



PARAVOLLEY PAN AMERICA

NEWSLETTER



ParaVolley
PAN AMERICA

PVPA IN ACTION

Stay up to date with all PVPA activity

IMPORTANT NOTICES

Online ParaVolley PanAmerica sport magazine that reports on current or recent ParaVolley NEWS and discusses general or specific topics related to all ParaVolley disciplines

APRIL 2021
ISSUE 03

PRESIDENT'S MESSAGE

JOE CAMPBELL - PVPA PRESIDENT

As we look back over the past year, we not only say “good-bye” to 2020, but hello to 2021 as we are already in the fourth month. COVID-19 has turned our world upside down in almost all aspects of our daily lives, however, I am being very optimistic as we provide vaccines for millions that some normalcy will surface soon.

We all can agree that much time has been lost because of the pandemic. We are still faced with uncertainty, but we must do our best to plan for a 2021 PVPA General Assembly and competitions. We have much work that needs to be accomplished, and I want you to know that your Board is ready...NOW!

I want to address a few areas of interest beginning with the Tokyo 2020 Paralympics. Here is an excerpt from an IPC announcement concerning classification.



The IPC is working to ensure that no prospective Tokyo 2020 athlete misses out on competing due to the lack of access to classification opportunities.

Following extensive consultation with International Federations and the Tokyo 2020 Organizing Committee, the International Paralympic Committee (IPC) Governing Board has temporarily set aside its ‘zero classification policy’ at Paralympic Games for Tokyo 2020 and will now allow 10 Para sports to operationally prepare for conducting classification in the host city ahead of this summer’s Paralympic Games.

The IPC, the International Federations and Tokyo 2020, are now working on operational planning for classification activities in Tokyo for the following 10 Para sports: athletics, boccia, canoe, cycling (track and road), judo, rowing, sitting volleyball, swimming, wheelchair rugby and wheelchair tennis.

These 10 sports either have a potentially larger pool of athletes requiring classification before the Games or have a limited ability to schedule classification opportunities due to various reasons related to the pandemic.

- **WORLD PARAVOLLEY DAY:** (24 April) Approximately 80 individuals will receive a certificate for their contributions in Standing Volleyball from 1980 – 2011. You will see the list as it will be publicized on WPV Day...Congratulations to each of them!
- **PVPA BEACH PARAVOLLEY:** PVPA Beach Commissioner Mr. Carlomagno Sainz Lopez has put together a 2021 Beach ParaVolley Training Plan that will be distributed to all member nations soon.
- **YOUTH PARAPAN AMERICA GAMES:** The IPC has officially informed Pan America nations that these games will be postponed until November 2022...dates (TBA).
- **2021 PVPA SITTING VOLLEYBALL CHAMPIONSHIPS:** The United States is submitting a BID to host this event. They are currently inspecting cities to find a suitable location to host, with the dates of competition to be in either October or November.

Best regards,
Joe Campbell
PVPA, President

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou

EVENTS

- AFRICAN PARA GAMES
- ASIAN PARA GAMES
- IWAS WORLD GAMES
- TOKYO FINAL 8TH QUALIFICATION SLOT - MEN
- WORLD CUP
- TOKYO "2020" PARALYMPICS
- PVPA ZONAL CHAMPIONSHIP
- BEACH PARAVOLLEY WORLD CHAMPIONSHIP SERIES
- IWAS GUTTMANN GAMES

COVID-19

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TIME TO COME BACK TO THE NORMAL LIFE

After more than a year of the world experiencing the covid-19 pandemic, ParaVolley PanAm is optimistic about the development of several vaccines from different laboratories.

We hope the best for all countries and that everyone can have their population vaccinated as soon as possible, thus ending the pandemic as we wait for the resumption of living a "normal" life.

We are all looking forward to seeing all the nations, healthy, united and playing ParaVolley, as soon as possible.





SAVE THE DATE

PAGE 03

UPCOMING EVENTS FOR 2021

TOKYO "2020"

- 24 August - 5 September 2021 - Tokyo - Japan

PVPA EVENTS

- ZONAL CHAMPIONSHIPS
USA submitted BID (TBA) - Possibly October or November
- YOUTH PARAPAN AMERICAN GAMES
November 2022, Bogota, Colombia (New dates TBA)

WORLD PARAVOLLEY EVENTS

- TOKYO FINAL 8TH QUALIFICATION SLOT - MEN
June 01-05, Duisburg, Germany
- WORLD CUP
December 2021
- IWAS WORLD GAMES (TBA)
- BEACH PARAVOLLEY WORLD CHAMPIONSHIP SERIES (TBA)

"PERSISTENCE CAN CHANGE FAILURE INTO EXTRAORDINARY ACHIEVEMENT."

– MARV LEVY



SAVE THE DATE

PAGE 04

UPCOMING EVENTS

2022

- Youth ParaPan American Games
November 2022
- World Championships Final Qualifiers M&W
Feb-March
- World Cup
May
- World Championships
China - Hangzhou - 2022
- World Super 6 (All Stars)
- IWAS Youth Games (U23) South Africa or USA
- Beach ParaVolley World Championship Series

2023

- Zonal Championships
- World Super 6 (All Stars)
- Youth Sitting Volleyball Zonal Championship
- Beach ParaVolley World Championship Series

2024

- Paralympic Games Final Qualifiers
- World Cup
- 2024 Paris Paralympic Games, France 28 August to 8 September
- World Super 6 (All Stars)
- Youth Sitting Volleyball Zonal Championship
- Beach ParaVolley World Championship Series

"I ALWAYS FELT THAT MY GREATEST ASSET WAS NOT MY PHYSICAL ABILITY, IT WAS MY MENTAL ABILITY."

— BRUCE JENNER

Playbooks published to deliver safe and successful Tokyo 2020

The Playbooks are the official, centralised source of information for the Olympic and Paralympic Games stakeholders, and the first versions will be updated with more details over the coming months

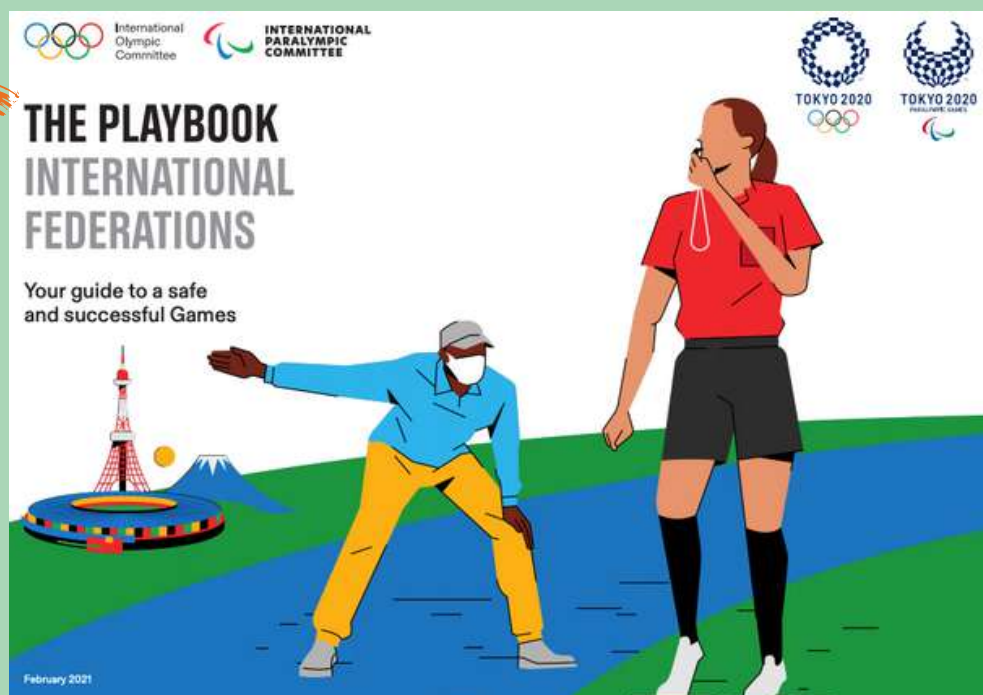
Tokyo 2020 Games Delivery Officer Nakamura Hidemasa commented: "The COVID-19 pandemic has impacted the daily lives of people around the world, and the Olympic and Paralympic Games need to adapt accordingly. Safety and security have become everyone's top priority, and this summer's Games will be no different". Accordingly, Tokyo 2020, the IOC and the IPC have jointly published individual Playbooks for each stakeholder outlining the rules that need to be followed by all Games participants.

"The Playbooks were created from the perspective of the participants themselves, based on the interim summary that was published at the Coordination Meeting for COVID-19 countermeasures last December. They include not only the specific measures that need to be taken, but also details of the rules that need to be observed and the appointment of a single person to oversee COVID-19 countermeasures in each stakeholder group to ensure effectiveness. The purpose of this first edition is to communicate 'what we know at this time' to a large number of people in an easy-to-understand manner. The Playbooks will be updated to the second edition this spring as the situation changes".

Through careful communication we would like to ensure that everyone involved in the Games around the world is aware of our plans. We hope thereby to assure them that, if each and every one of them follows the rules when participating in the Games, they can be held in a safe and secure manner.

[Download the Playbooks for International Federations, Press and Broadcasters here.](#)

[Download the Playbooks Athletes and Officials](#)





NEWS ABOUT PVPA

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During these months we have been working!

BRASIL COMING BACK TO THE COURTS

Brazilian women's and men's sitting volleyball teams are coming back to their training camps with a view to Tokyo 2020 (which will take place in 2021). The teams had their first training camp in the Aracaju city, currently the Brazilian Confederation headquarters (CBVD - Brasil ParaVolley), and the second camp finally took place inside the Brazilian Paralympic Training Center in São Paulo.

With the two teams qualified for Tokyo and the female team being a medalist in Rio2017, both teams continue their preparation in order to achieve even better results.

Célio Mediato, the head coach of the men's national team spoke with us:

Célio, how is It going back to training with Brazilian team?

It's been very productive. The athletes were very anxious for the return. Although they are keeping their shape at home, they missed the training sessions a lot because it is not the same thing. Since March (17/03/20) we had no face-to-face training.

- What changes have been made?

We are following the protocols imposed by CBVD and CPB which include the use of a face mask, use of alcohol gel on the hands, without meeting with other modalities, etc.

- And the athletes' response, How was It??

Positive. Athletes are getting used to this new normal, as we believe that even with the vaccine, we will still have time to continue with these precautions. They are adapting very well.

- What are the expectations for Tokyo?

They are the best possible. We are working very hard get to the Paralympics very well and we are confident in winning the long-awaited and desired Paralympic medal.

Dates of the camps:

Men's team

- 6 to 13 February - Aracaju
- March 7 to 14 - São Paulo
- April 3rd to 10th - São Paulo

Female

- February 21st to 28th - Aracaju
- March 14th to 21st - São Paulo
- April 10th to 17th - São Paulo



During these months we have been working!

THE REFEREES AND THE COVID-19 PANDEMIC

During the lockdown months, the referees also suffered with the COVID-19 Pandemic, we talked with Andre Calado (BRA) and Marie-Claude Richer (CAN) about this issue. They are going to Tokyo 2020 Paralympic Games and we wanted to understand how they are feeling about their performance in Tokyo, what will be more difficult and how they are getting ready for this.

Andre told us that we had a hard 2020 and still living hard days with this COVID-19 pandemic, but soon we will have the most spectacular and biggest sitting volleyball event in the world the Paralympics Games. In his case, the first Paralympics as a referee. This causes him a great anxiety and enthusiasm, but also a great concern to be prepared in a high level that the event needs.

One year without sports events is not good for anybody. Athletes and referees are similar. Both of them need to be prepared to execute their skills in the highest level as possible to reach the goal in the event. Physical and mental preparation are indispensable at that moment. And without tournaments, he tried keeping in contact with the sport by watching videos of national and international matches with highly experienced referees. *"It was a good way to keep in contact with sitting volleyball, of course that it is not the same as 'face to face' but helps me a lot with my confidence".*

Marie-Claude told us she made sure to prepare herself by other means than practical, as games are still prohibited in her province since last year. She has been working with mental preparation lessons with a sport psychologist, videos like Andre, visualisation and discussions with other referees.

Andre suggests that all referees read the Rules of the Game constantly, as well as all other official documents as this is a good way to remain focused before attending the Paralympic Games.

He doesn't know if the performance of all athletes and referees will be the same as one or two years ago. But, he believes this will be difficult and he's sure that everyone is working hard to reach the highest level possible. ***The performance may be affected but the desire to be Paralympic Champion for the athletes, and the aspiration of the Referees to work well in every match during the Paralympics Games is paramount.***

So, one thing can compensate for the other.

What is important is that everyone be prepared for the Games as they will be unique as well as spectacular.

To finish, Andre said ***"As a friend of mine once said, 'refereeing is like riding a bike, after you learn you never forget'."***



During these months we have been working!

WORLD PARAVOLLEY ANTI-DOPING RULES



These 2021 antidoping rules have been posted to the WPV website. You can find this document and other information there. It is a very important document for everyone involved in ParaVolley.

We also included the Anti-Doping Rules on PanAmerica website
-> Resources/Others



Download it now



HOW TO HOST

The image and reputation of the sport of ParaVolley is best characterized by the quality and organizational efficiency of PVPA's tournaments. In order to provide interested host nations with an opportunity to develop the sport, a bidding process has been introduced.

The bidding process is a key first step in determining if an organizer has the capacity and resources to stage an event, thereby helping to eliminate any unnecessary costs. Moreover, the procedure ensures a level of fairness by guaranteeing all interested parties have access to the same level of information - including the rules, regulations and expected standards of the international federation - at the time of bidding.

The procedures are in place to assist any potential organizer to prepare its BID and understand its obligations towards PVPA. In this way PVPA seeks to provide consistency in the way its tournaments are organized and presented, leading to a greater level of success for the organizers.

We would like to create a culture of having our zonal competitions confirmed one year in advance. We know that this would benefit all teams in creating a budget to enhance financial planning.

For further information and application forms to host and organize, please check out our website in "To be a Host" or contact:

Sport Director: Cristiana Figueira – c.figueira@globo.com

President: Joe Campbell – panamerica@worldparavolley.org



During these months we have been working!

BEACH PARAVOLLEY IN ARGENTINA

Only a year ago Argentina began its journey in the Beach Paravolley, supported by conventional beach volleyball in Rosario city, at the beginning of 2020 the first camp with the participation of the national team coaches, was held.

ParaVolley Argentina continues to pay attention for the detection of conventional volleyball players with some physical restrictions that would make them eligible to participate in this new mode.

This summer the Beach ParaVolley received the invitation from National Sport Secretary from Argentina and the Argentine Volleyball Federation to hold an Exhibition during the 6th Edition of the National Circuit of Beach Volley Feva. It was the official presentation, and the setting couldn't be better. Players from the Circuit accompanied them.

One more step towards the inclusion of Parasport with conventional sport.

The challenge now is to create National teams for both men and women and to have them participate in conventional Beach Volleyball on the National Circuit, so they can have a strong competition experience before taking part in International World ParaVolley events.

Beach ParaVolley is the adapted style of Beach Volleyball for players with physical impairments. It is played on the same size court, the same height of the net but the number of members per team differs (three instead of two). It is a relatively new discipline that has been gaining momentum for a few years.

If you want some further Information about Classification please send an email to: skereste@yahoo.com our Medical Commissioner Mr. SARO KERESTECIYAN





Beach ParaVolley Training Session Pan America 2021

PVPA invites all interested parties who want to know more about Beach paraVolley.

Via platform
zoom

Central America

- 1 24/04
- 2 05/06
- 3 07/08

**6pm
Costa Rica
Time**

Conferencistas



Carlomagno Sáenz
PVPA Beach
Commissioner
Costa Rica



Gene Tunney Cañon Reys
PVPA Development
Director
Colombia



Jon Aharoni
USA Volleyball
USA



Karla Schosinsky
Costa Rica

South America

- 1 01/05
- 2 12/06
- 3 07/08

**4pm
Colombia
Time**

North and Caribe

- 1 22/05
- 2 10/07
- 3 18/09

**4pm
PST-USA
Time**

**For registration and
more information**

carlo1566@yahoo.com - Coordinator General
genetunney@gmail.com - Coordinator South
jljimenezlao@gmail.com - Coordinator Central
volleyzen@me.com - Coordinator North and Caribe



PVPA ZONAL CHAMPIONSHIP

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Let's make an amazing event!!

2021 ZONAL CHAMPIONSHIP HAS TO HAPPEN

All member nations in good standing can participate.

Advantages of attending the Zonal Championship:

Compete against high level teams



Receive World Ranking points



Slots awarded to World Championships



Exchange experience with other coaches



ParaVolley
PAN AMERICA

2021 ZONAL CHAMPIONSHIP



Angelena Dolezar from **Canada** and her battle to be able to compete in Tokyo



Angelina has gotten osseointegration surgery on her leg, and has been working hard to be able to compete in Tokyo. Personally, we are just really inspired by her bravery and hard work to get back on the court and would like to share her history with the entire ParaVolley community.

Ange: I had OI (Osseointegration) surgery on Feb 13 2020 and I have been working this whole year at returning to sport. The acute recovery was very tough. I would say probably for 6 months I was very debilitated; high pain; couldn't move a lot or walk a lot.

In the summer I was able to start walking more (longer distances) so I was trying to walk 5-10 km with my friends 1-2x/week and then slowly return to weight lifting and cardio training at the gym. It's winter where I live now and most everything is still on lockdown so I'm weight training at home and I bought a spin bike in the fall to help with home training.

Meanwhile, volleyball training at home has been ok. I was very limited by how much pressure I could put on my residual limb and moving it around - so I was setting against a wall for several months. I worked on my setting technique sending videos to a coach weekly and worked on my mental training, as recovery is a very frustrating process. Focused a lot on goal setting and emotional regulation for home training and return to play with our team's mental health performance coach.

Our gyms and facilities opened up in the summer-fall and we did 2 team camps (team training) which was awesome. Still working towards my movement and developing an appropriate cover/protector for my residual limb. Trying prototypes for the cover has also been frustrating, as numerous versions have been tried and we haven't quite found the best product yet.

Since the new year, my leg has been doing much better and I am back to weight training. We are currently back in lockdown so we've been doing virtual camps and lots of zoom team meetings, which are a convenient way to connect and stay distanced.

I also would like to acknowledge that I have a very unpopular opinion regarding the games being postponed. The postponement means so much to me; I profited from much more recovery time and now have a much better opportunity for being selected to the Paralympic roster. Here I come Tokyo2020. I'm ready! Bora! BULA BULA BULA



**MAKE
Your
DREAMS
COME
TRUE**

MEMBERSHIP

*Check all our Member Nations
How to become a Member of World ParaVolley
/Pan America*



Today we have ten Member Nations, and we would like to expand to reach the entire Americas. Our mission is to take all disciplines of ParaVolley to all corners of our continent, because besides being a sport, it is a form of inclusion.

World ParaVolley Membership is open to a nation's:

- National Paralympic Committee (NPC)
- NPC-approved National Volleyball Federation
- NPC-approved National Sports Federation for Disabled

All Members must accept the World ParaVolley Constitution and Rules and Regulations, and must pay the membership fee. By paying the fee and signing the Membership Form the Member accepts the World ParaVolley Constitution, the Rules and Regulations of World ParaVolley, the World ParaVolley Classification Code, Medical Code and Anti-Doping Code, and all other member obligations, financial and otherwise. There can be only one recognised body per nation.

Membership fees are calculated every two years, and paid each year. The membership year is the calendar year (January 1 – December 31).

If you want to become a member please visit our website and you can find a link to "Become a Member" - <http://paravolleypanam.com/>

PVPA BOARD

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*Meet our Board of Directors.
Who is responsible for What?*

*We work with a common purpose, to
develop ParaVolley always!!!*

Joe Campbell - President -
General and Technical subjects
panamerica@worldparavolley.org



Laura Cometto- Vice President -
General subjects
panamericazonevicepresident@gmail.com



Cristiana Figueira - Sport Director/ Technical Officer-
Competitions and Technical
c.figueira@globo.com



Gigi Prieto - General Manager-
General subjects
pvpageneralmanager@gmail.com



Saro Keresteciyan - Medical Commissioner-
Classification and Medical
skereste@yahoo.com



Lazaro Beltran - Coaches Commissioner-
Coaches and Athletes
lazaro.beltran@gmail.com



Genitunney Reyes - Development Director -
Development of the sport
genitunney@gmail.com



Vanessa Redes - Communications Officer -
Communications and Social Media
redesvanessa@gmail.com



Nicky Nieves - Athletes Representative-
Athletes
n.nieves1989@gmail.com



Carlomagno Sáenz López - Beach Commissioner-
Beach ParaVolley
carlo1566@yahoo.com



Olga Lucia Melo Trujillo - Anti-Doping Commissioner-
Anti-Doping
olguitamelo@yahoo.com





THIS IS PARAVOLLEY

PARAVOLLEY PAN AMERICA
www.paravolleypanam.com



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PVPA website

