

Sussex Games Volleyball Community Coaching Clinics 1 September 2008



The build up to the World U21 Beach Volleyball Championships in Brighton started for me with a Sporting Champions visit for the Sussex County Sports Partnership.

On one of the best days of the summer so far, I turned up to a Yellowwave beach volleyball venue filled with budding beach volleyball players, some of whom had played in Yellowwave before and some who were really new to the sport.

It was a really amazing feeling when we got the day underway to be working across the 6-court venue with some of the UK's best beach volleyball players and coaches. Jake and Luke Sheaf, who took part in the World U21s representing GB, Steve Grotowski, one of the

UK's highest ranked international beach volleyball players, international beach volleyball player from Canada, Tristan Sheppard, Mel Clifford, and one of the SWVA beach volleyball squad coaches, along with other assistant coaches all helped encourage and motivate the children.

It was awe inspiring and motivating for me as a coach to be able to walk around in such a great facility and to see quality experience being passed on to the young people of Brighton.

I have asked the Sussex Partnership to make sure they keep in touch with all of the young people who attended that day, and hopefully if you are reading this you were one of them who was there that day.

If I can say one thing which will make you keep taking part in beach volleyball and sport as a lifestyle, then over the 24 years I have been playing volleyball, both beach and indoors, I have travelled the world and met and played with and against some of the most inspiring people.

Every single person who I ever stepped onto court with has given me something, those on my side and against me, to enable any person to find fun or passion, drive or ambition, desire and competition, whatever you take away from your time on the court / pitch / venue, then take away everything positive that those experiences allow and remind yourself how good they felt.

It was an amazing experience coaching at the World Championships, it has motivated me to keep working hard with the athletes who have the desire to make the step onto the International Stage.

The four girls who played in the final are all from the same province in Holland. What can be achieved in small communities with one beach volleyball court is an inspiration!



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For more information about Sussex County Sport Partnership, visit www.sussexsport.org

For more information about Sporting Champions, visit www.sportingchampions.org.uk