

## **Professional Development Seminars 2009 AVCA Annual Convention – Tampa, Florida**

### **Pre-Convention Seminar: Mastering the Art of Volleyball Recruiting (TCC Room 18 – 19)**

*Wednesday, December 16, 9 a.m. – Noon & 1:30 – 4:30 p.m.*

Featured Speaker:

**Dan Tudor**, Selling for Coaches, Shafter, Calif.

Dan Tudor, founder of the widely respected Selling for Coaches program for college coaches, will lead a special in-depth session on developing a winning strategy when it comes to college volleyball recruiting. This specially designed program for AVCA attendees will take you through proven recruiting principles that are being used by college coaches around the country. High school and club coaches in attendance will learn how to get your players recruited on a more consistent basis, as well as learn new ways to attract players to your local program.

This presentation will include an in-depth discussion of four primary areas to include:

#### **Part I: "What This 'Millennial Generation' Wants, and Why It Should Matter to You"**

This generation of student-athlete is more different than any other you have recruited in the past. What drives them? How do they pick a college program? How should you communicate with them? All those questions will be answered in the first part of this special AVCA presentation.

#### **Part II: "The 7 Mistakes You Might Be Making"**

What mistakes do coaches make when they recruit and communicate with their prospects and athletes? We'll go over the 7 big mistakes that the experts at Selling for Coaches have identified, and how to avoid them.

#### **Part III: "Spiking Your Prospect's Objections - EVERY Time"**

Why do most college coaches dislike recruiting? Why do many club and high school coaches find dealing with today's teens (and their parents) frustrating? Because no matter what level you coach, they feel perfectly fine with finding things to object to in what you are offering them. In part three of our AVCA Convention session, we'll teach you proven strategies for dealing with - and overcoming - the objections you hear from your prospects and players.

#### **Part IV: "The 7 Secrets to Successful Recruiting"**

So now that you know what makes this generation different...you know what mistakes to avoid...and, you know how to battle the objection that you hear from the athletes you're recruiting. Now what? We'll teach you the 7 secrets to effective recruiting and how to put everything together into an effective, coherent recruiting plan that is guaranteed to net you better results.

### **Mental Practice and Attention Training: Preparing Game Player Athletes (TCC Room 18 – 19)**

*Thursday, December 17, 9 – 10:30 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Iradge Ahrabi-Fard**, University of Northern Iowa, Cedar Falls, Iowa

Even though almost all sports activities seem to be physical, successful performances have a critical mental component as well. Volleyball is a demanding game based on fast mental processing and agile physical responses. Unfortunately, many coaches know more about the physical aspect of training than details of mental training. This presentation will assist coaches in better understanding the importance of training the mind. Coaches will learn how to improve their player's mental skills so they can switch their attention style from one type of focus to another in order to correctly recognize what is going to happen. In addition, drill suggestions will be presented that can be used as part of your team's mental training.

**Adding Volleyball Value to Your Athletic Department (TCC Room 20 – 21)**

*Thursday, December 17, 9 – 10:30 a.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Tom Hilbert**, Colorado State University, Fort Collins, Colo.

As athletic budgets continue to shrink, volleyball coaches are asked to look for new ways their program can create value for their athletic department. Athletic administrators are looking for a return on their investment in all department programs and finding ways to make a program more successful and demonstrate this value is an important role volleyball coaches now play. This presentation will examine ways in which a college volleyball program can increase its institutional value and credibility. In addition, coaches will learn how increasing your perceived value both as a revenue generator and an image enhancer can help you gain more support within your department.

**The Right Defense at the Right Time – presented by USA Volleyball (TCC Room 22 – 23)**

*Thursday, December 17, 9 – 10:30 a.m.*

*Suggested Audience/Level: All – Basic*

Featured Speaker:

**Bill Hamiter**, USA Men's Sitting Team, Edmond, Okla.

Today's volleyball players are taller, stronger and faster than ever before. As a result, offensive play has exploded into a fast-paced and power-driven part of the game. For a team to have any chance at success, a coach must choose the right defensive strategy to implement during the critical parts of the match. In this session, Bill will explore the limitless possibilities of creating the defense you need to win by reviewing the basics and examining perceivable changes.

**Finding Your Voice: Meshing Their 21<sup>st</sup> Century Style with Your 20<sup>th</sup> Century Upbringing (TCC Room 18 – 19)**

*Thursday, December 17, 10:45 – 11:45 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Beth Launiere**, University of Utah, Salt Lake City, Utah

Today's athletes come from an environment where they expect a lot and have had much done for them. How do we get them to grow and take more responsibility for their development and help them become better competitors, more mature and learn what it

takes get the results they are seeking? What can we do as coaches to embrace their style, instead of fight it, to create a culture to succeed and a better relationship between coach and player that fosters growth? This session will address these questions and help coaches better understand the mentality of today's student-athletes.

**Program Building: The Part They Didn't Tell You About**

*Thursday, December 17, 10:45 – 11:45 a.m. (TCC Room 20 – 21)*

*Saturday, December 19, 9 – 10 a.m. (TCC Room 18 – 19)*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Terry Pettit**, Terry Pettit Coaching Enhancement, Fort Collins, Colo.

No one has been more successful in building a volleyball program than Terry Pettit. During Terry's coaching tenure at the University of Nebraska, the volleyball program reached new levels of success in both wins and attendance at volleyball matches. This success was due in no small part to Terry's ability to market his vision to players, athletic administrators and the community at large. In this presentation, Terry will describe the key elements of his marketing success at Nebraska and offer ideas that coaches can use to build their own program.

**So You Want to be a Head Coach: Advice for Assistants Looking to Make the Move Up (TCC Room 22 – 23)**

*Thursday, December 17, 10:45 – 11:45 a.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speakers:

**Tonya Johnson**, Georgia Tech, Atlanta, Ga.

**Ryan Theis**, Ohio University, Athens, Ohio

**Karen Weatherington**, Kennesaw State University, Kennesaw, Ga.

Are you ready to take the next step and become a head coach? If you answered "yes", then this seminar is for you. Join our panel of former assistants who recently accepted head coaching positions as they will lead this session aimed at preparing assistant coaches for the transition into the head coaching ranks. Come prepared to ask questions and take advantage of helpful advice on how you can take your coaching career to the next level.

**How to Use Knowledge of Personality Styles to Improve Your Training and Recruiting (TCC Room 24)**

*Thursday, December 17, 10:45 – 11:45 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Mora Kanim**, UCLA, Los Angeles, Calif.

You spend long days training your team and recruiting for the future. And yet, are you truly utilizing every advantage available to you in this pursuit of excellence? Do you currently use team strengths to design the most effective practice plans? Do you maximize your staff strengths? Are you recruiting the right player who fits your team's needs, not just physically, but behaviorally as well? In this presentation attendees will learn a variety of tools to improve your program, both in the practice gym and on the recruiting trail.

### **How to Use the Back Row Attack Successfully with Your Team (Mateflex Court 1)**

*Thursday, December 17, 3 – 4 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Marv Dunphy**, Pepperdine University, Malibu, Calif.

Using the back row attack as part of a team's offensive system can offer many advantages. Players who have the skill level and experience to attack from the back row give a coach more options to use when developing a strategy to defeat the next opponent. This session will provide training methods for developing a successful back row attack and discuss how to implement these methods with your team. In addition, Marv will share drill ideas that will help your team become more efficient in using the back row attack.

### **Options for Serve Receive Formations: Highlight Strengths and Hide Weaknesses – presented by USA Volleyball (Mateflex Court 2)**

*Thursday, December 17, 3 – 4 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Bill Neville**, Nevillizms Inc., Edmonds, Wash.

Most coaches will agree that serve receive is the single most important component to the overall offensive scheme of a volleyball team. Training excellent serve receivers as individuals to meld together as an efficient serve receiving team is critical to any team's success. As part of this training process coaches must be able to identify team and individual strengths and weaknesses in order to develop an effective serve receive strategy. This session will examine various options for serve receive strategy based on the strengths and weaknesses of your team.

### **Sand Setting: Setting Your Partner Up for Success – presented by USA Volleyball (AVP Sand Court)**

*Thursday, December 17, 3 – 4 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Ali Wood Lamberson**, USA Volleyball, El Segundo, Calif.

One of the most important skills a player must develop to successfully compete in the sand game is setting. A weak setter will be quickly exposed by an opponent so it is critical that each player develop this set of skills. Coaches who attend this session will gain a better understanding of setting in the beach game. In addition, they will be able to incorporate several drills to build a foundation of consistent setting in their sand athletes. Coaches who work with advanced sand athletes will learn the basics of varied set plays.

### **Ten Things You Didn't Know about University Athlete & Getting Video to Your Players Using iTunes or YouTube (TCC Room 18 – 19)**

*Thursday, December 17, 3 – 4 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Marc Swindle**, University Athlete & TouchStat, Albuquerque, N.M.

University Athlete is the standard database for college volleyball recruiters but the Web site is complex. In this session, Marc will share ten features you probably didn't know about that will save you time and sanity. In addition, as more and more programs use video on a daily basis for opponent rotation tapes, performance review or practice clips for feedback it is important to provide this video to your players in a timely manner. Attendees will learn two techniques for getting video to your players quickly and easily using YouTube or iTunes.

### **Creating a Positive Culture in Your Program (TCC Room 20 – 21)**

*Thursday, December 17, 3 – 4 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Mark Rosen**, University of Michigan, Ann Arbor, Mich.

Whether you are in business world, coaching a volleyball team or the parent of a household, the culture that exists within that group is critical to success or failure. Creating a culture of openness, support, discipline, fairness and respect can develop a bond and chemistry among a volleyball team that can lead to success. The expectations and culture a volleyball coach establishes impacts not only the players who are attracted to your program but also the experience they have once they arrive. This session will examine the importance of creating a positive culture and offer some suggestions for creating the culture you want to implement in your own program.

### **What are They Thinking? Understanding the Dynamics of the Coach-Official Relationship (TCC 22 – 23)**

*Thursday, December 17, 3 – 4 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Marcia Alterman (Moderator)**, Professional Association of Volleyball Officials (PAVO), Wichita, Kan.

**Ray Bechard**, University of Kansas, Lawrence, Kan.

**Beth Launiere**, University of Utah, Salt Lake City, Utah

**Joan Powell**, PAVO President & Volleyball Official, Colorado Springs, Colo.

**Brian Hemelgarn**, Volleyball Official

Why do coaches and referees sometimes fail to communicate effectively with each other? What is the rationale for why coaches and officials do what they do during a match? This session will delve into some of these questions and try to uncover a better understanding of the relationship between a coach and official. Each panelist will provide their honest perspective on current issues in the sport. Attendees are encouraged to share their comments and ask questions in this informative session.

### **Exhibitor Showcase Session: The Attack Volleyball Machine – A Demonstration of Uses and Drills – presented by Sports Attack (Mateflex Court 1)**

*Thursday, December 17, 4:15 – 5:15 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Don Shaw**, Stanford University (retired), Menlo Park, Calif.

The Attack volleyball machine is now an accepted, integral part of daily practice. If you are not benefiting from the quality reps and drill efficiencies provided by these machines,

**which now includes new design features**, your team will certainly be left behind. Come to this informative demonstration and learn how one of the games most successful coaches has incorporated the Attack machine into daily training sessions for top-level collegiate men & women, as well as girls & boys school and club programs, camps and clinics.

**Exhibitor Showcase Session: From Rags to Riches – Outfitting Your Volleyball Team for Success – presented by Volleyball Rags (Mateflex Court 2)**

*Thursday, December 17, 4:15 – 5:15 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Carly Rivera**, Volleyball Rags, Juncos, Puerto Rico

Since 1991, VB Rags has been turning the volleyball world upside down with a high dose of creativity and a genuine contempt for the status quo. In the 90's Volleyball Rags was the official clothing brand of the AVP, and sponsored some of the best beach players in the world. These days, with a full product line of high performance gear, both indoor and beach, Volleyball Rags is the fastest growing volleyball brand in the market. This presentation will demonstrate some of the newest lines of volleyball gear and show coaches how to give their team the look of a champion.

**Exhibitor Showcase Session: Recruiting Outreach – Top Coaches Share How to Best Leverage Your Time to Build Winning Relationships for Everyone that Touches Your Program – presented by Scoutware (TCC Room 18 – 19)**

*Thursday, December 17, 4:15 – 5:15 p.m.*

*Suggested Audience/Level: All – All*

Featured Speakers:

**Amanda Carmichael (Moderator)**, Scoutware, Chicago, Ill.

**Coaches Panel – TBD**

If you would like to utilize e-mail communications more effectively in your outreach strategy than this session is for you. Listen to your peers and learn firsthand how they are getting real results in recruiting, camp promotion, marketing, and fundraising. See examples of new and innovative ways to develop a dialog and make a bigger impact with the people that matter most. Be sure to attend this session and empower yourself to achieve your goals. Previously featured speakers have included Ray Gooden - NIU, Arlisa Hagan Williams - Georgia, Erich Hinterstocker - NDSU, Dave Johnson – Pacific and Todd Nelson – Denver.

**Exhibitor Showcase Session: Game Management and Statistics for Better Coaching – presented by Dimensional Software (TCC Room 20 – 21)**

*Thursday, December 17, 4:15 – 5:15 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Jack Damm**, Dimensional Software, Los Altos, Calif.

Coaches are scrambling to take care of everything that needs to get done during a volleyball match. One of their most important duties is finding an accurate and timely way to keep statistics during matches. Having an accurate account of statistics helps coaches make better game management decisions and offers a strategic advantage

over an opponent. In this presentation, Jack will discuss how Dimensional Software can offer a cost effective solution for gathering match statistics.

**Exhibitor Showcase Session: ESSENTIAL Video Analysis for Colleges, High Schools and Clubs – presented by Data Project (TCC Room 22 – 23)**

*Thursday, December 17, 4:15 – 5:15 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Becky Schmidt**, Hope College, Holland, Mich.

**James Wilroy**, Data Project, Clay Center Kan.

Detailed video analysis is no longer reserved for major university teams. Coaches at all levels of volleyball now have the tools and resources available to do detailed video analysis, scout opponents and improve player performance. Data Project presents Data Video Essential, an easy to use video analysis tool specifically designed for coaches of college, high school and club volleyball teams; just the **ESSENTIAL** information every coach needs.

**Exhibitor Showcase Session: ACL Education and Prevention – presented by Nfinity (TCC Room 24)**

*Thursday, December 17, 4:15 – 5:15 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Barbara Morris**, SMART and University of South Florida, Tampa, Fla.

Many volleyball coaches have experienced a player on their team suffering an ACL injury. While injuries are part of playing sports there are steps a coach can take to reduce these risks. This session will offer a broad overview of the reasons female athletes are much more likely to experience an ACL injury versus male athletes. In addition, Barbara will teach coaches what they can do with their female athletes to help prevent these injuries from occurring.

**Defensive Eye Sequencing (Mateflex Court 1)**

*Friday, December 18, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Dave Boos**, Ball State University, Muncie, Ind.

How can you get your players to react to game situations the way you want? Dave will offer strategies to help train your players to use their eyes so they can stay one step ahead of your opponent. This presentation will include training suggestions for full eye sequencing, lining up a hitter and reading an opponent's offense.

**Setting Your Team on a Path for Success: Drills and Techniques for Training Your Setter (Mateflex Court 2)**

*Friday, December 18, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Christy Johnson**, Iowa State University, Ames, Iowa

Exceptional setters can take an average team and make them great. The ability to attack and score points effectively directly corresponds to the setters ability to deliver the ball in the right location. The setter can only be successful if they have the correct footwork, body position and consistent movement techniques gained through drills and repetitions. In this session, Christy will demonstrate both drills for setter training and for team play that help improve a setter's ability to locate her sets and make decisions.

**Developing Beach Skills to Play at an Elite Level – presented by USA Volleyball (AVP Sand Court)**

*Friday, December 18, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Tyra Turner**, AVP, Fort Myers Beach, Fla.

A successful beach player must be sound fundamentally and continually seek to improve their overall skill level. Opponents can quickly identify a weakness so it is important for beach players to develop a high skill level at all aspects of the game. This presentation will review beach fundamentals and offer training suggestions and drill ideas to improve the overall skill level of your players.

**Beyond the Net: What Do You Know about the Players on Your Team? – presented by the AVCA Minority Coaches Committee (TCC Room 18 – 19)**

*Friday, December 18, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Marcy Paul (Moderator)**, YWCA Fort Worth & Tarrant County Department for Racial Justice, Fort Worth, Texas

**Cecile Reynaud**, Florida State University, Tallahassee, Fla.

**Scott Bukstein**, Scholar-Baller®, Orlando, Fla.

**Deitre Collins-Parker**, San Diego State University, San Diego, Calif.

**Linda Hampton**, Texas Christian University, Fort Worth, Texas

**Nanabah Allison-Brewer**, South Dakota State University, Brookings, S.D.

What happens when your team members come from all over the nation and the world? How do we make connections when members have different cultural backgrounds? This panel discussion will provide participants with a variety of ways to assist in connecting team members. Knowing your team members will support the creation of a more cohesive and celebratory volleyball community.

**Tales from the Locker Room – Part III (TCC Room 20 – 21)**

*Friday, December 18, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Al Scates**, UCLA, Los Angeles, Calif.

Over the course of his 46 year Hall of Fame career, Al Scates has won 19 NCAA Men's Volleyball Championships. He has touched the lives of hundreds of student-athletes and coaches, many of whom are still involved in the sport today. As with most coaches, the championships are important in his career, but equally important are the relationships built over the years, as well as the stories that come from countless team meetings, meals, road trips and practices. In this third part of the "Tales from the Locker Room"

series of presentations that began at the 2007 AVCA Convention in Sacramento, Al will share his experience and tell stories that coaches can use to reflect on their own coaching experience.

**When to Go for It: Training Your Outside Hitters to Hit for Percentage (Mateflex Court 1)**

*Friday, December 18, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jenny McDowell**, Emory University, Atlanta, Ga.

Nothing is more dynamic in volleyball than attacking the ball. To the casual observer, attacking is the most recognized skill and often brings the most excitement to a match. To the coach, attacking is more than just excitement, it is about numbers and specifically the number of times an attack was successful. Training your outside hitters to recognize the right opportunity to go for the kill will result in hitting for a higher percentage and winning more matches. In this session, Jenny will offer training tips and drill ideas that will make your outside hitters more efficient.

**Float or Topspin? Stand or Jump? Individualized Serving Options for Your Players – presented by USA Volleyball (Mateflex Court 2)**

*Friday, December 18, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Karch Kiraly**, USA Volleyball, Anaheim, Calif.

**Bill Neville**, Nevillizms Inc., Edmonds, Wash.

How do you determine what is the best serving option for your players? There are many factors to consider including the player skill level and ability, situation and the opponent. This presentation will examine these factors to help you make the right decision for your players. In addition, attendees will learn techniques and skill development drills for each serving option that can be implemented with your team.

**Drills for Training 10 – 12 Players on One Court (AVP Sand Court)**

*Friday, December 18, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Angela Rock**, Southwestern College, San Diego, Calif.

Having just one sand court and making the most efficient use of it is a challenge. This session will help you keep create a productive workout while at the same time keeping all players involved in the practice. As coaches, the goal is to give players the maximum number of repetitions possible and keep individual downtime to a minimum. It can be challenging to keep a team motivated and active during practice and this presentation is designed to teach you a variety of drills for efficiently and effectively training a large number of players on one court.

**Lessons Learned in Over 75 Years of Coaching (TCC Room 18 – 19)**

*Friday, December 18, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Russ Rose**, Penn State University, University Park, Pa.  
**Terry Liskevych**, Oregon State University, Corvallis, Ore.

Few coaches have had more success in volleyball than Russ Rose and Terry Liskevych. Their list of accomplishments has made them two of the most respected coaches in the sport. With over 75 years of combined coaching experience they have acquired a wealth of knowledge and understanding of the details that lead to building a successful program. In this session, Russ and Terry will share some of the lessons they have learned during their coaching career.

**The Physical Load of the Setter: Differences Between Game and Practice (TCC Room 20 – 21)**

*Friday, December 18, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Dr. Roberto Lobietti**, University of Bologna, Lugo, Italy

This presentation will examine the research results gathered by Dr. Lobietti on the jumps and movements performed by the setter during a game. Dr. Lobietti will share the details of his study and analyze the movements of the setter to offer suggestions for more efficient play. Examining this data will offer attendees insight into the skill improvements and training methods needed to improve the play of your setter.

**Volleyball Rules Forum (TCC Room 10 – 12)**

*Friday, December 18, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speakers:

**Carly Pariseau**, Boston College & Chair of Women's Volleyball Rules Committee, Chestnut Hill, Mass.

**Marcia Alterman**, Professional Association of Volleyball Officials, Wichita, Kan.

**Rachel Seewald**, NCAA, Indianapolis, Ind.

Get the latest updates on new rules proposals at the Volleyball Rules Forum. This is your opportunity to voice your opinion and ask questions. Have a rule you would like to see changed? Learn about the process and get details on how to submit a proposal. Don't miss this chance to share your comments with the chair of the Women's Volleyball Rules Committee.

**Drills to Increase the Speed and Efficiency of the Transition Game (Mateflex Court 1)**

*Friday, December 18, 4 – 5 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Craig Skinner**, University of Kentucky, Lexington, Ky.

While coaches may debate which single volleyball skill is the most important to a team's success, almost everyone will agree that efficient transition ranks near the top of the list. Coaches can greatly enhance the competitiveness of their teams by improving the speed and efficiency of the transition game. This session will offer several drill ideas that can be used to improve the transition play of your team.

**Forget Stretching and Partner Ball Handling: Game-Related Warm-Ups – presented by USA Volleyball (Mateflex Court 2)**

*Friday, December 18, 4 – 5 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**John Kessel**, USA Volleyball, Colorado Springs, Colo.

While your team is engaging in the “traditional” warm-up routine, your opponent is racking up hundreds more contacts per player by playing games to warm-up. These extra practice contacts may be the difference between winning and losing a match. Join John in this informative session as he will help you get out of your “traditional” routine and share ideas on how to make games part of your warm-ups.

**Sand Court Construction: Keeping it Simple (AVP Sand Court)**

*Friday, December 18, 4 – 5 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Dave Williams**, AVP, Los Angeles, Calif.

As more schools add collegiate sand volleyball as a sport, coaches and administrators are searching for information on how to build either indoor or outdoor sand facilities for training and play. This presentation will share the specifics of what it takes to build a sand court as well as provide a general estimate of costs and contact points for developing a facility on your campus.

**Semi-Final Match Analysis – presented by Data Project & USA Volleyball (TCC Room 18 – 19)**

*Friday, December 18, 4 – 5 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Bill Neville**, Nevillizms Inc., Edmonds, Wash.

**Alan Knipe**, USA Volleyball, Anaheim, Calif.

Who is going to win the NCAA championship match? How did they get there? This session will provide an analysis of the two semifinal matches including a review of the strengths and weaknesses of the four semifinal teams as well as a discussion on what to look for when scouting. Based on this analysis our speakers will then make a prediction on which team will win the championship. This is always one of the most popular sessions of the convention so don't miss out!

**Tips and Tools to Maintain Your Passion in Coaching (TCC Room 20 – 21)**

*Friday, December 18, 4 – 5 p.m.*

*Saturday, December 19, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Sue Enquist**, Sue Enquist Consulting & Former UCLA Softball Coach, Los Angeles, Calif.

Talking about being more positive, more organized and more focused isn't enough. Taking action is the only way to accomplish your goals. Coach Enquist will give you tested strategies that will enable you to eliminate common pitfalls that trip you up on your

journey to daily excellence. This session will teach you how to effectively communicate under pressure and establish guidelines with parents and administrators. In addition, attendees will learn to master professional behavior with your student-athlete relationships. Establish your game plan! Get your strategies clear and prepare for Plan A, Plan B and 911 in life!

**Training the Libero: Skill Development Drills to be More Than Just a Passer (Mateflex Court 1)**

*Saturday, December 19, 9 – 10 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Cecile Reynaud**, Florida State University, Tallahassee, Fla.

Regardless of how coaches choose to structure their defensive pattern, it's critical to maximize the libero position. This presentation will cover the guiding principles for libero selection and training as well as a job description for this position. Important concepts for serve receive and individual defense will be discussed and demonstrated. In addition, there will be numerous drills shown for training the libero during practice sessions.

**Fun in the Summertime: Games and Activities for Your Summer Camp (Mateflex Court 2)**

*Saturday, December 19, 9 – 10 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Jill Stephens**, Florida Southern College, Lakeland, Fla.

**Rose Shires**, University of Nebraska – Omaha, Omaha, Neb.

**Christyn May**, University of Minnesota Duluth, Duluth, Minn.

Summer for volleyball coaches means recruiting, preparing for the upcoming season, a few days of rest and of course, summer camps! When the kids arrive at your facility it is up to the coach to find fun and creative ways to teach and entertain. This session will share some of our panel's favorite team bonding activities and fun games that kids love to play. Don't miss this session to get some new ideas for your own camp.

**USAV Junior Forum: An Introduction to Beach Volleyball for Youth (AVP Sand Court)**

*Saturday, December 19, 9 – 10 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jon Aharoni**, USA Volleyball, El Segundo, Calif.

Do you want to learn more about how to work with the youth in your area to increase their interest in beach volleyball and get them involved in the sport? This presentation will demonstrate how to encourage youth to become involved in beach volleyball and show the fundamentals of how the sand game is played. Attendees will learn basic drills and skill development training techniques that can be implemented with the youth in your area.

**Serving and Passing for Success at the Women's International Level: What We Need to Do and How to Get There – presented by USA Volleyball (TCC Room 20 – 21)**

*Saturday, December 19, 9 – 10 a.m.*

*Suggested Audience/Level: College – Advanced*

Featured Speaker:

**Hugh McCutcheon**, USA Volleyball, Anaheim, Calif.

As volleyball players become bigger, stronger and faster the skills needed to compete at the highest level of international play is constantly changing. Serving and passing are two of the skills that must continue to be improved by American players in order to have success in international play. In this presentation, Hugh will discuss the specific serving and passing skills that need to be developed for the international game and share his vision for how to help players reach that level.

**Fundraising for Your Club: From Cookie Dough to Managing a Capital Campaign – presented by the JVA (TCC Room 22 – 23)**

*Saturday, December 19, 9 – 10 a.m.*

*Suggested Audience/Level: High School/Club – Intermediate*

Featured Speaker:

**Jenny Hahn**, Milwaukee Sting Volleyball Club, Milwaukee, Wis.

While almost every volleyball club is involved with fundraising on some level, several clubs are finding more creative ways to raise money for their teams. Thinking outside of the box when it comes to fundraising can pay big dividends on the bottom line. This presentation will help you think creatively and offer ideas to help your club raise money from a small fundraiser to a large capital campaign.

**Favorite Drills Learned After 1,000 Wins: Drill Ideas for the Start and End of Practice (Mateflex Court 1)**

*Saturday, December 19, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Peggy Martin**, Spring Hill College, Mobile, Ala.

Some of the most important drills used during a practice are those at the start and end. Warm-up drills should ready players for action while ending drills should be competitive and fun so players leave with a desire to come back and practice more. This session will offer a variety of drill ideas that can be implemented with your team for the start and end of practice.

**VolleyTots Demonstration: Training and Development Ideas for Coaches – presented by the JVA (Mateflex Court 2)**

*Saturday, December 19, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**John Sample**, Texas Advantage Volleyball, Fort Worth, Texas

**Tim Hardt**, Indy Juniors Volleyball Club, Fishers, Ind.

How can you get the youth in your area to increase their interest in volleyball and become more involved in the sport? This presentation will demonstrate a typical practice sequence and show how a competition works. The demonstration will include training ideas for developing motor skills as well as volleyball fundamentals. Attendees will leave with ideas on how to start a VolleyTots program in their area.

### **Using Plyometrics to Build Strength and Conditioning (AVP Sand Court)**

*Saturday, December 19, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Mike Rangel**, Plyocity, Los Angeles, Calif.

A sand workout using plyometrics can be one of the most effective methods for strength and conditioning training. Plyometric training can benefit not only your volleyball players but also the other student-athletes on your campus. This presentation will demonstrate training methods and offer ideas on how to train at the highest level. Mike will discuss the most important elements of a plyometric workout and present a variety of drills that will improve your student-athletes strength and conditioning.

### **Rotation Analysis and Match-Up Decisions: Positioning Your Team for Success (TCC Room 18 – 19)**

*Saturday, December 19, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Mary Wise**, University of Florida, Gainesville, Fla.

One of the fundamentals of coaching is putting your players in the best position for success. A good coach looks for an advantage over their opponent by highlighting team and individual player strengths and hiding weaknesses. In this presentation, coaches will learn how to analyze rotations and find favorable match-ups with their opponent that provides the best chance to win.

### **Ways to Walk the Sky: The Ins and Outs of Volleyball Jumping (TCC Room 20 – 21)**

*Saturday, December 19, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Shawn Myszka**, Explosive Edge Athletics, Eden Prairie, Minn.

For many reasons, jump performance is at the forefront of many coaches' minds when it comes to the training of volleyball players. Not only is a jump arguably at the core of some of the most exciting skills that occur on a volleyball court, but it's improvement in performance can immediately impact the outcome of a match. Thus, improving jump performance should be a key goal of any volleyball athlete's development plan. The purpose of this presentation is to educate coaches on what science tells us about jumping and will attempt to give direction towards proper training for the attainment of greater overall jumping capabilities. This session will also outline specifics on what anecdotal evidence and research has proven to be effective methods to increase height and power in jumping in both a block and an approach jump. After participating in this session, coaches will have a clearer understanding of what jumping techniques are correct for their schemes.

### **The Eight Tried and True Principles of Running a Successful Club (TCC Room 22 – 23)**

*Saturday, December 19, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: High School/Club – Intermediate*

Featured Speaker:

**Yvonne Devlin**, Orlando Volleyball Academy, Orlando, Fla.

Most club directors would agree that managing a successful club takes a lot of blood, sweat and tears. Like running any other business, there are many tough decisions to be made and a significant investment of personal time and resources. The goal of this presentation is to share eight principles learned over fifteen years that can be used as a blueprint to success for managing a club. The key principles of organization, business mentality, goal setting, risk taking, rational decision making, dedication, responsibility, smart marketing and effective communication will be examined and attendees will leave with ideas for their own club.

**Swing Blocking: Theory and Practice – presented by USA Volleyball (Mateflex Court 1)**

*Saturday, December 19, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Alan Knipe**, USA Volleyball, Anaheim, Calif.

As players have become stronger and faster, volleyball has become more of a power game making blocking a critical factor for success. Blocking attackers can quickly create a momentum change and significantly reduce the aggressiveness of the other team. Swing blocking is an advanced technique that is becoming more prevalent in today's game. This session will examine the pros and cons of swing blocking and help you determine whether this technique is the right fit for your team. In addition, attendees will learn training and drill ideas to help implement swing blocking as an option for your players.

**Developing a Middle Attack that Works: Exploring All Options (Mateflex Court 2)**

*Saturday, December 19, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: High School/Club – Beginner/Intermediate*

Featured Speaker:

**Angela Rock**, Southwestern College, San Diego, Calif.

The middle hitter position has the potential to be a critical, game-changing weapon, but unfortunately more often than not it is often unused due to a lack of ball control or the belief that the tempo must be quick to be beneficial. This session will focus special attention on the development and training for beginning and intermediate level teams and how to more effectively get the ball to the middle hitter. Coaches who develop new strategies to capitalize on the possibilities of this position will give their team a big advantage by hitting the competition with a more balanced attack. Consequently they will also reward their middles with more frequent sets, therefore giving the team a better chance to win. Join Angela in this informative session as she shares attacking strategy and drills that will not only take your middle hitters to the next level, but give your team a new offensive weapon.

**Shot Selection: Developing the Three “Must Haves” and Other Offensive Options – presented by USA Volleyball (AVP Sand Court)**

*Saturday, December 19, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Ali Wood Lamberson**, USA Volleyball, El Segundo, Calif.

Developing a successful offensive game on the sand requires attention to developing fundamentals and specific skill training. In this presentation, attendees will learn sand specific approach footwork and mechanics as well as be introduced to the three most basic and necessary beach roll shots, the must-haves for all beach players. Attendees will leave with several drills that can be used to progress athletes from basic skill acquisition to game-like execution incorporating specific shots.

**Life Lessons Learned Behind the Great Wall: How Your Team Can Benefit from an International Trip (TCC Room 20 – 21)**

*Saturday, December 19, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speakers:

**Jeanne Hess**, Kalamazoo College, Kalamazoo, Mich.

**Sandy Vong**, University of Michigan (Ret.), Ann Arbor, Mich.

**Chris Chen**, Trinex International, China

Putting together an international trip for your volleyball team requires a great deal of patience and persistence. However, the payoff in life lessons learned and experiences shared by the team make the time spent preparing a worthwhile endeavor. In this presentation, Jeanne will share her team's experience from a trip to China and discuss the benefits of an international trip. In addition, attendees will learn the importance of making the right contacts to assist with the travel planning and logistics.

**USAV Junior Forum: Mini-Volleyball, Maxi-Volleyball and Beach Volleyball for Youth (TCC Room 22 – 23)**

*Saturday, December 19, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Basic*

Featured Speaker:

**John Kessel**, USA Volleyball, Colorado Springs, Colo.

In order for volleyball to continue growing in participation and popularity, it is critical to develop youth volleyball programs around the country. Getting kids involved in the sport at an early age is the first step to making them players and fans for life. This presentation will examine different youth programs that are available and offer advice on how to start a program in your community.

**Professional Opportunities: Helping Your Seniors Play After College (TCC Room 18 – 19)**

*Saturday, December 19, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: College – Advanced*

Featured Speaker:

**Tim Kelly**, Bring It Promotions, Hayward, Calif.

There will be over 100 American women playing overseas (in 20+ countries) this season, and many of them have no idea what they're getting into when they sign their contracts and get on the plane. The process of finding a team and signing a contract can be very confusing and complicated for many athletes. This seminar will discuss the differences between NCAA and "Pro" volleyball, as well as cover the various things to be expected with a "professional" contract overseas. We will also discuss the concept of "Exposure

Tours” to help players learn about possible opportunities abroad and more importantly, to educate themselves on what “playing overseas” really means to an American female volleyball player these days.

**Steps for Starting a Satellite Club – presented by the JVA (TCC Room 20 – 21)**

*Saturday, December 19, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: High School/Club – Intermediate*

Featured Speakers:

**Bill Milborn**, Club Fusion, Crystal Lake, Ind.

Club Fusion has successfully started and sustained six satellite club volleyball programs while growing Club Fusion to be one of the top junior volleyball clubs in the country in terms of training, competition and recruiting. In this session, Bill will identify a best business practices model that can be used to start and sustain your own satellite club.

**Scouting an Opponent: Three Important Factors – presented by USA Volleyball (TCC Room 22 – 23)**

*Saturday, December 19, 1:30 – 2:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Pati Rolf**, East Carolina University, Greenville, N.C.

Coaches spend a great deal of time scouting their opponents. Knowing the strengths, weaknesses and tactics of your opponents can help you practice and prepare your team to give it the best chance of success. This session will examine the three most important factors in scouting your opponent. Attendees will leave with a better understanding of what to look for when scouting and how to use this information to make sure your team is prepared for the match.

**Game Management: In-Game Strategies and Tactics (TCC Room 18 – 19)**

*Saturday, December 19, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Shelton Collier**, Wingate University, Matthews, N.C.

During the course of a match, volleyball coaches make hundreds of strategic and tactical decisions. The outcome of these decisions often determines the winner and loser of the match so developing game management skills is critical. In this presentation, coaches will learn a wide variety of coaching strategies that can be used to enhance team performance. The discussion will include preparing for big matches, game adjustments, managing game situations and skillfully managing players in matches.

**Steps to Coaching Success: Advice for Coaches Starting Their Career (TCC Room 20 – 21)**

*Saturday, December 19, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: All – Basic*

Featured Speakers:

**Lynze Roos**, Lynn University, Boca Raton, Fla.

**Jamie Gordon**, Morehead State University, Morehead, Ky.

**Lauren Sauer**, University of Kentucky, Lexington, Ky.

**Kyle Walton**, Saint Louis University, St. Louis, Mo.

Making the decision to enter the coaching profession can be one of the most rewarding careers available. Keeping involved with the sport you love while helping student-athletes become better players and people can be a dream job for many coaches. However, the coaching profession can also bring many challenges. From how to enter the job market to developing time management skills, there are many aspects to coaching that must be managed. In this presentation, our panel will share their experiences and offer tips and advice for coaches beginning their career.

**What I Didn't Know When I Started – Lessons Learned in Building and Sustaining a Large Club Tournament (TCC Room 22 – 23)**

*Saturday, December 19, 2:45 – 3:45 p.m.*

*Suggested Audience/Level: High School/Club – Advanced*

Featured Speakers:

**Lauri Dagostino**, Tampa Volleyball Events/Big South, Tampa, Fla.

**Kay Rogness**, Front Range Volleyball Club, Parker, Colo.

Running a large club volleyball tournament involves hundreds of details that must be planned and managed. After managing these details over the course of several years a tournament director can learn from this experience and establish a set of best practices that can be used as a model for running these large events. This session will examine these best practices and offer suggestions on how you can use these principles when managing your own club tournament.

**Offensive Options: Thinking Outside the Box – presented by USA Volleyball (TCC Room 18 – 19)**

*Saturday, December 19, 4 – 5 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Stu Sherman**, Graceland University, Lamoni, Iowa

Selecting the right offensive system for your team's players is a critical decision. Coaches must select a system that fits with their team's abilities while highlighting strengths and hiding weaknesses. This session will examine the guiding principles of selecting an offensive strategy and explore various options that are available as well as the key considerations. In addition, coaches will be pushed to think outside the box when considering offensive options and will leave with new offensive ideas that can be implemented with their own team.

**Packing the Stands – Proven Success Strategies for Bringing Crowds to High School Matches (TCC Room 20 – 21)**

*Saturday, December 19, 4 – 5 p.m.*

*Suggested Audience/Level: High School/Club – Intermediate*

Featured Speakers:

**Leslie Hamann**, Garfield High School, Seattle, Wash.

**Jack Hamann**, Garfield High School, Seattle, Wash.

A rocking gym. A crazy pep band. Thunderous cheers from a pumped-up crowd. High school volleyball is a whole different ballgame when the bleachers are brimming with excited students and committed community members. This presentation is an opportunity to learn how two coaches helped turn volleyball into the "must-see" sport at

an otherwise skeptical high school. From creating one of the most popular high school volleyball sites on the web to nurturing a loyal pep band to turning a money-losing sport into a decent revenue stream, Leslie and Jack will share the marketing ideas that transformed the Garfield Bulldogs into ... THE VOLLEYDOGS.

**USAV Junior Forum: The Changing Landscape of the USAV Junior National Championships (TCC Room 22 – 23)**

*Saturday, December 19, 4 – 5 p.m.*

*Suggested Audience/Level: High School/Club – Intermediate*

Featured Speaker:

**Mike Chandler**, USA Volleyball, Colorado Springs, Colo.

What changes are on the horizon for the USAV Junior National Championships? How might these changes impact your teams? Join Mike in this informative session as he will describe what you can expect in the years ahead. Also, bring your questions and get answers to the hot topics that are on your mind.

**The Evolution of Recruiting: Advice for Coaches, Parents and Their Student-Athletes on How to Manage the Recruiting Process (TCC Room 18 – 19)**

*Sunday, December 20, 9:30 – 10:30 a.m.*

*Suggested Audience/Level: High School/Club – Intermediate*

Featured Speaker:

**Randy Dagostino**, Berkeley Prep, Tampa, Fla.

It seems the recruiting process is constantly evolving as new technology and NCAA regulations change the recruiting landscape. High school and club coaches as well as parents must keep up with these changes in order to manage the recruiting process in the most effective way possible for their student-athletes. This session will offer advice on how to manage the recruiting process including communicating with college coaches and working within NCAA regulations.

**How to Capture the Body, Mind and Spirit of the Athlete (TCC Room 18 – 19)**

*Sunday, December 20, 10:45 – 11:45 a.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Jeff Duke**, Coaches of Excellence, Clermont, Fla.

Inspiring and motivating players to reach their full potential is an important role that coaches play. Any successful coach must be able to lead in a way that demands respect and enthusiasm from their players. Once the coach-player relationship has reached this level, coaches have the ability to capture the body, mind and spirit of their student-athletes and motivate them to reach their full potential. In this session, Jeff will share the three dimensions of coaching that will help your student-athletes reach their highest level of performance.

**Alternate Sessions:**

**How to Use Knowledge of Personality Styles to Improve Your Training and Recruiting (Classroom)**

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Mora Kanim**, UCLA, Los Angeles, Calif.

You spend long days training your team and recruiting for the future. And yet, are you truly utilizing every advantage available to you in this pursuit of excellence? Do you currently use team strengths to design the most effective practice plans? Do you maximize your staff strengths? Are you recruiting the right player who fits your team's needs, not just physically, but behaviorally as well? In this presentation attendees will learn a variety of tools to improve your program, both in the practice gym and on the recruiting trail.