



XI JUEGOS DEPORTIVOS
CENTROAMERICANOS
Managua
2017
Nicaragua 3 AL 17 Diciembre



VOLEIBOL DE SALA

FEMENINO



Boletín No 1

Managua, 09 de Diciembre 2017





CALENDARIO ENTRENAMIENTOS VOLEIBOL DE SALA FEMENINO.

10 de Diciembre		
Hora	CANCHA - 1 - IND	CANCHA - 2 - IND
08.00 – 09.00	PAN	HON
09.00 – 10.00	GUA	ESA
10.00 – 11.00	NCA	BIZ
12.00 – 13.00	CRC (F)	
11 de Diciembre		
08.00 – 09.00	ESA	PAN
09.00 – 10.00	BIZ	CRC
10.00 – 11.00	NCA	HON
12.00 – 13.00	GUA (F)	
12 de Diciembre		
08.00 – 09.00	CRC	HON
09.00 – 10.00	PAN	GUA
10.00 – 11.00	NCA	ESA
12.00 – 13.00	BIZ (F)	
13 de Diciembre		
08.00 – 09.00	CRC	GUA
09.00 – 10.00	BIZ	ESA
10.00 – 11.00	NCA	PAN
12.00 – 13.00	HON (F)	
14 de Diciembre		
08.00 – 09.00	ESA	CRC
09.00 – 10.00	HON	BIZ
10.00 – 11.00	NCA	GUA
12.00 – 13.00	PAN (F)	
15 de Diciembre		
08.00 – 09.00	PAN	CRC
09.00 – 10.00	GUA	BIZ
10.00 – 11.00	ESA	HON
12.00 – 13.00	NCA (F)	
16 de Diciembre		
08.00 – 09.00	HON	GUA
09.00 – 10.00	BIZ	PAN
10.00 – 11.00	NCA	CRC



FEDERATION
INTERNATIONALE
DE VOLLEYBALL



0-1

UNIFORM COLOURS
Couleur de l'uniforme

CITY: Ville: **Managua, Nicaragua**

DATE: **9/12/2017** TIME: Heure:

REGISTERED COLOURS / Couleurs enregistrées :
(ONLY SHIRT COLOUR - seulement la couleur du maillot)

POOL/PHASE: Groupe/Phase: **FINAL ROUND FEMENINO**

	BIZ ▼	CRC ▼	ESA ▼	GUA ▼	HON ▼	NCA ▼	PAN ▼
1	ROJO	ROJO	BLANCO	AZUL	AZUL	BLANCO	ROJO
2	AZUL	AZUL	ROYAL	BLANCO	BLANCO	AZUL	BLANCO
3	BLANCO	BLANCO	NAVY	CELESTE	NEGRO	NEGRO	AZUL

MATCH SCHEDULE
Calendrier des matches

DATE:	No. Match	Team Equipe	
		A	B
10/Dec/2017	1	PAN	HON
10/Dec/2017	2	GUA	ESA
10/Dec/2017	3	NCA	BIZ
11/Dec/2017	4	ESA	PAN
11/Dec/2017	5	BIZ	CRC
11/Dec/2017	6	NCA	HON
12/Dec/2017	7	CRC	HON
12/Dec/2017	8	PAN	GUA
12/Dec/2017	9	NCA	ESA
13/Dec/2017	10	CRC	GUA
13/Dec/2017	11	BIZ	ESA
13/Dec/2017	12	NCA	PAN
14/Dec/2017	13	ESA	CRC
14/Dec/2017	14	HON	BIZ
14/Dec/2017	15	NCA	GUA
15/Dec/2017	16	PAN	CRC
15/Dec/2017	17	GUA	BIZ
15/Dec/2017	18	ESA	HON
16/Dec/2017	19	HON	GUA
16/Dec/2017	20	BIZ	PAN
16/Dec/2017	21	NCA	CRC

TEAMS CHOICE (1-2 OR 3)
Choix des équipes (1-2 ou 3)

1st CHOICE 1er Choix		LIBERO CHOICE Libero Choix		FIVB DECISION Décision de la FIVB	
A	B	A	B	A	B
		BLANCO	BLANCO	ROJO	NEGRO
		BLANCO	GRIS	AZUL	BLANCO
		NEGRO	BLANCO	BLANCO	ROJO
		BLANCO	ROJO	NAVY	BLANCO
		ROJO	BLANCO	BLANCO	AZUL
		BLANCO	AZUL	AZUL	BLANCO
		AZUL	NEGRO	ROJO	AZUL
		BLANCO	AZUL	AZUL	CELESTE
		AZUL	GRIS	NEGRO	ROYAL
		ROJO	BLANCO	BLANCO	AZUL
		BLANCO	NAVY	AZUL	BLANCO
		NEGRO	BLANCO	BLANCO	ROJO
		BLANCO	AZUL	NAVY	ROJO
		BLANCO	BLANCO	NEGRO	ROJO
		BLANCO	AZUL	AZUL	CELESTE
		ROJO	BLANCO	BLANCO	AZUL
		BLANCO	ROJO	AZUL	BLANCO
		GRIS	NEGRO	ROYAL	BLANCO
		BLANCO	AZUL	AZUL	BLANCO
		AZUL	ROJO	ROJO	AZUL
		NEGRO	AZUL	BLANCO	ROJO



XI Central American Games

O-2bis Team registration

BIZ - Belize



Shirt no	Last name	First name	Shirt name	Pos.	Birthdate	Weight [kg]	Height [cm]	Highest reach [cm]		Club	National selections			
								Spike	Block		WC	OG	Oth.	Tot.
1	Anderson	Jasmine	Anderson	L	27-Nov-1985	68	165	269	255	Jaguars	-	-	19	19
2	Williams	Maurissa	Williams	WS	12-Sep-1997	108	180	293	279	Jaguars	-	-	26	26
3	Burton	Sherika	Burton	WS	26-Mar-1997	74	175	285	274	Stars	-	-	23	23
5 C	Quan	Karen	K. Quan	S	19-Sep-1998	53	160	240	234	Stars	-	-	17	17
6	Safa	Ayah	Safa	OP	11-Dec-2001	61	174	279	265	Stars	-	-	6	6
7	Diego	Kori	Diego	MB	27-Jan-2000	72	180	298	284	Mystics	-	-	24	24
10	Musa	Mya	M. Musa	WS	04-Apr-1998	61	170	279	265	Stars	-	-	18	18
13	Balderamos	Kelsey	Balderamos	MB	06-Jun-1992	70	176	278	247	Stars	-	-	8	8
14	Camara	Fatoumata	Camara	S	25-Mar-2003	72	185	295	273	Stars	-	-	11	11
15	Sebastian	Kevanna	Sebastian	MB	13-Oct-1998	96	186	288	274	Stars	-	-	25	25
16	Arnold	Shantell	Arnold	OP	12-Mar-1991	82	184	295	287	Jaguars	-	-	25	25
17	Ramirez	Nelissa	Ramirez	WS	09-Sep-1991	73	174	286	273	Stars	-	-	13	13

OFFICIALS

Team manager:	Oscar Arnold (BIZ)
Head coach:	Delio Arruebarrena (CUB)
Assistant coach:	Lupita Quan (BIZ)
2nd assistant coach:	Lawrence Bennett (BIZ)

COLORS

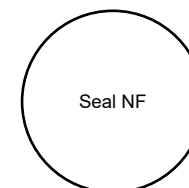
Main:	Rojo
2nd:	Azul
3rd:	Blanco

STATISTICS

Data	Minimum	Average	Maximum
Age:	14.7	21.5	32.0
Height:	160	176	186
Spike:	240	282	298
2-hand block:	234	268	287
National selections:	6	18	26

We, the undersigned, declare that, in accordance with the present regulations, the registered competitors are qualified for FIVB competitions.

President or Authorised signatures by the NF



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BY THE ORGANISER NOT LATER THAN:



XI Central American Games

O-2bis Team registration

CRC - Costa Rica



Shirt no	Last name	First name	Shirt name	Pos.	Birthdate	Weight [kg]	Height [cm]	Highest reach [cm]		Club	National selections			
								Spike	Block		WC	OG	Oth.	Tot.
1	Carazo Martinez	Tannia	Carazo	WS	11-Aug-1996	54	169	272	263	Goicoechea	-	-	-	-
4	Gamboa	Johanna	Gamboa	MB	23-Nov-1987	70	180	280	275	UNED	-	-	-	-
5	Espinoza Rojas	Edya	Espinoza	WS	15-Jan-2000	60	169	252	241	UNED	-	-	2	2
6	Castro Rueda	Maria Jose	Castro	L	02-Aug-2001	63	159	231	225	San Carlos	-	-	-	-
7	Campos	Melissa	Campos	S	13-Jul-2000	52	162	259	252	Universidad Nacional	-	-	-	-
8	Araya Urbina	Marcela	Araya	WS	24-Sep-1992	55	169	278	268	SAN JOSE	-	-	100	100
10	Ramírez	Paola	Ramírez	OP	23-Feb-1987	75	188	308	290	UNED	4	-	29	33
11	Rodriguez	Mariana	Rodriguez	MB	06-Nov-1999	66	178	268	256	Santa Barbara	-	-	-	-
12	Jimenez Corrales	Kiara	Jimenez	MB	23-Mar-1992	65	174	280	269	Goicoechea	-	-	9	9
14	Fonseca Avila	Irene	Fonseca	S	10-Oct-1985	70	182	285	272	UNED	2	-	70	72
16 C	Hines Cuza	Mijal	Hines	MB	15-Dec-1993	80	186	290	280	SAN JOSE	5	-	23	28
17	Gonzalez Alfaro	Yuliana	Alfaro	S	07-Jun-1995	54	168	260	245	SAN CARLOS	-	-	1	1

OFFICIALS

Team manager:	MARIO BARRANTES BALTODANO
Head coach:	CÉSAR SALAS SALAZAR
Assistant coach:	ARTURO SOLANO
2nd assistant coach:	ANDRÉS LÓPEZ CASTRO

COLORS

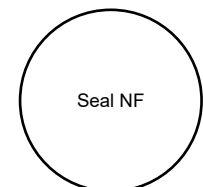
Main:	RED
2nd:	BLUE
3rd:	WHITE

STATISTICS

Data	Minimum	Average	Maximum
Age:	16.4	23.5	32.2
Height:	159	174	188
Spike:	231	272	308
2-hand block:	225	261	290
National selections:	0	20	100

We, the undersigned, declare that, in accordance with the present regulations, the registered competitors are qualified for FIVB competitions.

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XI Central American Games

O-2bis Team registration

ESA - El Salvador



Shirt no	Last name	First name	Shirt name	Pos.	Birthdate	Weight [kg]	Height [cm]	Highest reach [cm]		Club	National selections			
								Spike	Block		WC	OG	Oth.	Tot.
2	Soriano	Marcela Alejandra	Soriano	MB	10-Sep-2000	63	173	275	270	Santa Tecla Spikers	-	-	18	18
3	Colato Garcia	Blanca Luz	Colato	WS	05-Apr-1999	72	171	275	270	San Marcos	-	-	18	18
4	Vasquez Menjivar	Kathya Beatriz	Vasquez	OP	20-Jan-1993	63	170	285	282	San Marcos	-	-	24	24
7	Calderon	Alexandra	Calderon	OP	05-Nov-1996	62	170	270	267	San Marcos	-	-	18	18
8	Galeano	Ma. José	Galeano	WS	29-Jun-1994	67	168	275	271	Hanami	4	-	30	34
9	Ceren Lovo	Andrea	Ceren	L	02-Jan-1996	60	159	262	260	San Marcos	-	-	18	18
11	Rogel	Denisse	Rogel	MB	02-May-1990	95	180	288	285	Hanami	-	-	48	48
12 C	Flores	Adriana	Flores	WS	21-May-1992	81	170	276	272	Hanami	-	-	71	71
15	Manzanarez	Liliana	Manzanares	S	19-Jul-1988	60	171	273	270	Hanami	-	-	30	30
16	Jimenez Hunter	Maria Alejandra	Hunter	WS	02-Sep-2000	20	168	278	273	Hunan	-	-	6	6
19	Avalos Henriquez	Roxana Nohemy	Avalos	MB	12-Nov-1997	64	170	278	273	San Marcos	-	-	12	12
21	Gonzales	Madeline	Gonzalez	S	02-Sep-1992	70	168	275	270	Hanami	-	-	42	42

OFFICIALS

Team manager:	Caceres Cornejo, Jose Rolando (ESA)
Head coach:	Rivas de Baños, Ingrid Veronica (ESA)
Assistant coach:	Henriquez, Nery Alfonso (ESA)
2nd assistant coach:	Lopez Campos, Sady (ESA)
Journalist:	Fabian Aguilar, Noe Isaac (ESA)

COLORS

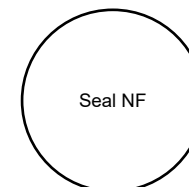
Main:	Blanco
2nd:	Azul (R)
3rd:	Azul (N)

STATISTICS

Data	Minimum	Average	Maximum
Age:	17.2	22.7	29.4
Height:	159	170	180
Spike:	262	276	288
2-hand block:	260	272	285
National selections:	6	28	71

We, the undersigned, declare that, in accordance with the present regulations, the registered competitors are qualified for FIVB competitions.

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XI Central American Games

O-2bis Team registration

GUA - Guatemala



Shirt no	Last name	First name	Shirt name	Pos.	Birthdate	Weight [kg]	Height [cm]	Highest reach [cm]		Club	National selections			
								Spike	Block		WC	OG	Oth.	Tot.
2	Gordillo Barillas	Sofia	Gordillo	OP	03-Oct-1998	51	167	270	262	Campeonas	-	-	10	10
3	Alvarez Marroquin	Aury Priscila Mishelle	Alvarez	MB	03-Nov-1994	60	171	258	254	Sanarateca	-	-	36	36
4	Gomez Guzman	Rut Beatriz	Rut G.	OP	24-Apr-1991	67	182	290	280	Smarbrams	-	-	24	24
5	Alvarez Navarro	Maria José	Alvarez	L	20-Mar-1995	52	156	235	230	Smarbrams	-	-	30	30
7	Guillermo	Martha Alejandra	A. Guillermo	WS	10-Mar-1999	60	170	271	269	Liceo Canadiense	-	-	6	6
8 C	Recinos Ocaña	Blanca Elizabeth	Blanqui	WS	08-Mar-1991	63	176	281	260	Lab. Zoom	-	-	26	26
10	Villalobos Lopez	Ada Patricia	Ada V.	MB	15-May-1994	63	165	265	261	Lab. Zoom	-	-	36	36
11	Alvarado Franco	Paola Marie	Alvarado P.	WS	28-May-2002	60	178	275	271	Campeonas	-	-	25	25
12	Caal Torres	Jessica Carolina	J. Caal	S	12-Feb-1998	50	170	263	260	Tigers	-	-	10	10
13	González Morales	Astrid Michelle	A. González	MB	03-Jun-1997	64	171	241	236	La Sanarateca	-	-	10	10
14	Gomez Hirst	Carmen Elisa	Gómez	S	04-Apr-2001	74	174	273	262	Colegio Entrevalles	-	-	30	30
15	Bethancourth Guerra	Estefanie	Bethancourt	WS	15-Aug-1996	74	178	275	265	F I U	-	-	16	16

OFFICIALS

Team manager:	William Fernandez Pizat (CUB)
Head coach:	William Fernandez Pizat (CUB)
Assistant coach:	Julio Rolando Dominguez Leal (GUA)
Doctor:	Juan Carlos Rodas Monroy (GUA) / Id: 180438
Therapist/Trainer:	Josue Daniel Paz Torres (GUA) / Id: 180735
International Referee:	Walda Ioanna Maldonado Lam (GUA)

COLORS

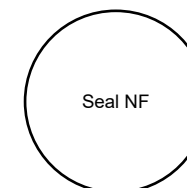
Main:	Azul
2nd:	Blanco
3rd:	Celeste

STATISTICS

Data	Minimum	Average	Maximum
Age:	15.5	21.2	26.8
Height:	156	172	182
Spike:	235	266	290
2-hand block:	230	259	280
National selections:	6	22	36

We, the undersigned, declare that, in accordance with the present regulations, the registered competitors are qualified for FIVB competitions.

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XI Central American Games

O-2bis Team registration

HON - Honduras



Shirt no	Last name	First name	Shirt name	Pos.	Birthdate	Weight [kg]	Height [cm]	Highest reach [cm]		Club	National selections			
								Spike	Block		WC	OG	Oth.	Tot.
1	Napky Ayestas	Hyxe	Napky	WS	25-Nov-1981	75	176	282	277	GLOBAL	-	-	52	52
2	Barahona Núñez	María Elena	Barahona	S	25-Jun-1991	72	168	275	270	GALAXY	-	-	32	32
3	Mejia Moreno	Dulce	Mejia	WS	24-Jun-1992	63	167	279	275	GALAXY	-	-	18	18
4	Midence Castro	Lesby	Midence	L	20-Jul-1994	63	167	267	264	GLOBAL	-	-	18	18
5	Zelaya Valladares	Dina	Dina	WS	07-Jun-1997	62	168	272	266	GLOBAL	-	-	8	8
6	James Connor	Sahara	James	L	30-Apr-2001	55	164	270	265	GLOBAL	-	-	-	-
8	Pérez Jimenez	Nathaly	Pérez	WS	08-Jan-2003	64	176	290	280	GLOBAL	-	-	12	12
9 C	Flores Espinoza	Tessa Michelle	Flores	MB	22-Mar-1986	70	179	281	276	GLOBAL	-	-	32	32
10	Johnson Hydes	Cecille Zuline	Johnson	OP	27-Nov-1998	66	174	300	280	GLOBAL	-	-	18	18
11	Aguilar Campos	Ruth	Aguilar	S	31-Jul-2000	67	175	278	274	GLOBAL	-	-	18	18
12	Morales Varela	Lourdes	Morales	WS	15-Apr-1995	70	168	273	270	GALAXY	-	-	6	6
14	Rivera Triminio	Monica	Rivera	MB	07-Feb-1994	75	176	281	276	UNAH	-	-	8	8
16	Flores Hernandez	Dariana	D. Flores	WS	15-Sep-1994	66	174	275	270	GALAXY	-	-	10	10
17	Diaz Sosa	Mariajosse	Diaz	MB	02-Mar-1994	80	181	285	280	UNAH	-	-	18	18

OFFICIALS

Team manager:	Alba Doris Molina (HON)
Head coach:	Osiel Vasquez Cancio (CUB)
Assistant coach:	Catarine Lizeth Leiva (HON)

COLORS

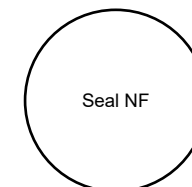
Main:	Azul
2nd:	Blanco
3rd:	Negro

STATISTICS

Data	Minimum	Average	Maximum
Age:	14.9	23.2	36.0
Height:	164	172	181
Spike:	267	279	300
2-hand block:	264	273	280
National selections:	0	18	52

We, the undersigned, declare that, in accordance with the present regulations, the registered competitors are qualified for FIVB competitions.

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XI Central American Games

O-2bis Team registration

NCA - Nicaragua



Shirt no	Last name	First name	Shirt name	Pos.	Birthdate	Weight [kg]	Height [cm]	Highest reach [cm]		Club	National selections			
								Spike	Block		WC	OG	Oth.	Tot.
1	Pereira Herrera	Andrea Victoria	Pereira	WS	23-Sep-1999	58	173	278	266	ACADEMIA	-	-	-	-
2	Arcia Muñoz	Maria Belén	Arcia	OP	30-May-2002	51	169	267	257	PUREZA DE MARIA	-	-	-	-
3	Torres Tobie	Maryuri Lisseth	Maryuri	WS	09-Dec-1993	58	173	265	256	UCA	-	-	-	-
4	Traña Lugo	Hellen Mercedes	TRAÑA	OP	03-May-1983	76	180	285	273	UCA	1	-	3	4
5	Estrada Alvarado	Katherine Melissa	Estrada	L	27-Apr-1998	50	152	255	247	ACADEMIA	-	-	-	-
6	Rodríguez Saunders	Lolette Eleonor	Lolette	S	04-Aug-1989	71	175	283	270	UCA	7	-	30	37
7	Hernández García	Amalia Valeska	Valeska	WS	22-Nov-1988	57	173	283	272	UCA	1	-	3	4
8	Conto Calero	Dalia	Calero	MB	08-Jun-2000	56	174	278	266	ACADEMIA	-	-	-	-
9 C	Noguera	Claudia	Claudia	OP	30-Jun-1979	66	171	278	267	UCA	1	-	8	9
10	Traña Lugo	Heidy Elizabeth	HEIDY	MB	04-Jul-1977	75	183	287	278	UCA	1	-	8	9
11	Aguilera Quintero	Juny Meyber	Meyber	L	26-Jul-1992	63	170	275	267	UCA JR	-	-	25	25
12	Gonzales	Kathy Massiell	KATY	WS	05-Aug-1993	62	169	260	250	UCA JR	-	-	2	2
13	Díaz Escorcía	Josafat Del Socorro	DIAZ	MB	12-Nov-1993	72	175	279	266	UCA	-	-	10	10
15	Calero	Erica Gabriela	Calero	OP	05-Sep-1996	64	174	280	272	UCA JR	-	-	-	-

OFFICIALS

Team manager:	Aaron Silva (NCA)
Head coach:	Rene Quintana (NCA)
Assistant coach:	Carlos Kasper (NCA)
2nd assistant coach:	Jorge Mena (NCA)
Journalist:	Emir Alfaro (NCA)
REFEREE:	Jessy Martínez (NCA)

COLORS

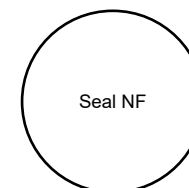
Main:	Blanco
2nd:	Azul
3rd:	Negro

STATISTICS

Data	Minimum	Average	Maximum
Age:	15.5	25.8	40.4
Height:	152	172	183
Spike:	255	275	287
2-hand block:	247	265	278
National selections:	0	7	37

We, the undersigned, declare that, in accordance with the present regulations, the registered competitors are qualified for FIVB competitions.

President or Authorised signatures by the NF



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XI Central American Games

O-2bis Team registration

PAN - Panama



Shirt no	Last name	First name	Shirt name	Pos.	Birthdate	Weight [kg]	Height [cm]	Highest reach [cm]		Club	National selections			
								Spike	Block		WC	OG	Oth.	Tot.
1	Saenz	Kariany	Saenz	L	01-Dec-1996	54	155	228	227	Panama	-	-	-	-
4 C	Arroyo	Joanna	Arroyo	WS	14-Mar-1979	77	174	240	239	Panama	-	-	96	96
5	Delgado	Dionelys	Delgado	S	04-Jul-1989	54	165	230	232	Chiriqui	-	-	6	6
6	Gallimore	Maria	Gallimore	OP	20-Feb-1989	53	175	239	238	Panama	-	-	2	2
7	Evans	Angela	Evans	MB	21-Jul-1993	72	181	240	239	Panama	-	-	3	3
10	Britton	Stephania	Britton	S	24-Apr-1988	64	167	230	230	Panama	-	-	6	6
11	Mackenzie	Anabel	Mackenzie	MB	09-Jan-1993	70	180	235	235	Panama	-	-	-	-
12	Hernandez Aparicio	Yeilin Milagros	Hernandez	MB	03-Sep-2002	65	173	250	240	Panama	-	-	-	-
14	Berrocal	Elena	Berrocal	WS	14-Mar-1999	70	183	270	255	CHIRIQUI	-	-	-	-
15	Gordon Montenegro	Iris Denisse	Montenegro	MB	01-Apr-1999	77	182	260	240		-	-	-	-
18	Cuero	Hashlyn	Cuero	OP	01-Apr-1990	72	176	240	240	Panama	-	-	36	36
19	Lezcano Wilson	Ingrid Valeria	Wilson	OP	04-Jan-1994	50	165	265	265		-	-	-	-

OFFICIALS

Team manager:	Javier Ortega
Head coach:	Mercedez Pomares
Assistant coach:	Eliot Clarke

COLORS

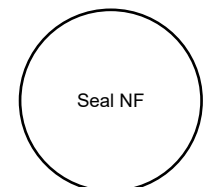
Main:	Rojo
2nd:	Blanco
3rd:	Azul

STATISTICS

Data	Minimum	Average	Maximum
Age:	15.3	25.0	38.7
Height:	155	173	183
Spike:	228	244	270
2-hand block:	227	240	265
National selections:	0	12	96

We, the undersigned, declare that, in accordance with the present regulations, the registered competitors are qualified for FIVB competitions.

President or Authorised signatures by the NF



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XI JUEGOS DEPORTIVOS
CENTROAMERICANOS
Managua
2017
Nicaragua 3 AL 17 Diciembre



Costa Rica wants to keep on reigning in Women's Volleyball

MANAGUA, Nicaragua, December 9, 2017. - Defending champions Costa Rica are prepared to keep on reigning as the women's Volleyball tournament is ready to kick off on Sunday at the 2017 Managua Central American Games at Alexis Argüello complex.

After the official registration of each player and the general technical meeting, coaches of the seven participating teams gave their first impressions on the eve of the tournament.

Costa Rica has won the Games on seven occasions since their creation, three of them consecutively. According to coach Cesar Salas, Costa Rica has no other option than to win the gold medal.

Cesar Salas, Head coach of Costa Rica: "We have a huge responsibility; we must win the gold medal, there is no other option, the technical staff and the players are aware of this. Our preparation has been intense for the past weeks; we have experienced players that have proven to be winners and some younger ones that are eager to achieve our goal".

Delio Arruebarrena, Head coach of Belize: "Belize didn't compete at a senior level last year, so we decided to bring a U-23 and under players. Every team here is well prepared and we aren't the exception; we've been working for the past three months I consider we've done a good job and the team comes with high level. If the players don't get nervous and keep focused, we may complicate our opponents; we might even win a medal".

Ingrid Rivas, Head coach of El Salvador: "My team is a mix of experience and youth. We've been preparing for a whole year. We are aware that other teams have longer preparations, but we've done our best physically and technically speaking".

William Fernandez, Head coach of Guatemala: "Our preparation has been strong, we played the world qualifier in Dominican Republic and my players grew as a team from that competition. There is a strong rivalry between all of us here and we can't underestimate anyone, we all have the same goal. Our minds are set in fighting each an every match; everyone is really motivated".

Catherine Leiva, Assistant coach of Honduras: "We have high expectations, we've been practicing for three months and the girls are very motivated; they have been very disciplined and I'm happy to be assisting our head coach Osiel; he is very determined, demanding and there's a good vibe with the team. I don't want to jump to conclusions, but we will play hard to be in the podium".

René Quintana, Head coach of Nicaragua: "My team should play their hearts out always; it doesn't matter if we are hosts or visitors. Now that we're hosting the event we have the



advantage of our crowd's support but there is also the disadvantage that the players pressure themselves to perform well in front of their supporters, they don't want to fail. As always, we want to be in the podium".

Mercedez Pomares, Head coach of Panama: "My players are responsible; I've included during the training process a selection of younger players to start a development plan in Panama. I can't speak about expectations because I haven't seen the Central American teams. I am happy with the team I've set up; we've been practicing for seven months".

Costa Rica quiere mantener su reinado en el Voleibol femenino

MANAGUA, Nicaragua, 9 de diciembre de 2017.- Costa Rica, las campeonas defensoras, están preparadas para mantener su reinado en el torneo de Voleibol femenino de los Juegos Deportivos Centroamericanos Managua 2017 que arrancan el domingo en el complejo Alexis Argüello.

Luego de realizar el registro oficial de los equipos y de realizar la reunión técnica general, los entrenadores de los siete equipos participantes dieron sus primeras impresiones previas al torneo.

Costa Rica ha ganado los Juegos en siete ocasiones desde su creación, tres de ellos en forma consecutiva. De acuerdo a su entrenador Cesar Salas, para Costa Rica no existe otra opción más que ganar la medalla de oro.

Cesar Salas, Entrenador de Costa Rica: "Tenemos una responsabilidad grande; hay que ganar el oro, es la única opción para Costa Rica, todo el cuerpo técnico y las jugadoras están conscientes de ello. Hemos trabajado intensamente las últimas semanas, traemos jugadoras de experiencia que han sido clave en otras victorias y se han acercado un grupo de jóvenes con deseos de cooperar en la búsqueda del objetivo".

Delio Arruebarrena, Entrenador de Belize: "Belize no tuvo participación en la categoría mayor el año pasado, por lo que tomamos al grupo de jugadoras de categorías menores y Sub-23 para conformar la selección mayor. Todos los equipos vienen preparados y nosotros no estamos exentos de ello; se ha trabajado por tres meses y considero que ha habido continuidad y se ha conseguido un buen nivel. Pienso que si las muchachas no se ponen nerviosas y mantienen la concentración, complicaremos a los rivales; es posible que ganemos alguna medalla".

Ingrid Rivas, Entrenadora de El Salvador: "El equipo es una mezcla de experiencia y juventud. Hemos tenido un año de preparación. Sabemos que otros países vienen de procesos más largos, pero hemos hecho lo mejor posible tanto física como técnicamente".



William Fernández, Entrenador de Guatemala: “La preparación fue muy fuerte con el pre-mundial en República Dominicana, con lo que el equipo creció como conjunto. En este evento hay mucha rivalidad entre todos y no podemos confiarnos ante ninguno, todos traen el mismo objetivo. Venimos con la mentalidad de luchar cada juego; todas están muy motivadas”.

Catherine Leiva, Entrenadora asistente de Honduras: “Tenemos expectativas altas, hemos entrenado por tres meses y las jugadoras están motivadas; ha habido mucha disciplina y estoy contenta de estar como asistente de Osiel; él es decidido, demandante y hay una buena vibra con el equipo. No quiero hablar de medallas, pero sí vamos a jugar por esta en el podio”.

René Quintana, Entrenador de Nicaragua: “Considero que el equipo debe salir a partirse el alma sin importar si es anfitrión o visitante. Ahora que somos anfitriones tenemos la ventaja del apoyo del público pero a la vez está la desventaja de que las jugadoras se presionan para hacer las cosas bien, no quieren fallar. Como siempre, estamos dispuestos a salir con los brazos en alto y estar en el pódium”.

Mercedez Pomares, Entrenadora de Panamá: “El grupo de jugadoras es responsable, incluí a las jugadoras menores en el proceso de preparación para el desarrollando del voleibol en Panamá. No puedo hablar de expectativas porque no conozco a ninguno de los equipos de Centroamérica. Estoy contenta con el equipo que traemos y he trabajado con ellas por siete meses”.