



**Western Japan Athletic Association**



## **WJAA JV Girls Volleyball 2018**

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

*hosted by Senri & Osaka International Schools*

**28–29 September 2018**

**6 schools, 2 divisions**

**The British School in Tokyo Lions**

**Canadian Academy Falcons (A, B)**

**Fukuoka International School Sharks**

**Nagoya International School Dolphins (A, B)**

**Yokohama International School Dragons**

**Senri & Osaka International Schools Sabers (A, B)**





## **SENRI & OSAKA INTERNATIONAL SCHOOLS**

*welcome all players, coaches, and fans to the*

# **2018 WJAA Girls JV Volleyball Tournament**

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

28–29 September 2018

@ [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, the 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*

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[sabers.senri.ed.jp](http://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

# 2018 WJAA JV Girls Volleyball Tournament

Senri & Osaka International Schools, Osaka, Japan

## Match Schedule

### A division

POOL A	POOL B
<b>Yokohama Dragons (YIS)</b> <b>Senri &amp; Osaka Sabers (SOIS)</b> <b>Fukuoka Sharks (FIS)</b>	<b>Canadian Academy Falcons (CA)</b> <b>Nagoya Dolphins (NIS)</b> <b>British School in Tokyo Lions (BST)</b>

**B division:** SOIS B, CA B, NIS B

### Friday

#	court A	time	court B	#
1	CA v BST	11:45	YIS v SOIS	2
	no match; empty court	13:00	CA B v SOIS B	3
4	CA v NIS	14:15	YIS v FIS	5
6	CA B v NIS B	15:30	SOIS v FIS (15:45 start)	7
8	BST v NIS	16:45	SOIS B v NIS B	9

### Saturday

#	court A	time	court B	#
10	B 2 <sup>nd</sup> v A 3 <sup>rd</sup>	08:30	A 2 <sup>nd</sup> v B 3 <sup>rd</sup>	11
	no match; empty court	09:40	SOIS B v NIS B	12
13	semifinal 1 B 1 <sup>st</sup> v W11	10:50	semifinal 2 A 1 <sup>st</sup> v W10	14
	lunch break		lunch break	
15	CA B v NIS B	12:30	5 <sup>th</sup> -6 <sup>th</sup> A division L10 v L11	16
17	3 <sup>rd</sup> -4 <sup>th</sup> A division L13 v L14	13:40	CA B v SOIS B	18
19	championship W13 v W14	15:00	one large court	
	awards	16:15		

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

During matches, non-players and fans please use upper level entrance.

**Good luck to all teams!**

# WJAA JV Girls Volleyball 2018

## Tournament Information

### Time schedule

- Times listed are approximate and are subject to change.
- Shotgun schedule: Matches might start early – teams, be ready.
- Coin toss takes place 10 minutes prior to start of match, followed immediately by 8-minute on-court warmup (3, 3, 2).  
*Coaches: please have captains ready and prepare line-ups promptly.*
- If behind schedule, referees will wait 5 minutes (only 5 minutes) after the end of a match before calling for the coin toss and warmup for the next match.  
*Next teams: be ready, please.*

### Awards

- **A division:** Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places.
- **B division:** Trophy for 1<sup>st</sup> place.
- **All-tournament team** (A division only, 12 players): 3 players each from 1<sup>st</sup> and 2<sup>nd</sup> place teams, 2 players from 3<sup>rd</sup> and 4<sup>th</sup> place teams, 1 player from 5<sup>th</sup> and 6<sup>th</sup> place teams.  
*All-tournament members from each team are nominated by that team's own coaches.*

### Rules

- FIVB <http://www.fivb.com/> (2018-20 rulebook).
- Best-of-3 matches; rally scoring to 25; 3<sup>rd</sup> set (if necessary) to 15. No 3<sup>rd</sup> set after 2-0 victory. Second coin toss before 3<sup>rd</sup> set to determine who serves first.
- 2 courts, side-by-side, except for championship match played on 1 large court.
- Service line on wall-side of gym: thin blue line (closer).
- Net height: 2.24 m / 7' 4 1/8"
- Court A is nearer the gym entrance. Court B is further from the gym entrance.
- Teams may wear either dark or light uniforms; no designation for home and away.

### Warmup 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 the side.
- Other team then takes court for hitting practice for 3 minutes.
- Then, 2 minutes of serving warmup for both teams simultaneously.



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

## A DIVISION

- *Best JV players from each school – players who will not play in the varsity tournament later. Players should not play in both V and JV tournaments.*
- *2 pools of 3 teams.*
- *Friday round-robin pool play determines match-ups for Saturday's elimination play.*
- *FIS is scheduled to play back-to-back (matches 5 and 7). A later start for FIS is scheduled for match 7 to give the Sharks a short break.*
- *5 matches per team: 2 on Friday, 3 on Saturday.*

### A division tie breakers (WJAA rules)

If the 3 teams in the same pool finish round-robin play with identical 1 win–1 loss records, the following tie breakers shall be used in the order listed based on the results of both round-robin matches for each team. For each tie breaker, the teams are ranked. If 2 teams remained tied after a tie breaker, the next tie breaker is used (not the head-to-head result).

*WJAA rules: With a 3-way tie, we do not use head-to-head results to settle the tie.*

1. Set differential (*total sets won minus total sets lost*)
2. Point differential (*total points won minus total points allowed*)
3. Total points scored (*highest*)
4. Total points allowed (*lowest*)
5. "Rock Paper Scissors" (*janken*) or coin toss by team captains.

## B DIVISION

- *Least experienced JV players from each school.*
- *No crossover of players between A and B divisions during the tournament.*
- *1 pool of 3 teams.*
- *Teams play each other twice – once on Friday and once again on Saturday.*
- *Best record determines B division champion.*
- *4 matches per team: 2 on Friday, 2 on Saturday.*

### B division tie breakers

If 2 or all 3 teams finish with identical records, these tie breakers shall be used in order.

1. Head-to-head result if only 2 teams finish with identical records.
2. Set differential among tied teams in 2 matches they played against each other.
3. Point differential among tied teams in 2 matches they played against each other.
4. Set differential among tied teams in all 4 matches played.
5. Point differential among tied teams in all 4 matches played.
6. Total points scored among tied teams in all 4 matches played.
7. Total points allowed (lowest) among tied teams in all 4 matches played.
8. "Rock Paper Scissors" (*janken*) or coin toss by team captains.

## COACHES NAMES

- |   |  |
|---|--|
| • <b>CA:</b> Hannah Lasenby, Hiroki Sera      | • <b>NIS:</b> Marika Farrell, Holly Johnson              |
| • <b>BST:</b> Izumi Kershaw, Kevin Elliot     | • <b>YIS:</b> Misao Akasi, Viviane Lanctot               |
| • <b>FIS:</b> Katie Cincoskie, Matt Cincoskie | • <b>SOIS:</b> Takako Hirai, Kenzo Yoneda, Minami Uemura |



## Other information, reminders

- Medical: Nurse on site Friday and 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. *Coaches, please bring indoor shoes to change into.*
- Warmup area: Limited. Please use upper level above gym or corner of field outdoors. If outside, please avoid areas used by PE classes on Friday. Please do not mess around with the strength training equipment. If outside, wear outdoor shoes, please.
- Gym entrance during match play: When not playing, please use upper entrance.
- Off-limit areas: Virtually all areas and classrooms are used by students and staff, on Friday. Please be respectful of student learning.
- Hospitality room: Upper level above gym. Drinks, snacks, lunch for coaches, referees, chaperones. No players.
- Ice machine: 1<sup>st</sup> floor, under gym, near PE office and weight room. Help yourself, please.
- Changing rooms, showers: 1<sup>st</sup> floor, under gym.
- Food and drink I: Food and drink can be purchased from nearby restaurants and convenience stores.
- Food and drink II: No food or drink (other than drinks for matches) on 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 leave 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.
- Curfew: Overnight teams, please return to school building by 21:45 PM.
- Taxis: Teams, please arrange your own taxis. Call in advance to make sure taxis are available. Phone numbers are listed in this program.
- Internet access via school's wi-fi: "Join other network" (or something similar).
- Network ID: **guest** (No password.) Available in most areas; may be 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 take all bags and belongings to the gym.
- Please do not enter rooms before 18:00 Thursday or Friday evenings, unless it is clear that teachers have vacated the rooms.
- Curfew: Overnight teams, please return to the school building by 21:45 PM.
- Do not wander around or “explore” the building; alarms may sound.
- Please keep rooms tidy. Full trash bags can be left in hallways.
- No eating or drinking in rooms, please. Thank you.
- Unfortunately, in-room eating, theft, damage, vandalism sometime occur.

**Coaches, please supervise your teams closely.**

- Return futons to the genkan Saturday morning, properly folded, please.
- Overnight accommodation information can be found on the Sabers website at <http://sabers.senri.ed.jp/visiting-teams.html>.

	<i>BST, FIS, YIS, NIS</i>
<b>1F, downstairs</b>	<b>occupants</b>
<i>chorus room</i> E137	<b>BST team</b> (10 total futons)
<i>band room</i> E136	<b>FIS team</b> (14 total futons)
<i>theater</i> シアター E123	<b>NIS team</b> (20 total futons)
music practice room 音楽練習室 B	<b>NIS coaches</b> 2 female coaches
music practice room 音楽練習室 C	<b>YIS coaches</b> 2 female coaches
music practice room 音楽練習室 D	<b>BST coach</b> 1 female coach
green room 楽屋 E124	<b>FIS coaches</b> family
<b>2F, gym level</b>	<b>occupants</b>
<i>small gym</i> 小体育館	<b>YIS team</b> (15 total futons)
<i>AD office</i> A240	<b>BST coach</b> 1 male coach

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



# SOIS Address, Directions, Phone Numbers, Taxis

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](http://www.senri.ed.jp)

## SOIS activities director

**Mr. Peter Heimer** 080-1469-3788

[Directions to SOIS](http://www.senri.ed.jp) can be found on the SOIS school website – [www.senri.ed.jp](http://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. (9-seat jumbo taxis sometimes available at 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 at least 1 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 9-seat jumbo taxi, at least 2 days in advance, even earlier.



# 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 for their tournament help and season-long effort and patience: Ms. Takako Hirai, Mr. Kenzo Yoneda, Ms. Minami Uemura.*
- *Campus activities coordinator for his organizational help: Mr. Toshifumi Mitsuhashi.*
- *Sabers Sports Council for their dedicated work, attention to detail, and cheerful support: Shuri Kozu, Chisato Suga, Akiho Ueyama, Nanako Fukuda, Maki Mukaida, Fuka Nagahashi, Karin Iwaki, Azu Sugihara, Rina Nakanishi, Konatsu Yasuda, Tsubasa Terado, Kei Fukushima, Taichi Murayama – set-up, scoretable, hospitality, clean up: they do it all.*
- *Volleyball managers for their tireless efforts: Rena Kishigami, Kano Makimura, Janet Jones.*
- *Sabers players for expert scorekeeping and line judging.*
- *Osaka Volleyball Association referees for their professional work.*
- *Nurses for their expert medical care: Ms. Saho Minamizawa, Mrs. Carol Shigeyama.*
- *Student athletic trainer for her helpful volunteer courtside assistance: Carina Agius.*
- *SOIS business office and facilities staff for their daily, vital assistance.*
- *SOIS teachers for allowing guests to sleep in their rooms: Mr. Ligon, Ms. Deklinsky, Mr. Villapando, Ms. Osako, Ms. Entwistle.*
- *Fellow activities directors for their patient, professional camaraderie: Mr. Sim Cook (CA), Mr. Paul Lalis (NIS), Mr. Brinya Tananone (YIS), Mr. Dean Orahod (FIS), Mr. John Morris (BST).*

***And 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 were easy, they'd call it American 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.

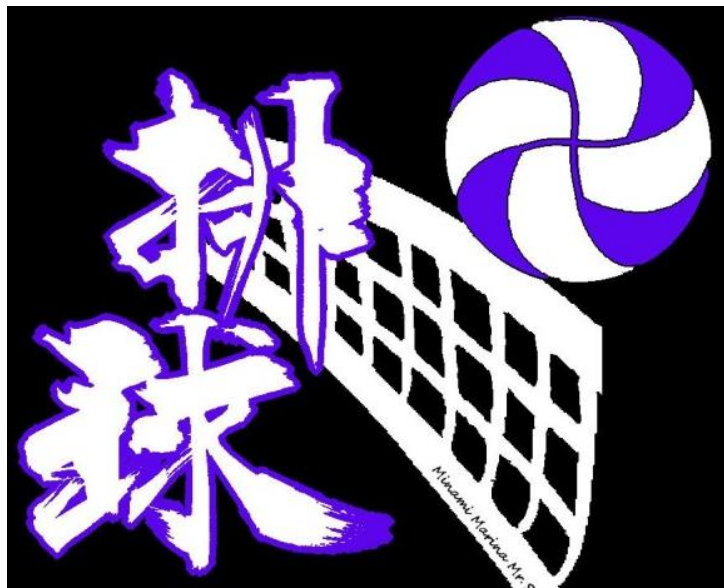
### **Guidelines for Sleepovers**

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



## Western Japan Athletics Association

### *High School Girls Junior Varsity Volleyball Championship Tournament*



- *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 the sport of volleyball, meaning something like "pushing out a ball with hands".
- Sugishita-sensei attempted his design 50 times before being satisfied with the result: similar to an athlete who practices a skill over and over until he or she gets it right.



## **NOTES FROM US OFFICIALS AFTER RECENT TOURNEY**

### ***Match protocol***

1. **Coin toss:** 10 minutes before start of match. Coaches, please have your captains ready.
2. **Court switch at 8 points of 3<sup>rd</sup> 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 been 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.