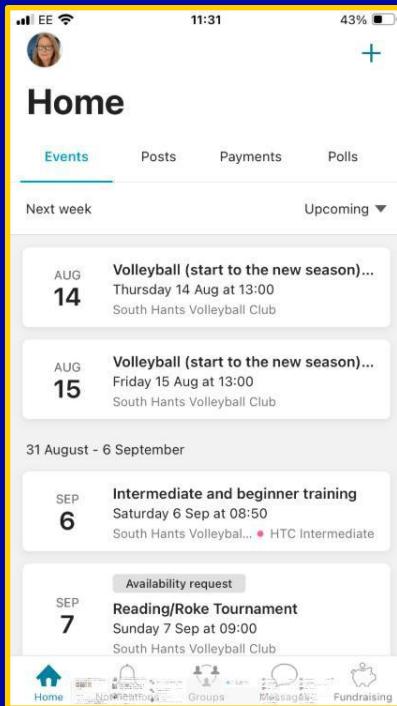


The Spond app streamlines the administration and communication of SHVC, freeing up coaches and volunteers to focus more on the sport itself and those playing it. It centralises everything including scheduling, communication and attendance, making it an invaluable tool for managing the club.

You will have been invited to join our Spond group-<https://help.spond.com/app/en/articles/130403-join-a-group>



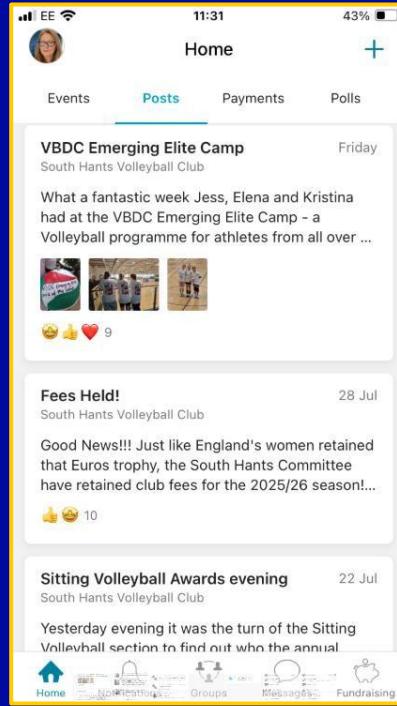
Using Spond



Event and Schedule Management:

Scheduling: Coaches and admin create and manage the full season of training sessions, matches, and other events.

Availability tracking: Players are invited to the event (training or matches) and need to select to Attend or Decline, allowing coaches to quickly see who can attend.



Communication and Messaging:

Centralised messaging: Secure, GDPR-compliant messaging.

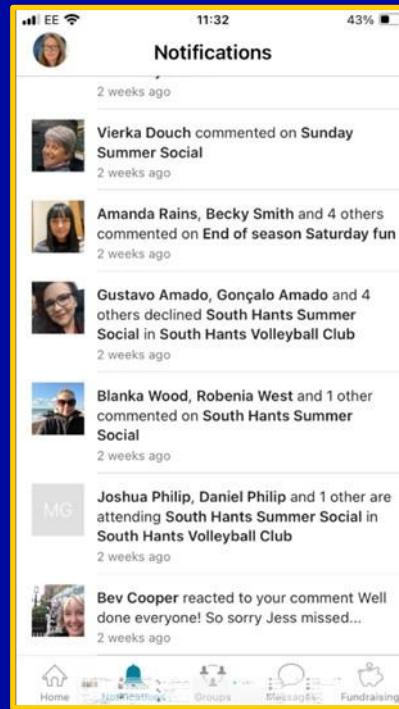
Coaches will communicate with the entire team or individual players and parents.

Please ensure alerts are switched on!

Valuable tips from Spond [here](#) and [FAQS](#).
If you need more support, pop along to the end of a training session and speak with other parents or players.



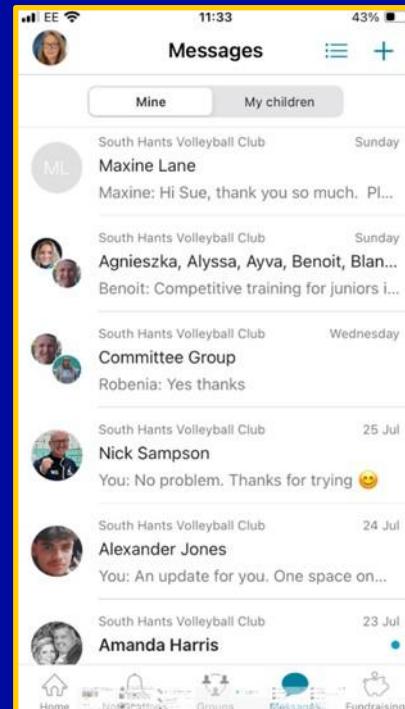
Using Spond cont.



Member and Group Management:

Player database: Stores all member information, including contact details and parent/guardian information for junior players.

Sub-groups: We create different groups for various teams (e.g., U15s, U16s) to manage communication more effectively.



If you are not familiar with Spond and feel you are missing out on messages / events let us know.

See the supported article for new children and guardians [here](#)

A good place to start is looking at the Posts tab and scroll ...



Rules of Volleyball

New to volleyball or need a quick refresher on the rules? We've got you covered! These videos offer a fun and easy-to-understand breakdown of the basics. Perfect for beginners and their parents!

<https://www.youtube.com/watch?v=OWCkPbzq81g&t=2s>

<https://www.youtube.com/watch?v=9g7nYQv-kPM&t=1s>

