



GB Women's Indoor Volleyball Supporters Newsletter

Newsletter Number 5 ~ January 2012

MAKE A NEW YEAR RESOLUTION

We all do it. How many times have we made a New Year Resolution, determined to keep it, but then ... well, life is too short!!! But here is a resolution you can keep - and you only need to do it for six months.

Join the **GB Women's Volleyball 2012 Players Club**, by committing to make a monthly contribution each month from February to July - just **SIX** payments. Money is tight for us all, but even the smallest donations are very, very welcome.

GB Women's Volleyball
2012 Players Club

If you join, you will play a real part in helping us achieve our dream. We have no funding except what our supporters and sponsors generously give - we can't do it without you. The main purpose for any money raised through the **2012 Players Club** is to provide vital training and competition in our final preparation for the Olympic Games and the European Championships, the latter competition being the start of our legacy and the opportunity for the next generation to be a part of a high performance GB programme.

What about giving the equivalent of just one cup of coffee a week - around **£10** per month? Or maybe even **£20.12** per month?

In return, we will arrange for some fortunate members of the 2012 Players Club to experience Olympic Volleyball live at Earls Court. We will also keep you up to date with our preparations through our regular GB Women's Supporters Newsletter and identify you on our website as a supporter of our team. For more details, click on [How can I become a member?](#) Or visit the team's website.



2012 LATEST NEWS

The opening qualifying event for the 2012 Olympic Games was the 2011 World Cup in Japan which ran from November 4-18 for Women, and November 20-December 4 for Men, and was the first opportunity for teams to qualify for the 2012 Olympic Games Volleyball event.

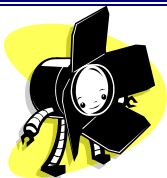
As mentioned in our last issue Italy, USA and China, were named as the first three Women's teams joining the host team, Great Britain, at London 2012. We now know that the first three Men's teams joining the GB Men are Russia, Poland and Brazil.

The Olympic qualification process for volleyball will continue over the next few months with one team qualifying from each of the Continental Qualification Tournaments being held between January and May. The final teams will qualify in the World Olympic Tournaments which consist of three tournaments for Men and one for Women, held between 19 May and 10 June. Once all 12 teams are known, the Olympic draw can then take place.

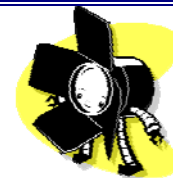
"ADOPT AN OLYMPIAN" SCHEME UPDATE

We now have **32 SCHOOLS** participating in this scheme and more to come! Each school has a player from the GB Women's team which they have "**Adopted**" as their own "**Olympian**" and has pledged to run a fundraising event to raise funds for the GB Women's programme. In return for raising funds, their player keeps in touch with the school, sending regular updates, photos, and news, about themselves as they get ready to take up their place in London 2012. If you want to join the scheme contact cary@fitfortraining.co.uk





SPOTLIGHT ON THE PLAYERS THIS MONTH: OUTSIDE HITTERS



In each issue of the Newsletter over the next five months, we will turn the spotlight on the GB Squad and Coaching Staff. This month we introduce you to some of the Outside Hitters. There are 8 Outside Hitters in the squad, so this month we feature 4 of them - in no particular order as they say on X Factor! The other 4 Outside Hitters will be featured in the next Newsletter.

NB 'Spike' and 'Block': This is the height the player reaches with one hand (Spike) when "running & jumping" or two hands (Block) when "jumping from a static position". The height of the Women's Volleyball net is 2.24m so the higher you can jump the better chance you have of winning a point.

LYNNE BEATTIE



DoB	23 rd December 1985
Where born	Glasgow, Scotland
Home Town	Glasgow, Scotland
Position	Outside Hitter
Shirt Number	10
Height (cm)	182cm
Spike (cm)	311cm
Block (cm)	295cm
GB Caps	68
1 st GB Cap	v Switzerland, 29 th June 2007, La Chaux-de-Fonde
Pro Season 2011/12	CV Las Palmas de Gran Canaria, Spain, Supaliga 1 (Top Division)
Sporting 'Motto'	"A dream you dream alone is just a dream....a dream you dream together becomes reality"
Do you have any superstitions that you abide by on match day?	"Match day = always wear long socks! Put my shoes, ankle braces and knee pads on in the same order - oh and I always make sure I listen to Whitney Houston "I Wanna Dance with Somebody" at least once!"

JILLIANE GOULET



DoB	13 th March 1983
Where born	Calgary, Canada
Home Town	Arnprior, Canada
Position	Outside Hitter
Shirt Number	11
Height (cm)	180cm
Spike (cm)	300cm
Block (cm)	282cm
GB Caps	0
Pro Season 2011/12	VC Kanti Schaffhausen, NLA (Top Division & CEV Challenge Cup)
Sporting 'Motto'	"She who dares, wins"
What do you do when you wake up in a bad mood and you have to pull it round for the start of training?	"If I am in a bad mood, I find something to smile at or to make me laugh, to turn my mood round before training. If I recognise that I need extra motivation before training, upbeat music and a strong cup of coffee will always get me out of a hole."

RACHEL LAYBOURNE



DoB	19 th May 1982
Where born	Chesterfield, England
Home Town	Chesterfield, England
Position	Opposite/Outside Hitter
Shirt Number	4
Height (cm)	178cm
Spike (cm)	299cm
Block (cm)	282cm
GB Caps	75
1 st GB Cap	v Switzerland, 29 th June 2007, La Chaux-de-Fonde
Pro Season 2011/12	Silesia Volley, Poland 1 Liga Kobiet (2 nd Division)
Sporting 'Motto'	"Do it well or don't do it at all."
If you were faced with a killer bike session what track would get you in the 'zone'?	"I have the most eclectic mix of music and each day my music selection changes, but the song that I can always get my head down to, and work hard to, is 'You Got The Love' by The Source featuring Candi Staton"

JEN TAYLOR



DoB	16 th August 1980
Where born	Bolton, England
Home Town	Bolton, England
Position	Outside Hitter
Shirt Number	6
Height (cm)	179cm
Spike (cm)	290cm
Block (cm)	280cm
GB Caps	85
1 st GB Cap	v Switzerland, 29 th June 2007, La Chaux-de-Fonde
Pro Season 2011/12	TFM/DOK Dwingeloo, Holland, DELA League (Top Division)
Sporting 'Motto'	"I don't really have one, but I guess I know how lucky I am to be in this position. Living out a sporting dream is what I'm doing, and having started playing volleyball at the age of 14, I would never have believed this was possible!"
Do you have any superstitions that you abide by on match day?	"I would not call myself superstitious, but I have to go through the following 'rhyme' as I leave the hotel room to make sure I have everything - "trainers, knee pads, water bottle, short, shirt, socks" - and then I always warm up in my jacket despite the temperature!"

In our next newsletter: *We introduce the remaining Outside Hitters in the GB Squad: Rachel Bragg, Vicky Palmer, Janine Sandell and Jenn Thom.....*

And...if you have an idea for an article that you think would be of interest to feature in a future Newsletter, please get in touch with your suggestion: cary@fitfortraining.co.uk