

Heroes on Tour

Manual for Elite Volleyball Teams

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Practical information

You will be going to an elementary school with Heroes on Tour to give a presentation for groups 5 to 8. Please read this information carefully. Afterward you will provide a clinic/gym class. At the latest in the week before your school visit we will let you know what time you are expected, in which class(es) you will give your presentation, the school address and the contact information of the person who will receive you there.

The basis for your presentation is your own story and the experiences you have had. This guide can support you in your visit to the school to present a fun, interactive and inspiring story about your life as an elite athlete in front of the class. But above all, adapt the story and the PowerPoint to your own story and taste. The presentation you give in the classroom or auditorium will last up to 30 minutes including all the questions the children ask. If necessary, bring props with you.

Then you go into the gym to give a volleyball clinic. This volleyball clinic will last a maximum of 45 minutes. Perhaps a volleyball club will also join the clinics to support and enthuse the children for a trial training. Again, you will hear about this no later than the week before your school visit. To help you prepare for the volleyball clinic, we will send you the documents Volleyball Clinic warm-up and Volleyball Clinic lesson cards. Here you can get some inspiration for giving the volleyball clinic, if necessary.

To conclude the clinic, take a picture of you among the children. Would you like to distribute this through all your Social Media channels? You can post on your own social media, but also align with your federation about publishing through their channels. Finally, you may hand out gadgets to each child, which will be taken by the contact person from the volleyball association.



Introductory

Tell the children why you are in class today. Today is your Heroes on Tour day!

Tell something about yourself, for example:

- Who you are (name, age);
- What your first volleyball club was;
- When you started in (young/young) the national team and how many international matches you have played so far. You can also interact with the children here by asking: How old do you think I was when I started playing volleyball/playing in the national team for the first time?

It is nice for the children to know in advance which parts your presentation consists of and what they can expect, especially when they can ask questions. Try to mention this in your introduction.

Program presentation

1. Introduction
2. Video Women's World Cup Volleyball (this is an example, you can use own videos)
3. Women's World Cup Volleyball 2022
4. Volleyball general
5. Volleyball and fun
6. Volleyball and nutrition
7. Questions?

Video WK volleyball women

After the introduction, the purpose is to play the Women's Volleyball World Cup 2022 video:

[It's Electrifying!](#) ⚡

After the video, start the conversation with the children about what they saw and noticed.

Questions you could ask the class:

- Do you think a World Volleyball Championship has been organized in the Netherlands before?
- Do you know when the World Cup will take place?
- Do you know where the World Cup will be held/where the matches will be played?
- Do you know which countries are participating in the World Cup?
- What does "It's Electrifying?" mean?
 - 'Volleyball is a sport like no other. The fans and players are so active, involved and enthusiastic that you can practically see the sparks flying when it's time to play. Indeed, it is so exciting that it is ...'

Good to know that the Internet may not work well at every school. We will therefore send you the video separately with the presentation. We recommend you put the video on a USB stick and take it separately.

Note: these videos and questions are examples of how Heroes on Tour was implemented in the Netherlands. You can use your own videos and question within the same setup related to your country.

WC volleyball women

In September 2018, the Nevobo released a bid for the Women's Volleyball World Cup 2022. In January 2019, the FIVB (world volleyball federation) announced that the 2022 Women's Volleyball World Cup has been assigned to the Netherlands. Furthermore, several matches will be played in Poland. So it will be a cooperation between the Netherlands and Poland. In the Women's Volleyball World Cup 2022, 24 countries will participate and about 100 matches will be played over a period of 3 weeks. The Dutch playing cities are Arnhem (GelreDome), Apeldoorn (Omnisport) and Rotterdam (Ahoy). The World Cup will take place from Sept. 23 to Oct. 15, 2022.

Tell/ask, for example:

- Tell something about the World Cup that will take place this year.
- Tell what you think is special and unique about this World Cup and what you look forward to most.
- How are you currently preparing for the World Cup?
- How are you training toward the WC? What games are you playing before that?
- Ask the kids if they are going to a World Cup match to cheer you on? Or maybe they will go to a match of another/their own country?
- The PowerPoint presentation shows a map of all the municipalities in Gelderland with flags of the various participating countries drawn in. Tell that each participating country resides in a different city in Gelderland and, using this picture, ask the following questions:
 - Indicate which municipality you are currently in and which participating country is located there.
 - What do you know about that country and its team? What do they eat and do there?
 - Ask the children if anyone has ever been to that country?
 - Add if you think it is a powerful opponent etc.

Note: You can choose any event hosted by your country and highlight it or choose to highlight the World Championships in general.

Volleyball in general

In this section, you will give some general information about volleyball.

For example, tell/ask:

- Do you know the different forms of volleyball and what is the difference? (indoor volleyball, beach volleyball, sitting volleyball)
- How many players are on a volleyball team?
- How do volleyball players play together? (pass - set up - smash, in (at most) 3 passes)
- What is a serve (show movement yourself)?
- What is a pass (show movement yourself)?
- What is a smash?
- How hard do you think I can smash?
- What is a block? (Show your movement)
- How high do you think I can block?
- When do you score a point?
- When do you win a match?
- Why do most volleyball players have knee pads on?
- What shoe size do you think I have?

Use any props you brought with you, props you are proud of for example:

- Your sportswear, kneepads, shoes and/or other tools;
- Lucky items: are you superstitious about volleyball? Do you have a habit/ritual before a game? Ask the class if they also have certain habits.

Volleyball and fun

You are a great role model for the kids! In this part, tell how you got where you are today.

For example, tell/ask:

- Why you chose volleyball? Why do you think it is such a fun sport?
- Ask who in the class already plays volleyball and why the child chose volleyball.
- What you yourself were like at their age.
- About your enjoyment, accomplishments and top athlete experiences.

The great thing about volleyball is that it is a team sport. You always play together and together you are strong!

- Talk about why you find this so fun and important.
- Ask if any children are in a team sport and what they like about it.
- You also learn much from a team sport and from playing with others. Can the children give examples of this?



Volleyball and nutrition

Healthy nutrition is inseparably linked to sport and exercise. The volleyball association is committed to making volleyball players aware of the importance of healthy and responsible nutrition. Responsible nutrition and adequate exercise play an important role in all events and associated side events. We focus specifically on the youth with the message that healthy food is normal with exercise. We find it important to set a good example with our events and to let youth grow up in a sports environment where this becomes the norm in the future. During events such as the Women's Volleyball World Cup 2022, healthy nutrition was therefore one of the social themes. Through the World Cup, people became aware of the importance of healthy and responsible nutrition and how it allows them the opportunity to have a healthy choice.

Tell/ask, for example:

- What do you eat and drink on a typical day and match day? Indicate that this helps you to perform well. If necessary, show your nutrition plan.
- It is good to focus on basic nutrition products and not sport-specific products such as shakes, energy bars, etc. Possibly use the sports nutrition pyramid for this section and emphasize the bottom layer (basic nutrition). Sports nutrition is not necessarily healthy, so say something about the Guidelines of the Nutrition Center.
- It's nice to point out that an elite athlete eats more than the average person because he/she burns a lot of calories and needs energy in the form of food to do so. And basically chooses healthy (Disk of Five) products as much as possible, because this can provide the necessary (macro + micro) nutrients.
- Why is healthy eating important? How does this help you perform better?
- For the children also good to hear that it is also important for overall health and therefore not only important if you do a lot of sports. Healthy eating also contributes to a happy and fit life for them. They also perform better on their 'level' (school, social, sports).
- How do the children make sure they eat and drink healthy?
- Ask the children what they think are healthy foods and drinks?
- Tell what your favorite food is
- Possibly tell about your guilty pleasure. What doesn't fit into your eating schedule but you eat sometimes?
- Ask what the children brought for a small break (the 10 o'clock hour) and lunch?

Annexes

General questions

At the end, there is time for any questions the children still want to ask you. Tell the children until when there is time. Please prepare for the questions using the list below.

- How you became so good at volleyball?
- Do you like any other sports?
- Are you nervous before a match?
- What countries have you been to?
- Is it fun to play a match in another country?
- What ranking does the Netherlands have in volleyball?
- What is the best team in the world?
- Have you ever been champion?
- Are you rich/do you get rich from top volleyball?
- How many hours a week do you train?

Suggestions

Time & variation

Keep an eye on the time for yourself for each section. By varying the topics, you keep the group's attention and increase the chances that the children will remain captivated until the end.

Interaction / incorporate questions into your story

To promote interaction and thus the liveliness of your story, ask matching questions with each topic. Asking the occasional question keeps the children engaged.

Ask questions

The children are used to raising their hand when they want to ask a question. Indicate that they should do the same here when they want to ask something. Please allow them to ask questions in between and also indicate at the beginning that this is allowed.

Time-out = quiet

Children will want to ask and tell you a lot. And when they get excited, they also become noisier. Saying "please be quiet" does not work anymore. It is better to agree on a non-verbal sign. When you give that, everyone is quiet again. For volleyball players, this is the perfect sign to request a time-out.

You immediately have something nice to explain at the start of your presentation! And should things really get out of "hand," don't panic. There is always one or more teachers present to help you with this.

Materials/attributes and stories

Think about the story you want to tell when you bring your materials/attributes. Thinking about it beforehand makes you less likely to forget something.

Bringing items

Having children pass things around to each other is often messy. The moment you start talking about a particular item, show it. Afterward, everyone may touch the items briefly, indicate that in advance. Should there be items they are not allowed to touch, keep them close to you and tell them.

Make more impact with eye contact

During the presentation, look into the classroom. Try to look at as many children as possible once. Children will feel more engaged and listen better.