



# Volleyball Committee Year End Report

## 11/30/2020

*Main goal of the year has been to grow and strengthen the Ararat Volleyball program.*

### **General:**

Talin Mardirossian, Chair  
Denise Nazarian, Vice Chair  
Hanriet Minasian, Treasurer

Laura Grigoryan (Secretary)... left the committee in March since her daughter left to go play for a club team. Talin took over recording and sending in meeting minutes.  
Madlen Amirian, advisor...left the committee in April. Reason not specified.

At the beginning of the year we sent out a formal introduction of our committee to all our volleyball members/parents. It helped familiarize them with both the committee and our goals/ plans for the year.

### **Tournaments:**

Seven Chapter tournament (February):

- .Our one and only tournament of the year and it was very successful.
- .4 teams participated (all played A Division since there were no other age groups at the tournament)
- .3 of our 4 teams placed 1st, 2nd and 3rd
- .\$400 profit was made from the tournament fees

### **Social media:**

.We became more active on our social media accounts (Instagram and Facebook) post covid

.Instagram followers went from 87 to 181. Several people reached out and inquired about joining our teams after seeing our posts.

.With the help of Nar and coach Artin, we recorded and posted a total of 11 different drill challenges to get the girls more engaged. We started the month long challenge in June and the winner received a \$75 gift card at the end of the challenge, in July.



## **Zoom events:**

1. May- Zoom event with Coach Tama Miyashiro (USA Women's National Volleyball assistant coach.) We had around 50 participants (coaches, athletes, parents) and received a lot of positive feedback, especially from our coaches. Coach Miyashiro loved our organization and what we do as a nonprofit youth organization and we are hoping to reach out to her for in person clinics or a visit with the national team, once we return to our normal activities.
2. September- Zoom seminar "How to Rock Your Sport Season Feeling Strong and Injury Free" with Dr. Minasian and Dr. Burke. We had around 40 participants. The presenters shared information regarding the 5 main sports injuries and how to prevent/treat injuries as well as proper stretches for those muscle groups. At the end of the presentation, Ararat gave guests a first aid kit as a participation/thank you gift.
3. September- Zoom seminar "How to Be Kind to Your Mind and Body" with Narina Minasian and Nora Chitilian. Again, we had around 40 participants. Narina shared information about pre and post workout nutrition and Nora talked about the importance of having a positive mindset to help our athletes elevate their performance in the sports they love. Narina, on behalf of AAY! Nutrition, provided all participants with a complimentary week's worth of menus/shopping lists as a participation gift. We received a lot of positive feedback from both seminars.

*The guest speakers were given a framed "Thank You Certificate" as a token of our appreciation for their time.*

## **Outdoor training/practices**

.In order to start our outdoor practices, we purchased an outdoor training net (\$547.49). Each of the girls were asked to bring their own volleyballs to practices. All the teams practiced with masks (no exceptions)

.Our U12-14 team started practices in July (26 girls turned in waivers and participated) We added 2 assistant coaches (our upper division girls who showed interest themselves) and another head coach to the team to assist in the practices. We also added 11 more girls onto the team from our waitlist. On a side note, several of our upper division girls love the opportunity to become assistant coaches and to one day coach their own teams. Hopefully this can be implemented once we return to normal practices.

.Our U14 team started practices in October with 20 girls. Coach Artin also allowed Coach Sellina's girls to practice with him since they were eager to start but their coach could not make it to practice at the time.

.Our U18 girls got their waivers in (end of October) and practiced once. They were also waiting for their coach to arrange practice but our centers closed.



.In addition to the team practices, we introduced a Conditioning/Drill session which was open to all our volleyball teams. The sessions were ran by Nar (30 minutes of conditioning) and Coach Heno (30 minutes of volleyball drills). We had 15-20 girls from different age groups at each of the sessions. Besides working on Volleyball skills, this helped form new friendships with members of different teams.

All teams were encouraged weekly to attend the Wednesday night "Fab Fit Hour" with Nar at the sports complex.

## **New members:**

. Within the last 8 months we added 28 girls to our waitlist. 11 of which were added to our U12 team (Coach Heno/Araz's team) in October.

.Of the 11 members added, 5 were current Ararat members (basketball players or scouts). The others paid a \$80 membership fee, \$30 will go to regional fees and \$50 was donated to Armenia Fund on behalf of the chapter.

## **Fundraisers:**

.We were preparing for the spring tournament in April. We reached out to several schools and had 6 new teams who were interested in participating for the first time. During the planning process, we received a \$150 donation from Smart and Final and \$25 donation from Sprouts. We had several other donation commitments (roughly around \$600-700) that weren't sent in since the tournament got cancelled.

.Pumpkin Pie Sale Fundraiser (November)

In order to get the girls more involved, we asked one of our upper division girls to design the flyer and then sent it to CMAP for changes/approval. We sold 114 pies at \$20 each. \$912 went to Gio's bakery (cost) and \$1433 (pies plus donations) was raised to be donated to Armenia Fund. Gio's bakery was very thankful for the opportunity to work with us.

## **Meetings**

We held several zoom meeting with our coaches throughout Covid and they were all very pleased with all the new ideas and events (even with all the covid restrictions).

In an effort to improve and keep the lines of communication open, Nar and Talin also held zoom meeting with our U12-14 parents and also met with the U16 and U18 girls, which in turn encouraged them to start their outdoor trainings.



## **Income/Expense**

Income:

\$2000 from December 2019 (carried over into 2020 budget)

\$400 from Seven Chapter 2020 tournament

\$150 Smart and Final Donation

\$250 donation

\$25 sprouts donation

\$1433 pie sale profit

\$480 new member fees paid

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\$4738

Expense:

\$75 social media challenge gift card winner prize

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\$75