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LONDON.
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POLONIA LONDON
VOLLEYBALL
CLUB

**IBB POLISH BUILDING
WHOLESALE is the strategic
sponsor of IBB POLONIA LONDON
VOLLEYBALL CLUB**

'I can see the passion for the sport in both - the club's activities and mine. Volleyball is a beautiful team sport, and Poles are the World Champions - both - on a playing field and as supporters, that's why we'll be happy to support the idea of the creation of a professional volleyball team in London', said the owner of IBB - Mr Jacek Ambroży.

Bartek Łuszcz
IBB Polonia London VC
chairman





IBB BUILDER will update readers on the IBB Polonia VC achievements every month. In this premier issue, we would like to get back to the genesis of the club.

Polonia's (Men) roots stretch back to 1973 when Maciek Behnke and Henio Paulinski, members of the Polish YMCA, founded a volleyball club. The club resourced players from the Association and the Polish scouting movement, and under the name of 'Polish YMCA', entered the English National League's Division 3. The team, initially led by Boleslaw Lesiecki (General Secretary for the Polish YMCA), gradually developed and progressed through the divisions recruiting new players from the youth nurtured from scouting. During this time, a second Polish volleyball team, 'Gryf', was playing in the National League Division 1. Andy Mackiewicz, a player from Gryf, was invited to coach Polish YMCA, beginning a link between the two clubs. In 1976, Andy Lowczynowski became the new coach for the YMCA and coached the team for the next five years. Through his influence, the club was to become one of the most long-lived and successful sides in English volleyball.

SUPER 8 MEN

	P	W	L	SF	SA	SQ	PF	PA	PQ	PT
1 IBB Polonia London	6	6	0	18	4	4.50	525	424	1.24	17
2 Team Northumbria	5	5	0	15	2	7.50	417	320	1.30	15
3 London Docklands	8	5	3	15	13	1.15	624	624	1	14
4 London Lynx 1	5	3	2	10	6	1.67	372	352	1.06	9
5 Wessex M1	7	3	4	12	16	0.75	622	638	0.97	8
6 Sheffield Hallam	5	2	3	10	10	1	425	437	0.97	7
7 Leeds VC	7	1	6	6	20	0.30	525	619	0.85	3
8 Malory Eagles (London)	7	0	7	6	21	0.29	530	626	0.85	2

16 December 2015

Steven Smith

Here are the volleyball basics you need to know!

The game of volleyball is played for more than a century. It originated in the United States, where an instructor at the Young Men's Christian Association (YMCA) in Holyoke, William G. Morgan invented the sport in 1895. Volleyball is now one of the biggest five international sports, with approximately 800 players worldwide playing it at least once a week.

Volleyball game is played on a court, 18m x 9m, with a net dividing the two halves. The net is set to a height of 2.43m for men and 2.24m for women. The rules below are retrieved from the website of the governing body responsible for all forms of Volleyball on a global level (FIBV).

A team can touch the ball three times on its side of the net. The usual pattern is a dig (an underarm pass made with the forearms), a set (an overhead pass made with the hands) and a spike (the overhead attacking shot). The ball is served into play. Teams can also try to block the opponent's spike as it crosses the net. A block into your own court counts as one of your three touches in beach volleyball, but not in volleyball. Power and height have become vital components of international teams, but the ability of teams and coaches to devise new strategies, tactics and skills has been crucial for continued success.

There are six players on court in a volleyball team, who each must rotate one position clockwise every time their team wins back service from the opposition. Only the three players at the net positions can jump and spike or block near the net. The backcourt players can only hit the ball over the net if they jump from behind the attack line, also known as the three-metre line, which separates the front and back part of the court.

Volleyball has developed into a very specialised sport. Most teams will include in their starting line-up a setter, two centre blockers, two receiver-hitters and a universal spiker. Only certain players will be involved with service reception. Players will also have specialist positions for attack and defence. Substitutions are allowed during the game.

Matches are played best of five sets. The first four sets are played to 25 points, with the final set being played to 15 points. A team must win a set by two points. There is no ceiling, so a set continues until one of the teams gains a two-point advantage.

In 1998, the FIVB introduced a new specialist role: the libero. This player wears a different coloured uniform from the rest of the team and can be substituted in backcourt for any player on the team. The libero cannot serve, spike the ball over the net or rotate into the front-line positions, but plays a vital role for the team in serve reception and backcourt defence. There must be at least one point played between a libero substituting off for a player and going back on the court for another player - hence he/she cannot be on the court for the whole game. The libero has added an extra dimension to backcourt defence, improving the reception of teams, lengthening the rallies and giving a vital role to shorter players.

(source: FIBV)

Volleyball Support Club

We are considered the best fans of volleyball in England. Volleyball is our passion and active lifestyle, sport or loud cheering at matches is what we love. The truly festival atmosphere is created during the match, with singing and dancing. The volleyball

match is for many the best sporting family event. IBB Fan Club Polonia is very devoted to their team and tries to make every game memorable by creating the unique atmosphere. Loud chants, powerful sound of drums or trumpets will involve everyone. We are glad

that our support adds to the victory of the IBB Polonia VC. It is a great experience to be amongst red and white fans of IBB Polonia VC. We invite you to join us- the more fans, the louder cheering!

Magdalena Raczyńska



Steven Smith



Steven Smith



In 1978, Gryf lost many of its players through age and retirement and decided to merge with Polish YMCA forming two teams; Polonia Gryf, who continued to play in Division 1, and Polonia II, who played in Division 3 South East. From 1979 to 1982, sponsorship from the YMCA prompted the teams to change their names once again to Polish YMCA, but in 1982/83, the club reverted to Polonia and had remained so ever since.

In 1991, under the leadership of Slavek Mitunicwicz, the team clinched the National Cup with a 3-2 win over Liverpool, which was televised live for the first time on BBC's Grandstand. In 1992, the team

reached yet another national Cup final, this time narrowly losing to Malory in an epic 5-set match. Since then, Polonia has remained one of the top teams in English volleyball, consistently finishing within the top four places in the League. However, the team did not return to another National Cup final until the 2009/10 season when, with Vangelis Koutouleas at the helm, they eventually fell to London rivals, Malory. In the 2012/13 season, the team was playing some of its best volleyball, resulting in their first ever National League title. This season Polonia will be looking to make it back to the top of the table as National League winners.

Vangelis Koutouleas

Vangelis is a highly accomplished player and coach, with a glittering volleyball and beach volleyball career spanning over four decades. He played for 19 years in the Greek A1 professional league with the majority of those years at internationally renowned Panathinaikos with whom he won 2 National Championship titles. Upon moving to the UK in 2009, Vangelis became coach at Polonia London Volleyball Club and, in his first season, led the team to their first National Cup Final in 19 years. In his second season in charge, the team won the Super8 Championships – their first National League title in 26 years.

SERVE – This is the shot used to start the point and get the game going.

SET – This is two-handed pass played above the forehead when the ball comes towards you high above the chest.

DIG – This pass is played when the ball is coming to you below the height of your chest – using your forearms.

SPIKE – This is the smash shot usually played at the net and is the most spectacular skill!!

Follow with IBB BUILDER the latest news, events and results of IBB POLONIA VC.

We are now counting down the days until another league game.



Upcoming IBB Polonia VC Match Schedule

JANUARY 2016

17.01.2016
Wessex – IBB Polonia

23.01.2016
Malory Eagles – IBB Polonia

FEBRUARY 2016

06.02.2016
IBB Polonia – Sheffield Hallam

13.02.2016
IBB Polonia – Londyn Lynx

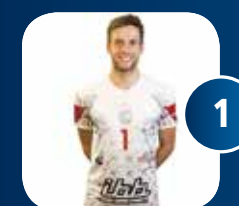
28.02.2016
Team Northumbria IBB Polonia
Londyn

MARCH 2016

05.03.2016
Leeds VC – IBB Polonia

19.03.2016
IBB Polonia – London
Docklands

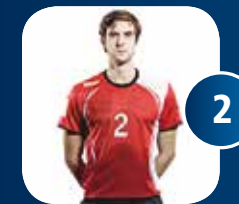
PLAYERS



Końpa Marcin

Opposite

Nationality: POL
Date Of Birth: 21.09.88
Height: 192
Weight: 90



Lasocki Tomasz

Universal

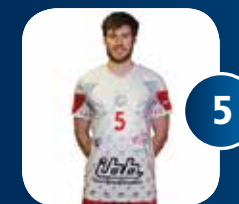
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Date Of Birth: 30.03.1987
Height: 191
Weight: 83



Saller Michał

Libero

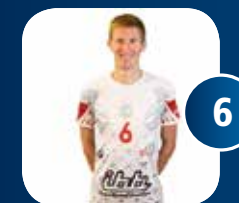
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Date Of Birth: 11.11.1976
Height: 186
Weight: 83



McHardy Jamie

Outside

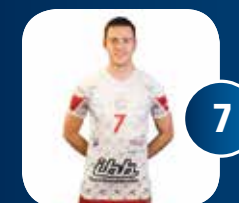
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Date Of Birth: 21.04.1992
Height: 194
Weight: 86



Smith Philip

Middle

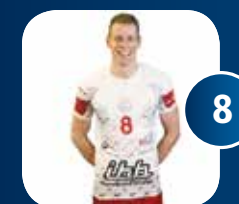
Nationality: ENG
Date Of Birth: 24.01.1986
Height: 203
Weight: 90



Nicholson Robert

Middle

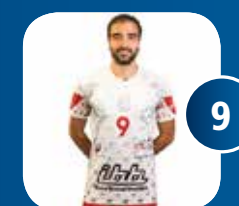
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Date Of Birth: 19.01.1990
Height: 200
Weight: 97



Kępka Rafał

Middle

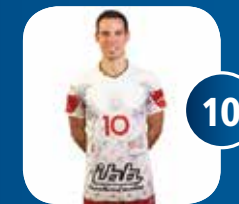
Nationality: POL
Date Of Birth: 01.01.1987
Height: 198
Weight: 93



Todorov Christon

Setter

Nationality: FRA
Date Of Birth: 21.04.1988
Height: 190
Weight: 87



Sowden Kieran

Setter

Nationality: ENG
Date Of Birth: 17.08.1990
Height: 181
Weight: 78



Mizerak Roman

Outside

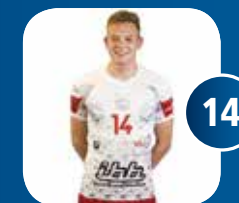
Nationality: SVK
Date Of Birth: 195
Height: 195
Weight: 81



Kisielewicz Bartosz

Captain
Setter

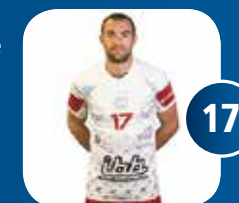
Nationality: POL
Date Of Birth: 20.11.1986
Height: 190
Weight: 82



Bartoszak Michał

Middle

Nationality: POL
Date Of Birth: 201
Height: 201
Weight: 90



Ciortea Marius

Outside

Nationality: ROM
Date Of Birth: 190
Height: 190
Weight: 87



Oro Lucio

Opposite

Nationality: BRA
Date Of Birth: 19.04.1977
Height: 201
Weight: 105

TEAM OFFICIALS:

Head coach: Vangelis Koutouleas

Assistant Coach: Patrik Selep

Statistician: Igor Drej

Sport psychologist: Joanna Wasiukiewicz

Physiotherapist: Krzysztof Klimek



The team

is the most important

In current season IBB Polonia London volleyball players win nine meetings in a row. The part of winning team is a sport and exercise psychologist, Joanna Wasiukiewicz who told us about her work with players.

The team is the most important

Who exactly is a sport and exercise psychologist?

Frankly, this is a person who supports player's development in mental aspect, helps them use their total potential and achieve goals which they have set.

The most common elements of that work are improving self-confidence, stimulating motivation as well as demonstrating techniques to deal with stress or concentration. Contrary to the common view we are not searching for downsides or disorders, but the opposite- we strengthen potentials of a sportsperson. It is also important when to start the work. The earlier, the better.

Can you compare the job of a sport and exercise psychologist in IBB Polonia and in Poland?

There is no doubt that IBB Polonia struggles to be more like league teams in Poland, but there are still some differences. Here our biggest obstacle is the time. In IBB Polonia London we still have little

Sport psychology

time. In Polish clubs players are subordinated to matches and trainings. Their job is playing. Thanks to that a sport and exercise psychologist has more time for activity. With IBB Polonia it is not the same, volleyball players have to balance their careers and playing. Volleyball players often come to trainings right after their work so it is not always possible to get enough time to practise. Despite that fact, we make an effort to make things work well as in a well-oiled machine.

So how do you set your work schedule?

It is necessary to prioritise, think about what is the most important and what to work on with particular players. As I mentioned before, time is not our best ally. Mental habits work the same way as movement habits. If we aim to establish something we need time and reasonable number

of repetitions in order to achieve the result. We are limited in that case so we focus on some particular issues.

What are they?

The most important is team cohesion. Relationships between players, trust and communication. Volleyball is a team sport so we are constantly working on making this team complete. IBB Polonia is a mixture of culture, nationalities and languages therefore the most important thing is that players understand one another on the court as well as beyond it. This is the priority.

But conflicts are inevitable?

Sportspeople are also people [laugh]. Likewise in any other group, there are conflicts and arguments here as well. Each of the players wants to

be in the starting line-up so they will point out mistakes of teammates during a match or training. It is absolutely normal in sports reality and we are working to make these a positive effect, not negative.

So how do you talk to a player losing their position in a line-up or doing worse in a training or match?

This is a very individual case connected with a particular player and there are no rules or scheme. We try to pursue thinking that how effective is the first six depends on how demanding is the other six that is why we don't see the starting line-up as more important than the dugout because they decide about effectiveness of the former.

So without competition within a team there is no success in fight with opponents in the league?

Positive competition influences the dynamics in the group and accelerates its development. It happens that this spins off into negative conflicts so to prevent it each player must be convinced that we all fight for the same goal. IBB Polonia consists of experienced players with the past of professionals, but there are still competitors who have never been in such conditions before. Everyone influences one another and thanks to individuals a team is created and that's the most important.

I noticed you sitting in matches and trainings with a pen and paper...

I take notes of everything that I am able to spot and what can be useful in work later on. I need to get to know each of the players that's why sometimes I focus on one player during matches as well as trainings. I watch him reacting to his own mistakes and to ones of his mates. I need to know if he is in the center of attention and supporting others or rather focused on himself. I also pay attention to communication in the group, especially in disputable situations. Sometimes the ball is between two players and I wonder why and how to prevent such situations. I also take notes concerning communication between a coach and players.

The effects of this work are very good. The team is doing with flying colours.

Our aim is the quality of the game, results are spinoff so we can lose sometimes, but we will never give up. IBB Polonia fights until the very end and we will do our best to stay like that until the end of the season.

We wish you success and keep fingers crossed for IBB Polonia in the upcoming matches. Thank you for talking.



JOANNA WASIUKIEWICZ
(PSYCHOLOGIST)

A graduate of University of Gdańsk, a degree in psychology, so far cooperated with teams including a volleyball team of Trefl Gdańsk and Camper Wyszaków. Staying in London for a half a year.



Steven Smith