



Dr. Digs (April 2012)

Dear Dr. Digs,

Can you recommend any good training videos for (1) refs and (2) players?

Signed,

Wendy Pond

Dear Wendy,

Thanks for the great question (and thanks for the new Wendy's French Fries, too!) Dr. Digs has not purchased or reviewed any commercial videos for volleyball training, but (surprisingly?) there are several good videos on youtube.com. Obviously anyone with a video camera can post a video, but several of them are actually very informative. (Maybe next issue Dr. Digs will post his favorites.) Searching for good training videos for referees can be a little more difficult, but you will find a few funny ones. Dr. Digs recommends the official USAV training site at www.volleyballreftraining.com. Dr. Digs also recommends watching them with a bag of Wendy's French Fries, but that may be just because it's late and Dr. Digs just had a long tournament weekend.

Speaking of tournaments, (nice segue!) there have been a lot of fun events in the volleyball world recently; here are some special moments to be treasured. (These all actually happened, honest.)

- A player hits a ball into the ceiling and it takes a strange bounce, so the next player tries to pancake it. (That did not work out so well.)
- A player holding a new whistle asked, "Do you know how to use this? It doesn't have the ball in the middle."
- The parent who only knows one sentence, but always at full volume. The team shanks a ball and he yelled "Girls, move your feet!" Then they had a nice kill and he yelled "Girls, move your feet!" (That seemed odd, but maybe it's just a reminder.) Later the team served a ball out and, you guessed it, he yelled "Girls, move your feet!" I don't think that's going to help, Dad...
- We're going three, Part 1: Sets 1 & 2 were back and forth and very close. The teams split and started the third set (Just 15 points, win by 2). But it didn't stop at 15 points...or 20...or 25. Not even after scoring 30 did a team have a two-point lead. In a match that took over 90 minutes, (raise your hand if you thought that said 90 points for a second) the final score of the third set was 34-32!

- We're going three, Part 2: A good team just barely loses a hard-fought first set, but must have been inspired by someone or something because they stormed back to win the second set 25-14 and the third set... ready?... hold on...you're not going to believe it...15-0!
- We're going three, Part 3: It's the end of the morning wave at a big tournament and the court is a little behind schedule. The afternoon wave is supposed to start in 20 minutes, but it's 13-12 in the third set, so the match will be over soon. Tensions are high, the parents are on the edge of their seats and suddenly... the National Anthem starts playing for the afternoon wave and the match has to be stopped for the performing. So much for adrenaline...

*Dear Dr. Digs,
There is a big election this year. How do we know who to vote for?*

*Signed,
The Bach Family*

Dear Ballot Bachs,
The Doctor is glad you asked. Elections are an important way to let your voice be heard and get things moving in the right direction. You should be sure to read up on the candidates and their platforms. Don't be afraid to ask questions if you have them and of course remember to vote when you've chosen the best candidates. (Wait a second...we are talking about the CHRVA Board of Directors election, right? Because they need your votes too!) Don't forget to vote and don't try to write in Dr. Digs. That would just be silly and Dr. Digs is already silly enough.

*Dear Dr. Digs,
Why do you never say if you're a male or female doctor?*

*Signed,
George from Washington*

Dear Curious George,
Dr. Digs played in both a coed and a reverse coed tournament last year. Hope that clears things up.

Good luck in Regionals everyone and start planning for outdoor season too!

Dr. Digs
Phd VB