

WJAA

Western Japan Athletics Association



WJAA JV Girls Volleyball 2016

<http://sabers.senri.ed.jp/jv-volleyball.html>

hosted by Senri & Osaka International Schools

30 September – 1 October 2016

Canadian Academy Falcons

Hokkaido International School Huskies

Marist Brothers International School Bulldogs

Nagoya International School Dolphins

Yokohama International School Dragons

Senri & Osaka International Schools Sabers



WJAA

SENRI & OSAKA INTERNATIONAL SCHOOLS
welcome all players, coaches, and fans to the

2016 WJAA Girls JV Volleyball Tournament

<http://sabers.senri.ed.jp/jv-volleyball.html>

30 September – 1 October 2016

@ [Senri & Osaka International Schools, Osaka, Japan](#)

Players, coaches, fans:

The Sabers welcome you to [SOIS](#) in the city of Minoh in northern Osaka. Throughout its long history, WJAA has consistently produced high quality athletic tournaments featuring top level effort and sportsmanship. We anticipate that this year's high school girls junior varsity volleyball tournament will continue this strong tradition. It is an honor and pleasure to have quality teams from all over Japan together for a weekend of friendly competition. We in the Sabers community look forward to showing you some warm Osaka hospitality. Please just ask if we can help you in any way.

Good luck to all teams. Play hard, play well, play fair.

Peter Heimer

activities director, tournament director

Senri & Osaka International Schools

pheimer@senri.ed.jp

office phone: 072-727-2137

cell phone: 080-1469-3788

home phone: 072-728-7523



sabers.senri.ed.jp



The Sabers community welcomes you.

大阪へようこそ。 Welcome to Osaka.

On behalf of our two-school community, we welcome all players, coaches, and fans to Osaka and to Senri & Osaka International Schools for this year's WJAA high school girls junior varsity volleyball tournament. We look forward to some exciting, quality action. We know that the competition on the court will be intense and high level, and we also know that it will be friendly and fair.

Many of our students, from kindergarten to grade 12, will watch some of the matches. You players may not realize this, but you are role models to younger students in your schools and in ours; people observe you closely and look up to you. Please keep that in mind as you conduct yourselves on and off the court.

WJAA is a great avenue to bring people together. Camaraderie within your own team and with other teams will be an important part of the tournament. Please take advantage of this opportunity to develop positive relationships with new friends. We hope you enjoy your time in Osaka.

Many people – students, teachers, staff, parents – have worked hard to make this event successful. Please be sure to thank them if you have a chance.

Finally, good luck to all participants. Enjoy your competition, win or lose. We hope you leave SOIS with fond memories and new friends.



Ms. Mayumi Ito
head, Senri International School



Mr. Bill Kralovec
head, Osaka International School

2016 WJAA JV Girls Volleyball Tournament

Senri & Osaka International Schools, Osaka, Japan

Friday-Saturday, September 30–October 1, 2016



<http://sabers.senri.ed.jp/jv-volleyball.html>



Match Schedule

6-team round-robin play determines seedings for elimination play.
best of 3 sets; third set to 15; no 3rd set after 2-0 victory

SOIS, YIS, HOK, CA, NIS, MBIS

Friday

M	Court A	Time	Court B	M
1	CA v MBIS	11:15	SOIS v HOK	2
3	CA v NIS	12:30	SOIS v YIS	4
5	NIS v YIS	13:45	HOK v MBIS	6
7	CA v HOK	15:00	SOIS v MBIS	8
9	CA v YIS	16:15	SOIS v NIS	10
11	MBIS v YIS	17:30	HOK v NIS	12

Saturday

M	Court A	Time	Court B	M
13	HOK v YIS	08:30	SOIS v CA	14
15		09:45	MBIS v NIS	15
16	semifinal 1 1 st v 4 th	11:30	semifinal 2 2 nd v 3 rd	17
18	5 th v 6 th	12:45	3 rd v 4 th	19
20	Championship	14:15	large court	
	Awards	15:45		

Matches will not start early, unless agreed upon by both teams.

Coin toss 10 minutes prior to listed start time, followed immediately by 8-minute warm-up: 3-3-2.

If behind schedule, referee shall wait 5 minutes (and only 5 minutes)
after end of match before calling for coin toss/warm-up of following match.

Court A is next to gym entrance. Court B is further from gym entrance.

During matches, please use upper level entrance.

Good luck to all teams!



Tournament Information

Time schedule

- Match length: best of 3 sets, rally scoring to 25. 3rd set (if necessary) to 15.
Second coin toss before 3rd set to determine who serves first.
- Matches will not start early unless agreed upon by both teams and officials are ready.
All teams play back-to-back matches at least once on Friday. Take note.
- If a match finishes early, warm-up for next match may begin immediately.
- Coin toss takes place 10 minutes prior to listed start time of next match.
Coaches: please have captains ready and prepare line-ups promptly.
- If behind schedule, referees will wait 5 minutes (and only 5 minutes) after end of match before calling for coin toss/warm-up for following match. *Teams be ready.*
- Court A is next to gym entrance. Court B is further from gym entrance.
- Teams may wear either dark or light uniforms; no designation for home, away.

Awards

- Trophies for first, second, and third place.
- All-tournament team (12 players): 3 players each from 1st and 2nd place teams, 2 players from 3rd and 4th place teams, 1 player from 5th and 6th place teams.
- All-tournament members from each team are nominated by that team's own coaches.

Rules

- FIVB <http://www.fivb.com/> (2015-16 rulebook).
- Best-of-3 matches; rally scoring to 25; 3rd set (if necessary) to 15.
- 2 courts, side-by-side, except for championship match played on one large court.
- Service line on wall-side of gym: thin blue line (closer).
- Net height: 2.24 m / 7' 4 1/8"

Warm-up procedures (8 minutes: 3-3-2)

- Coin toss winning team either chooses to serve or receive or chooses side of court. Losing team takes remaining choice. Winning team warms up first.
- Coin toss winning team gets full use of court for 3 minutes for hitting practice while other team warms up on side.
- Other team then takes court for hitting practice for 3 minutes.
- Then, 2 minutes of serving warm-up is given to both teams simultaneously.

Tie breakers

If 3 or more teams finish round-robin play with identical records, the tie breakers below will be used in order. If only 2 teams are tied after a tie breaker, the head-to-head result is always the deciding tie breaker.

- a. If only 2 teams are tied: head-to-head result.
- b. If 3 teams are tied: set differential among tied teams (total sets won minus total sets lost) – and then head-to-head if 2 teams are still tied.
- c. If 3 teams are still tied: largest point differential among tied teams.
- d. If 3 teams are still tied: most total points scored among tied teams.
- e. If 3 teams are still tied: fewest total points allowed among tied teams.
- f. If 3 teams are still tied: Bulldogs head coach plays eeny-meeny-miny moe.

NOTES FROM US REFEREES AFTER RECENT TOURNEY

Match protocol

1. **Coin toss:** 10 minutes before scheduled start of next match.
Coaches, please have your captains ready.
2. **Court switch at 8 points of 3rd set:** On-court players change courts without going to their bench. Bench players bring personal items of court players to other bench.
3. **Substitutions:** Coach does not make substitution signal.
Substituting player stands at sideline with hand raised, indicating to referee that a substitution is to be made.
4. **Time outs:** Players do not enter court until time out whistle has blown. If finished early, players line up on sideline. Players enter court immediately after 30-second time out whistle is blown.
No long timeouts.
5. **End line line-up:** Players do not line up on end line at beginning of 2nd and 3rd sets.
6. **Seating:** All players and assistant coaches must be seated on chairs or bench, not on floor.
7. **Stray balls:** Players retrieve stray balls – not coaches, line judges, or other officials.



*My boyfriend told me I had to choose between him and volleyball...
I'm really going to miss him.*

Other information, reminders

- Medical: Nurse on site Friday on Saturday.
- Medical kits: Teams should bring their own small medical kits, tape, and medicine.
- Indoor shoes: Please do not wear outdoor shoes in gym on main floor. Indoor shoes only. Outdoor shoes can be worn on upper level above gym. Coaches, please bring indoor shoes to change into.
- Gym entrance during match play: When not playing, please use upper entrance.
- Curfew: Overnight teams, please return to school building by 21:45 PM.
- Off-limit areas: Virtually all areas and classrooms are used by students and staff, both Friday and Saturday. Please be respectful of student learning.
- Hospitality room: Upper level above gym. Drinks, snacks, sandwiches for coaches, chaperones, referees. No players – sorry.
- Ice machine: 1st floor, under gym, near PE office and weight room. Help yourself, please.
- Changing rooms, showers: 1st floor, under gym.
- Warm-up area: Limited. Please use upper level above gym or corner of field outdoors. If outside, please avoid areas used by PE or Saturday School.
- Food and drink: Food and drink can be purchased from nearby restaurants and convenience stores.
- Food and drink: No food or drink (other than drinks for matches) on the main gym level. Please take food and drink to upper level.
- Water fountains: Located on upper level above gym and in school hallways. Please prepare your own water bottles.
- Drink bottles: Please empty partially full plastic drink bottles (outside or in sinks) and dispose properly. Please do not put partially full bottles in garbage cans or in gym.
- Drink machines: In student lounge, opposite corner of building from gym.
- Garbage: Please keep gym, sleeping rooms, and hallways clean of litter.
- Taxis: Teams, please arrange your own taxis. Call one day in advance (or earlier) to make sure taxis are available. Phone numbers are listed in program.
- Internet access via school's wi-fi: "Join other network" (or something similar).
- Network ID: **guest** (No password.) Available in most areas; spotty in gym.



a volleyball player's workout.

cardio:

run 1-3 miles.

legs:

100 squats
100 leg raises
50 squat jumps
15 stair-jumps

core/abs:

100 sit-ups
100 push-ups
50 v-ups
90 second plank

arms:

100 dumbbell arm swings
100 bicep curls



*Yeah, I play like a girl.
You got a problem with that?*

Overnight sleeping rooms

- Must be vacated during the day, Friday and Saturday, by 7:30 AM.
- Please do not enter rooms before 18:00 PM Thursday or Friday evenings, unless it is clear that teachers have vacated rooms.
- Please keep rooms tidy. Full trash bags can be left in hallway.
- No eating or drinking in rooms, please. Thank you.
- Unfortunately, in-room eating, theft, vandalism sometime occur.
Coaches, please supervise your teams closely.
- Return futons to genkan Saturday morning, properly folded, please.
- [Overnight accommodation information](http://sabers.senri.ed.jp/visiting-teams.html) can be found on Sabers website at <http://sabers.senri.ed.jp/visiting-teams.html>.

木曜日 Thursday		金曜日 Friday
<i>2 teams</i>		<i>3 teams</i>
occupants	<i>downstairs 1F</i>	occupants
YIS team	<i>band room E137</i>	YIS team
<i>not available</i>	<i>chorus room E136</i>	NIS team
HOK team	<i>theater シアター E123</i>	HOK team
	<i>green room 楽屋 E124</i>	NIS female coaches
HOK female coach	<i>music practice room 音楽練習室 B</i>	HOK female coach
YIS female coach	<i>music practice room 音楽練習室 C</i>	YIS female coach
occupants	<i>upstairs 2F</i>	occupants
YIS male coach	<i>gym 体育館</i>	YIS male coach
HOK male coach	<i>gym 体育館</i>	HOK male coach

Coaches' showers: in pool locker rooms, down the stairs at far end of swimming pool. Coaches only, please.

SOIS Address, Directions, Phone Numbers

Senri International School of Kwansei Gakuin (SIS)

Osaka International School of Kwansei Gakuin (OIS)

Onohara-Nishi 4-4-16, Minoh-shi, Osaka-fu 562-0032 JAPAN

関西学院千里国際中等部・高等部

関西学院大阪インターナショナルスクール

〒562-0032 大阪府箕面市小野原西 4-4-16

TEL: 072-727-5050 www.senri.ed.jp

[Directions to SOIS](http://www.senri.ed.jp) can be found on the SOIS school website – www.senri.ed.jp.

- from Shin-Osaka: Midosuji Line (red) north to Senri-Chuo, final stop (¥300; 13 min.).
- from Shin-Osaka: taxi – 25 minutes, about ¥4200. Tell driver: Senri Kokusai Gakuin, Onohara-Nishi. (Van-type taxis sometimes available at the station, about ¥6500.)
- from Senri-Chuo: taxi – 10 minutes, about ¥1700.
- from Itami airport: monorail from Hotarugaike to Senri-Chuo – 9 mins., ¥290.
- train routes, schedules, times, costs: <http://www.hyperdia.com/en/>

Taxi phone numbers

Teams, please try to arrange your own taxis. Call one day in advance – or earlier, from your school before you depart – to make sure taxis are available. You may have to call more than one company. Pick-up place – “front gate” in Japanese: *seimon* 正門

- Miraito (Minoh): 072–627–0123
- Hankyu (Senri-Chuo): 06–6864–1111
- Ikeda: 072–761–8464
- Ibaraki/Takarazuka: 072–685–1919
- Nippon Taxi (van): 06–6928–5151 <http://www.nippontaxi-grp.co.jp/taxi/yoyaku.htm>

Call or visit website to reserve large van-type taxi – do so at least 1 week in advance.

SOIS activities director

Mr. Peter Heimer 080–1469–3788



Acknowledgements, Thanks

It takes a schoolwide effort to conduct a sporting event like this.

Many people put forth much effort to help this event succeed.

We thank them all.

- *Sabers volleyball coaches Ms. Takako Hirai and Ms. Espe Garces for their tournament help and season-long effort and patience.*
- *Campus activities coordinator Mr. Toshifumi Mitsuhashi for his organizational help.*
- *Sabers Sports Council for their dedicated work, attention to detail, and cheerful support: Risa Akiyama, Natsumi Yada, Lisa Takusa, Ayana Nakamura, Mari Ito, Mariko Akita, Riho Shimomura, Hiroki Yoshino, Tomoya Kishigami, Shuri Kozu, Chisato Suga, Akiho Ueyama, Nanako Fukuda – set-up, scoretable, hospitality, clean up: they do it all.*
- *Volleyball managers for their tireless efforts: Suono Fujii, Hinako Akeyama, Rena Kishigami.*
- *Sabers JJV players for expert scorekeeping and linejudging.*
- *Osaka Volleyball Association referees for their professional work.*
- *Nurses: Ms. Natsuko Inoue and Mrs. Carol Shigeyama for their expert medical care.*
- *Student athletic trainer: Carina Agius for her helpful volunteer assistance.*
- *SOIS business office staff for their assistance: Uenoya-san, Iida-san, Takada-san, Nakatsuka-san.*
- *SOIS teachers for allowing guests to sleep in their rooms: Mr. Ligon, Mr. Elshout, Mr. Villapando, Mr. Marica, Ms. Osako, Ms. Entwistle.*
- *Saturday School staff for allowing us to use the gym.*
- *Fellow WJAA activities directors Ms. Marika Farrell, Mr. Rod Kelly, Mr. Sim Cook, Mr. Brinya Tananone, Mr. Junya Kobo for their patient, professional camaraderie.*

And finally thank you to all players and coaches.

Have a great tournament and enjoy your stay at SOIS.

We hope you make new friends and positive memories.



If volleyball was easy, they'd call it football.

Summary of WJAA Codes of Behavior

WJAA handbook

Privilege

Participation in WJAA events is a privilege – not a right – extended to students, coaches, and spectators who abide by standard rules of conduct.

The following behavior is not acceptable:

- Abusive, vulgar language or actions.
- Criminal misconduct, theft, vandalism, trespassing, etc.
- Misuse of host school facilities or possessions of other participants.

Codes of Behavior: Players, Coaches, Spectators

- **Treat all participants as you like to be treated.** (*the Golden Rule*)
- Respect the rights, dignity, and worth of all participants regardless of their gender, ability, cultural background, or religion.
- Respect your opponents.
- Never argue with an official.
- Control your temper. *People are watching.*
- Verbal abuse of officials, making fun of others, or deliberately distracting or provoking opponents are not acceptable in any sport.
- Applaud all good plays whether made by your team or the opposition.
- Do not bully or take unfair advantage of other competitors.
- Show appreciation for volunteer coaches, officials, and administrators.

Codes of Behavior: Coaches

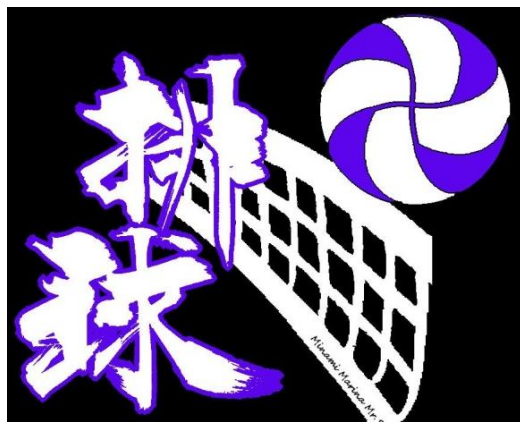
- Remember: young people participate for pleasure; winning is only part of the fun.
- Emphasize fair play rather than winning at all costs.
- Never yell negatively at a young player for any reason.
- Motivate with positive comments.
- Be reasonable in demands on players' time and energy.
- All young people deserve equal attention and opportunities.
- Avoid overplaying talented players; "average" players need and deserve time.
- Remember, you set an example. *Good or bad?*

Host School Policies

- Visiting schools must respect host school policies.
- No food or drinks in gym – all schools.
- No outdoor shoes in gym; bring indoor shoes to change into.
- No disposable containers in gym – bring personal water bottles, please.

Guidelines for Sleepovers

- **Coaches must supervise their students at all times**, including sleeping either in the same room as the players or at the very least in a room very close to their players.
- Leave sleeping rooms in the same condition as you found them.
- Properly fold and return futons.



- *kanji* brush stroke design by SIS calligraphy (書道 *shodou*) teacher Sugishita-sensei.
- 排球 (はいきゅう) *haikyuu* – a Japanese word for volleyball meaning something like "pushing out a ball with hands".
- Sugishita-sensei attempted his design 50 times before being satisfied with the result.