



Sitting Volleyball Report 2019-2020

South Hants Sitting Volleyball Club celebrated its 10th birthday in October 19 and hosted a 2-day competition to commemorate this landmark event. Cams Hill School, Fareham, played host to teams representing Guernsey, Sitting Bucks, GB Women, Essex Pirates, Medway Icon Warriors, South Hants NVL and two teams from South Hants SVC. Day 1 saw teams play a round robin to decide who would go on to compete for the cup and shield, which took place on Day 2. The winners of the cup were South Hants SVC1, with Sitting Bucks worthy runners-up, while South Hants NVL took the shield with Medway Icon Warriors taking 2nd place in its first competitive outing.

The sudden and unexpected arrival of the coronavirus pandemic put a halt to any further sitting volleyball activity from March to the present; however, South Hants has continued to train virtually *via* Zoom, which has helped maintain fitness and ball contact, as well as aided mental health in troubled and uncertain times.

At the recent Volleyball England AGM, held virtually on 26 Sep 20, I was appointed to the role of Sitting Volleyball Lead. Amongst my key priorities is an ambition to encourage more indoor clubs to deliver sitting volleyball sessions with a longer-term view to establishing more sitting sections. This ties in nicely with VE's strategy to "Get, Grow, Keep", with focus in the short-term on getting more people interested and involved in the sport.

My final message is the same as always: if you would like to deliver sitting sessions at your club, for juniors or adults, and would like help or advice in doing so, then please just get in touch.

Richard Osborne