



**2008 AVCA Annual Convention  
Seminars Descriptions  
Omaha, Nebraska**

**Wednesday, December 17**

**Pre-Convention Seminar: Analyzing the 2008 Olympic Games: Insights into Volleyball Playing Trends and the Impact on Your Team (Classroom)**

*Wednesday, December 17, 9 a.m. – Noon*

Featured Speaker:

**Hugh McCutcheon**, USAV Men's Head Coach, Anaheim, Calif.

The USA men's and women's volleyball teams had their most successful Olympics ever in 2008. Achieving this level of success took years of preparation and planning to develop the right mix of players and best style of play to maximize their talents. The pre-convention seminar will offer insight into this journey of Olympic triumph. The USAV men's and women's coaching staffs will share insight into the development of their team and describe the process of how the team was able to improve to become the best in the sport. In addition, the coaches will analyze the performance of their team in Beijing, provide an insider's perspective on trends in volleyball at the highest levels and offer suggestions on how you can use these insights to make you a better coach and improve your team's success.

**Pre-Convention Seminar: Analyzing the 2008 Olympic Games: Insights into Volleyball Playing Trends and the Impact on Your Team (Classroom)**

*Wednesday, December 17, 1:30 – 4:30 p.m.*

Featured Speaker:

**Sue Woodstra**, USAV Women's Assistant Coach, Colorado Springs, Colo.

The USA men's and women's volleyball teams had their most successful Olympics ever in 2008. Achieving this level of success took years of preparation and planning to develop the right mix of players and best style of play to maximize their talents. The pre-convention seminar will offer insight into this journey of Olympic triumph. The USAV men's and women's coaching staffs will share insight into the development of their team and describe the process of how the team was able to improve to become the best in the sport. In addition, the coaches will analyze the performance of their team in Beijing, provide an insider's perspective on trends in volleyball at the highest levels and offer suggestions on how you can use these insights to make you a better coach and improve your team's success.

**Thursday, December 18**

**Steps to Prevent Volleyball Injuries (Classroom)**

*Thursday, December 18, 8 – 9:30 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Bill Briner**, USAV Team Physician, Park Ridge, Ill.

Injuries to student-athletes are part of playing sports. However, there are steps coaches can take to minimize the risk of injury and keep your volleyball players on the court. This session will discuss the most common volleyball injuries and which are the most likely to result in lost time for your players. In addition, Bill will cover training techniques to identify players at risk and offer suggestions on how to reduce the most common injuries.

## **Coaching C.L.O.U.T. – Improve and Facilitate Better Team Communication, Leadership and Teamwork (Classroom)**

*Thursday, December 18, 8 – 9:30 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

Using the model of human behavior as a springboard, Coaching C.L.O.U.T. will expose coaches to their own personality strengths, motivators, communication and leadership styles, as well as insights into those characteristics in others. Coaching C.L.O.U.T. also helps individuals understand how to communicate more effectively and efficiently, thus creating a more positive team dynamic. Coaching C.L.O.U.T. will help give coaches a competitive advantage, a greater understanding of their athletes and an opportunity to help their teams succeed at a higher level.

## **Offensive Organizational Considerations: Which Comes First ..... the Chicken or the Egg? (Classroom)**

*Thursday, December 18, 8 – 9:30 a.m.*

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

Featured Speaker:

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

When planning to organize your offensive system, coaches need to make some key decisions.....who will lead who in the rotational order? Who plays opposite whom? Which rotation do we start in? These questions plus the pros & cons of some possible answers will be discussed.

## **Examining Drugs, Alcohol and Supplement Use in Volleyball: What Do We Know? (Classroom)**

*Thursday, December 18, 9:45 – 10:45 a.m.*

*Suggested Audience/Level: All – All*

Featured Speakers:

**Kathy Turpin**, National Center for Drug Free Sport, Kansas City, Mo.

**Mary Wilfert**, NCAA, Indianapolis, Ind.

**Neil Mason**, TCA Volleyball Clubs, Newport Coast, Calif.

**Fran Flory**, Louisiana St. University, Baton Rouge, La.

This session will provide current trends and statistics from the NCAA Drug Use Survey as well as relating overall student-athlete drug, alcohol, and supplement use in volleyball and sport. Information will include drug use in the sport of volleyball against the backdrop of the more extensive general sport trend data. The panelists will provide various resources and strategies that will deter drug use in sport. Additional information will be provided on institutional (college and high school) drug-testing programs, policy development, and the coach's role in the process. In addition, the panel will share strategies for prevention and intervention.

## **Coaching Both Sides of the Brain (Classroom)**

*Thursday, December 18, 9:45 – 10:45 a.m.*

*Saturday, December 20, 9:45 – 10:45 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

Everyone has learned about the two different sides of the brain – the left side, which focuses on logical thinking, analysis and accuracy, and the right side, which focuses on aesthetics, feeling, and creativity. To get the best out of your athletes, coaches need to understand how to make both sides work together. In this session, former University of Nebraska head coach Terry Pettit will offer suggestions of how to coach your players so they will be better focused, better prepared and ready to play.

### **What Most Women Don't Know about the Job Marketplace – presented by the AVCA Minority Coaches Committee (Classroom)**

*Thursday, December 18, 9:45 – 10:45 a.m.*

*Suggested Audience/Level: College - Intermediate*

Featured Speaker:

**Cheryl Levick**, University of Maryland, College Park, Md.

Searching for a job is never an easy task and being a female job candidate makes the process even more difficult. Female candidates often face different challenges and knowing how to best deal with those challenges is one of the keys to career advancement. This presentation will cover a variety of topics including how women handle job searches differently than men, what athletics directors look for in a volleyball coach, best practices for job interviews and how to negotiate your compensation package.

### **Improving the Range of Your Passer (Mateflex Courts)**

*Thursday, December 18, 2 – 3 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Trish Knight**, Missouri State University – West Plains, West Plains, Mo.

In order to have a successful team it is important to develop the passing skills of your players. This session will demonstrate several drills that will improve the range and skill level of your passers. In addition, Trish will cover the key fundamentals of passing and discuss the importance of using proper technique.

### **Stop Running in Circles! Play Games to Warm Up! (Mateflex Courts)**

*Thursday, December 18, 2 – 3 p.m.*

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

Featured Speakers:

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

**Bill Hamiter**, USAV Men's National Sitting Team Head Coach

While your team is engaging in the "traditional" warm up, your opponent's players are racking up hundreds more contacts per player by playing games to warm up....why aren't *YOU*?! This session will present some warm up activities that will provide your team with those crucial extra contacts per practice.

### **Using Sand Doubles Drills to Maximize Ball Contacts and Improve the All-Around Game (AVP Sand Court)**

*Thursday, December 18, 2 – 3 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Ali Wood Lamberson**, USAV Director of International & High Performance Beach Programs

This session will offer specific sand court drills that engage multiple athletes to train all skills with a focus on execution and increased responsibility. Attendees will gain a better understanding of how to run a high level, one court sand doubles practice for multiple athletes. In addition, Ali will discuss how sand doubles skills correlate to better ball control and all around skill for indoor players.

### **Q&A with NCAA President Dr. Myles Brand (Classroom)**

*Thursday, December 18, 2 – 3 p.m.*

*Suggested Audience/Level: College - Advanced*

Featured Speaker:

**Dr. Myles Brand**, NCAA President, Indianapolis, Ind.

Kick-off your Thursday afternoon with an informative open-mic discussion with your coaching peers. This is your opportunity to ask questions, raise issues and get answers from NCAA President Dr. Myles Brand. Come ready to participate and share the hot topics and issues that are on your mind.

### **Developing Game Intelligence and Empowerment Coaching: Planning, Practice Administration and Performance Evaluation (Classroom)**

*Thursday, December 18, 2 – 3 p.m.*

*Suggested Audience/Level: All - Advanced*

Featured Speaker:

**Adriano de Souza**, Illinois State University, Normal, Ill.

A constant challenge of coaching is to develop a players' ability to make effective decisions under pressure. This session will focus on the "how to's" of building a team culture and practice environment that will empower your players and enhance their ability to make effective choices during game play. The goal of this presentation is to assist you in developing your players' game intelligence and enhance your team success.

### **Developing Leadership Skills through Conversations, Evaluations and Retreats (Classroom)**

*Thursday, December 18, 2 – 3 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

Having solid team leaders is a critical element to any successful team. Helping team members develop those leadership skills is a challenge faced by coaches on a daily basis. This session will address strategies for discussing leadership perspectives and behaviors with team captains and how leadership evaluations can be effective in transforming behavior. In addition, attendees will discover important considerations when planning and implementing leadership retreats for captains, teams, or athletic departments.

### **Transition Skills and Strategy for the Championship Team (Mateflex Courts)**

*Thursday, December 18, 3:15 – 4:15 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Suzie Fritz**, Kansas State University, Manhattan, Kan.

Transitioning can occur hundreds of times during a match so it is critical to develop a good transition team in order to be successful. This presentation will offer suggestions for enhancing your team's efficiency when transitioning including the specific skills needed and tips for improving your player's skill level. In addition, Suzie will discuss possible strategies around transition play.

### **Beach Volleyball Defensive Strategies and Footwork (AVP Sand Court)**

*Thursday, December 18, 3:15 – 4:15 p.m.*

*Suggested Audience/Level: All - Advanced*

Featured Speaker:

**Danalee Bragado-Corso**, Head Coach of USA Junior Beach National Team

In beach volleyball, defense is one of the most complex parts of the game. This session will teach you the different strategies in playing defensive and when to use them. Additionally, this session will teach you the specific footwork involved to execute defense in beach volleyball as well as specific ways to train these techniques to improve speed and agility which can help an athlete with their indoor or beach game.

### **A Frank Conversation Between a Coach and Official (Classroom)**

*Thursday, December 18, 3:15 – 4:15 p.m.*

*Suggested Audience/Level: College - Intermediate*

Featured Speakers:

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

**Chuck Erbe**, College Volleyball Official, Okemos, Mich.

The relationship between a coach and official is dynamic. They can be the best of friends off the court but turn into adversaries on the court when play begins. Ultimately, both have the same goal of providing a fair competition for the student-athlete. In this session, Mary and Chuck will discuss ways for coaches and officials to improve their on-court relationship and better work together. Each speaker will provide their honest perspective on current issues in the sport. Attendees are encouraged to share their comments in this informative session.

### **Tales from the Locker Room – Part II (Classroom)**

*Thursday, December 18, 3:15 – 4:15 p.m.*

*Suggested Audience/Level: College – All*

Featured Speaker:

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

Over the course of his 45 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. Come share the stories with Al in this follow-up presentation to his session at the 2007 AVCA Convention in Sacramento.

## **Friday, December 19**

### **Attacking Fundamentals and Concepts – presented by the AVCA Minority Coaches Committee (Mateflex Courts)**

*Friday, December 19, 1 – 2 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Lee Maes**, University of Virginia, Charlottesville, Va.

What can you do to increase the efficiency of your attackers? Teaching sound attacking mechanics, techniques and concepts is important in making your hitters the best they can be. In this session, Lee will discuss proper mechanics and technique as well as share drills to train and develop various attacking concepts. In addition, attendees will learn general offensive concepts to consider when developing team strategy.

### **Blocking Skills and Drills for the Championship Team (Mateflex Courts)**

*Friday, December 19, 1 – 2 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Chuck Erbe**, Former USC and Michigan St. Head Coach, Okemos, Mich.

One of the ways to build a successful volleyball program is honing your team's blocking skills and techniques. In this session, Chuck Erbe walks through the fundamentals of a good blocking team, and shares some of the drills that helped make him a championship coach.

### **Beach Volleyball Tactics and Strategy – presented by Mikasa (AVP Sand Court)**

*Friday, December 19, 1 – 2 p.m.*

*Saturday, December 20, 8:30 – 9:30 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Todd Rogers**, 2008 Olympic Gold Medalist, Solvang, Calif.

“The Professor” Todd Rogers, 2008 beach volleyball Olympic Gold Medalist in Beijing, is renowned for his knowledge of the tactics of the beach game. In this session, Todd will share his expertise on how to play the two-person game, and, as a former indoor player, how to transition your skills and knowledge to the sand.

**Team Toughness Trojan Style: Philosophy, Periodization Plan, and the Process Behind Championship Teams (Classroom)**

*Friday, December 19, 1 – 2 p.m.*

*Suggested Audience/Level: College - Advanced*

Featured Speakers:

**Mick Haley**, University of Southern California, Los Angeles, Calif.

**Michael Voight**, Central Connecticut State University, New Britain, Conn.

This presentation takes you behind the scenes of one of the winningest programs in collegiate volleyball – the USC Trojans. The success of the USC program is attributed to many factors and one of the most important is the team building program which encompasses the 12-month game, practice, and off-season periods. Head Coach Mick Haley, team consultant Mike Voight and the USC Volleyball Performance Team (PET), open the vault and shares step-by-step the *philosophy*, 12-month *periodization plan*, and the *processes* behind this proactive and empowering team building program.

**Understanding How the Division I Tournament Selection Process Works (Classroom)**

*Friday, December 19, 1 – 2 p.m.*

*Suggested Audience/Level: College - Advanced*

Featured Speakers:

**Sharon Cessna**, NCAA, Indianapolis, Ind.

**Marie Robbins**, University of Alabama and Chair of Division I Volleyball Committee, Tuscaloosa, Ala.

Sharon Cessna, Director of the NCAA Division I Women's Volleyball Championship, and Marie Robbins, Chair of the Division I Volleyball Committee, help you understand how teams are selected for the annual Division I Tournament. They will walk you through such things as how the committee prepares, steps in the process and evaluation tools used by the committee. They will also give tips on how to give your team a better chance of making the Tournament each year.

**Serve Receive and Transition Tactics for Middle Blockers (Mateflex Courts)**

*Friday, December 19, 2:15 – 3:15 p.m.*

*Suggested Audience/Level: College - Advanced*

Featured Speaker:

**Jerritt Elliott**, University of Texas, Austin, Texas

Jerritt Elliott, head coach of the University of Texas, has turned his team into a perennial power in NCAA Division I women's volleyball. In this session, Jerritt will discuss ways to improve the overall game of the middle blocker, including serve-receive and transition. Fundamentals, including footwork, as well as on-court positioning will be highlighted in this informative session designed to make the most effective use of middle blockers.

**Jump Serve: Mechanics, Drills and Strategy – presented by the JVDA and AVCA Minority Coaches Committee (Mateflex Courts)**

*Friday, December 19, 2:15 – 3:15 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Neil Mason**, TCA Volleyball Clubs, Newport Coast, Calif.

In this session, Neil Mason, who was honored in 2006 by the United States Olympic Committee as the Developmental Coach of the Year for volleyball, will give his insights into what makes a good jump serve, and how it can be an effective tool for any team at any level. A popular presentation at the 2008 AVCA Men's Championship Weekend Clinic, you will also take away practical drills to use with your team to help make their jump serving more efficient and effective.

### **Understanding the Differences Between the Beach and Indoor Game – presented by Mikasa (AVP Sand Court)**

*Friday, December 19, 2:15 – 3:15 p.m.*

*Saturday, December 20, 9:45 – 10:45 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Todd Rogers**, 2008 Olympic Gold Medalist, Solvang, Calif.

Those who have played both beach and indoor volleyball know that the skills and strategy used in beach play differ significantly from the indoor game. In this session, Todd will discuss many of these differences and explain why it is important for coaches to have this understanding when coaching their team.

### **Motor Learning: Applying the Science to the Art of Coaching (Classroom)**

*Friday, December 19, 2:15 – 3:15 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Tom Tait**, Former Penn State Men's and Women's Head Coach

Understanding the proven Principles of Learning is the science. Applying these principles to teaching motor skills, designing drills and games, running your practices, and providing effective feedback....that is the art! Don't miss this session and learn the science behind creating your masterpiece.

### **Recruiting: Managing the Issues of Timing, Scholarships, Money and Fit (Classroom)**

*Friday, December 19, 2:15 – 3:15 p.m.*

*Suggested Audience/Level: College - Intermediate*

Featured Speakers:

**Cecile Reynaud (Moderator)**, Florida State University, Tallahassee, Fla.

**Mitch Jacobs**, Marshall University, Huntington, W.Va.

**Brenda Williams**, Olivet Nazarene University, Bourbonnais, Ill.

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

Learn from four veteran coaches about the nuances of recruiting at various levels of the game. Our panel of coaches will share their perspective on how to run an effective recruiting system, from timing to scholarships to money. The open discussion format will allow the panel to share their experiences, both good and bad, and how they have learned from these recruiting encounters to make themselves better mentors.

### **Competitive Alternative Scoring Games (Mateflex Courts)**

*Friday, December 19, 3:30 – 4:30 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

Not satisfied with your team's level of competitiveness in matches? Train competitiveness in practice! This session will provide you with ideas on how to increase the competition level in practices to improve your team's performance when it counts.

### **Maximizing Practice Repetitions – presented by the JVDA (Mateflex Courts)**

*Friday, December 19, 3:30 – 4:30 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Mike Lingenfelter**, Asics Munciana Volleyball Club, Selma, Ind.

The small amount of time coaches have to practice and prepare their team for a match must be used as efficiently as possible. This session will offer suggestions on how to maximize practice repetitions to create the most productive and efficient practice sessions for your athletes. Mike will use this session to instruct how to run drills to make the most of your practice time.

**Plyometric Training for Improved Performance (AVP Sand Court)**

*Friday, December 19, 3:30 – 4:30 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speakers:

**Karch Kiraly**, Karch Kiraly Academy

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

A sand workout using plyometric training can be one of the most effective methods for conditioning your student-athletes. This session will offer ideas on how to condition and train at the highest level. Mike will also discuss the key elements of an effective plyometric workout including proper stretching and warm-up, proper hydration, being consistent, being careful not to over train and making the workout fun. In addition, Karch and Mike will demonstrate several offensive and defensive drills that will improve your student-athletes conditioning.

**So You Want to be a Head Coach: Advice for Assistants Looking to Make the Move Up (Classroom)**

*Friday, December 19, 3:30 – 4:30 p.m.*

*Suggested Audience/Level: College - Advanced*

Featured Speakers:

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

**Sally Polhamus**, Winthrop University, Rock Hill, S.C.

**Erich Hinterstocker**, North Dakota State University, Fargo, N.D.

Are you ready to take the next step and become a head coach? If you answered ‘yes”, then this seminar is for you. A trifecta of your colleagues will be leading the session aimed at preparing assistant coaches for the transition into the head coaching ranks. Come prepared to ask questions and take advantage of friendly and helpful advice on how you can achieve your career goals.

**Semi-Final Match Analysis (Classroom)**

*Friday, December 19, 3:30 – 4:30 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speakers:

**Jim Stone**, Former Ohio St. University Head Coach

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

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 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!

## **Saturday, December 20**

### **How to Develop Consistency in Your Setter (Mateflex Courts)**

*Saturday, December 20, 8:30 – 9:30 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Cathy Noth**, Cathy Noth Clinics and Camps, Madison, Wis.

This session will give coaches the tools to train and evaluate the setter. Specific attention will be given to the setter's hands, core and feet. Attendees will learn how to train a consistent setting rhythm and how to challenge their setters to make adjustments and increase consistency in their play.

### **Defending the Slide Attack (Mateflex Courts)**

*Saturday, December 20, 8:30 – 9:30 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

We all know that without a sound defense, even the heaviest hitting teams can fall. While there is no fool-proof system for defending the slide 100% of the time, this session will specifically key in on the exact measures needed to effectively do so. Cecile will give instructions on proper techniques of blocking the slide as well as highlight appropriate defensive positioning on the court, enhancing your team's ability to handle the attack and win the point.

### **Nutrition for High School and Club Volleyball Players (Classroom)**

*Saturday, December 20, 8:30 – 9:30 a.m.*

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

Featured Speaker:

**Shelley Bradford**, Navarre High School, Gulf Breeze, Fla.

It is important that high school and club coaches understand the value of proper nutrition and hydration on an athlete's performance on the volleyball court. This presentation will help coaches identify what volleyball players should include in their diets during the season to achieve maximum performance. In addition, attendees will learn the benefits associated with proper hydration and nutrition and how to achieve these benefits before, during and after a competition.

### **Intensity, Concentration & Enthusiasm: The Three Keys to Volleyball Success (Classroom)**

*Saturday, December 20, 8:30 – 9:30 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Paul Salitsky**, University of California – Davis, Davis, Calif.

This presentation will contain components of a team meeting format where athletes are challenged to increase their self-awareness regarding the "100% ICE" concept. Coaches will come away with a greater understanding of the importance of these mental skills and how to incorporate their development into drills, practice and competition.

### **Best Practices for New and Existing Junior Clubs – presented by the JVDA (Classroom)**

*Saturday, December 20, 8:30 – 9:30 a.m.*

*Suggested Audience/Level: Club - All*

Featured Speakers:

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

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

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

Are you getting ready to start your own club and looking for ideas on what are the best ways to run it? Or maybe you already own your own club and are looking for some new ideas for running the day-to-day operations? In the session, you will have the opportunity to listen and ask questions from three experienced club professionals on what they have found to be some of the best practices for running a club volleyball program.

### **Game-Like Training and Skill Development (Mateflex Courts)**

*Saturday, December 20, 9:45 – 10:45 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

This session will provide you with ideas on various ways to incorporate game-like training into your practices to better prepare your team for competition. Beth will share some of her favorite drills for developing the skills of your student-athletes and offer suggestions to improve the technique of your players.

### **No Space? No Problem! Half-Court Drills for Effective Training (Mateflex Courts)**

*Saturday, December 20, 9:45 – 10:45 a.m.*

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

Featured Speaker:

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

Having limited practice space is a common problem for many coaches as they fight for court time with other teams or school functions. These space restrictions can sometimes limit the type of drills a coach can run and the match-like situations that can be simulated with your team. In this presentation, Lauren will offer suggestions on how to coach your team with limited practice space. You will leave with a variety of drill ideas that can be used to train your team on a half-court.

### **Funding Your Program: How to Identify People who will Help You Succeed (Classroom)**

*Saturday, December 20, 9:45 – 10:45 a.m.*

*Suggested Audience/Level: College - Advanced*

Featured Speakers:

**Arnie Ball**, Indiana University - Purdue University – Fort Wayne, Fort Wayne, Ind.

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

The key to many successful volleyball programs is finding those people who can help you raise money to help fund it. In this session, you will hear how two of the top coaches in the men's game, Arnie Ball from IPFW, and Al Scates from UCLA, do it at their respective schools. You will not only learn how to identify those people who can and are willing to help your program, but also reasons why you should endow your program, who from your school should be involved in fundraising, and some different ways to make it all happen.

### **Serve Receive Strategies, Formation and Drills (Classroom)**

*Saturday, December 20, 9:45 – 10:45 a.m.*

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

Featured Speaker:

**Jean Kesterson**, Cathedral High School, Indianapolis, Ind.

This session will include a discussion of strategy in establishing your team's service pattern, including personnel placement and offensive tactics. Jean will detail the various options when using the three person serve receive system and then suggest drills for individual, small group and team serve receive.

### **Triangle Offense: Finding Success with Three Middles (Mateflex Courts)**

*Saturday, December 20, 11 a.m. – Noon*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Jeff Carroll**, Billings Senior High School, Billings, Mont.

Phil Jackson, the head coach of the Los Angeles Lakers and former coach of the Michael Jordan-led Chicago Bulls has won nine NBA titles running a triangle offense. But, did you know that you could run a triangle offense of your own with your volleyball team using three middle blockers? In this session, Jeff will focus on the use of the non-traditional triangle offense as a way to maximize your team's potential. Attendees will learn why and when you would use this offense as well as variations you can use with your team.

**VolleyKids Demonstration: Volleyball Skill Development and Games for Youth (Mateflex Courts)**

*Saturday, December 20, 11 a.m. – Noon*

*Suggested Audience/Level: High School/Club - Beginners*

Featured Speaker:

**Tim Vande Schraaf**, Eastside Volleyball Club, East Peoria, Ill.

Do you want to learn more about how to work with the youth in your area to increase their interest in volleyball and get them involved in the sport? This presentation will demonstrate a typical practice sequence and show how a competition works. The demonstration will include suggestions for motor development, ball development, skill development and game development. Attendees will leave with ideas on how to start a VolleyKids program in their area.

**How to Use Sand as a Spring Training Tool (AVP Sand Court)**

*Saturday, December 20, 11 a.m. – Noon*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**John Cook**, University of Nebraska, Lincoln, Neb.

Preparing your athletes during spring training can prove to be a huge contributor to the amount of success you have during the fall season. This session will demonstrate how to utilize the up-and-coming sand volleyball game to enhance spring training for your players. John will suggest various sand drills that can be used to develop better fundamentals and improve the skill level of your student-athletes.

**Behind the Game: Volleyball Operations (Classroom)**

*Saturday, December 20, 11 a.m. – Noon*

*Suggested Audience/Level: College - Advanced*

Featured Speaker:

**Kelley Kish**, University of Florida, Gainesville, Fla.

Have you ever been curious about what takes place behind the scenes in the game of volleyball? In this presentation you will learn about the day-to-day operations of a team and how those activities impact the team's success. Kelley will suggest some "best practices" to use in managing your team's day-to-day activities.

**Examining the Rover Defense: How to Use it Successfully with Your Team (Classroom)**

*Saturday, December 20, 11 a.m. – Noon*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Rich Luenemann**, Washington University, St. Louis, Mo.

Being able to utilize the rover defense can provide your team with some advantages that other defensive systems do not offer. This session will help you develop an appreciation and understanding of the rover defense by explaining different scenarios in which the rover defense might be the best choice as your primary defensive system.

### **Life After College: Exploring International Playing Opportunities for Your Student-Athletes (Classroom)**

*Saturday, December 20, 11 a.m. – Noon*

*Suggested Audience/Level: College - Advanced*

Featured Speaker:

**Arnie Ball**, Indiana University - Purdue University – Fort Wayne, Fort Wayne, Ind.

Do you have student-athletes who want to continue their volleyball playing career after their eligibility has expired? In this session, Arnie will explain the options available for your players as well as the best way to research those options. Other topics covered during the presentation will include the best places to play, researching teams and coaches, and contract negotiations.

### **Running and Promoting a Successful Collegiate Beach Tournament (Classroom)**

*Saturday, December 20, 1 – 2 p.m.*

*Suggested Audience/Level: College - All*

Featured Speakers:

**Dave Carstenson**, USAV Board of Directors and AVP Official

**Tom Collett**, TDC Entertainment

As beach volleyball continues to grow in popularity, understanding how to successfully run and promote a collegiate beach tournament will be crucial in the planning of a successful event. This session will discuss the key elements of running a successful beach tournament including tips on things that have worked – and haven't worked – in putting a tournament together. Dave and Tom will offer suggestions on how to get started, resources required and marketing ideas to help you with your own beach tournament.

### **Sport – Where Personality Meets Performance: Tips for Coaching the Entitled Generation (Classroom)**

*Saturday, December 20, 1 – 2 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Paul Salitsky**, University of California – Davis, Davis, Calif.

With phrases like 'entitled generation,' 'helicopter parents,' and 'remote control generation' commonly used to describe today's kids, coaches know how this mentality causes numerous problems in sport today. This session will help you understand the personality types on your team and offer solutions to make everyone involved a better communicator. Coaches will leave this session with ideas on how to address motivational issues that are so prevalent in volleyball today.

### **Advantages of Sending High School Student-Athletes to Two-Year Schools (Classroom)**

*Saturday, December 20, 1 – 2 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speakers:

**Trish Knight**, Missouri State University – West Plains, West Plains, Mo.

**Terry Gamble**, Iowa Western Community College, Council Bluffs, Iowa

Collegiate volleyball at the junior college level is often discussed using incorrect facts and information on topics such as academics, scholarships and level of play. This presentation will address many of these myths and provide factual information on junior college volleyball. The advantages of sending student-athletes to two-year colleges will be discussed including the number of scholarships available at this level, the number of junior college players who move on to four-year schools and general information about junior college programs.

### **Understanding the High School and Club Coaches Role in the Recruiting Process (Classroom)**

*Saturday, December 20, 2:15 – 3:15 p.m.*

*Suggested Audience/Level: High School/Club - All*

Featured Speaker:

**Barry McLean**, Volleyball Prospects Canada, Calgary, Alberta

This presentation will offer high school and club coaches information on five key areas to assist their student-athletes in the college recruiting process. These areas include statistical information of athletes getting scholarships, a commitment to athlete development, exposure and networking, communicating with parents and putting the needs of the athlete first. Coaches will leave this presentation with several suggestions of ways to help their student-athletes get the attention of college coaches and increase their chances of receiving a scholarship.

**Recruiting to Your System (Classroom)**

*Saturday, December 20, 2:15 – 3:15 p.m.*

*Suggested Audience/Level: College - All*

Featured Speaker:

**Matt Peck**, Middle Tennessee State University, Murfreesboro, Tenn.

Coaches spend countless hours in the off-season surveying the talent pool of student-athletes from which they will build their next recruiting class. Determining which players among that talent pool best fit your offensive and defensive system is critical to the success of any program. This session will outline some of key points coaches should consider when evaluating talent and determining the best fit for your team.

**Grade School Volleyball in Japan: Exploring Philosophical Differences in Training and Competition – presented by the JVDA (Classroom)**

*Saturday, December 20, 2:15 – 3:15 p.m.*

*Suggested Audience/Level: Club - Intermediate*

Featured Speakers:

**Rich Zeciski**, Team Z Volleyball Club, Camp Dennison, Ohio

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

Join Rich and Tim in this informative session as they share information gathered from their trip to investigate junior volleyball in Japan. Topics covered during this presentation will include Japanese training and conditioning methods, junior volleyball club structure, playing trends and opportunities to partner with junior clubs in Japan. Don't miss this opportunity to learn from another culture how to grow and improve your club.

**Team and Individual Defensive Positioning Principles (Classroom)**

*Saturday, December 20, 3:30 – 4:30 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Dorothy Webb**, Wellesley College, Wellesley, Mass.

The game of volleyball has been changing dramatically and continues to change and grow right before our eyes. It's not just the many rule changes that are altering the game. Athletes playing volleyball are becoming bigger, faster and more athletic. The abilities of athletes to attack at a level well above the net increase some offensive options and angles thus demanding that defensive skills also improve dramatically. This session will discuss defensive skill development, strategy and technique ideas to help your team keep up with this increased offensive firepower.

**Developing Your Functional Coaching Philosophy (Classroom)**

*Saturday, December 20, 3:30 – 4:30 p.m.*

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

Featured Speaker:

**Don Burroughs**, University of Findlay, Findlay, Ohio

What is a coaching philosophy and how do I develop a coaching philosophy that will be successful for me and my team? This seminar will answer those questions as well as discuss the reasons that having your own philosophy is important for personal and team success.

### **Collegiate Sand Volleyball: Options for Competition Format, Staffing, Season Length and Financial Aid (Classroom)**

*Saturday, December 20, 3:30 – 4:30 p.m.*

*Suggested Audience/Level: College - Advanced*

Featured Speaker:

**Kathy DeBoer (Moderator)**, AVCA, Lexington, Ky.

**Lynn Holzman**, NCAA, Indianapolis, Ind.

**TJ Meagher**, University of Houston, Houston, Texas

In January of 2009, NCAA Divisions I and II will vote on a recommendation from the Committee on Women's Athletics to add Sand Volleyball to the emerging sports list for women. If passed, the NCAA Legislative Services staff will develop the parameters that will govern play for those institutions that choose to add the sport. This session, lead by Lynn Holzman and TJ Meagher and facilitated by Kathy DeBoer, is an open ended discussion on this issues for any coaches or administrators that want information and would like to give feedback.

### **Sunday, December 21**

#### **Making Parents into Partners (Classroom)**

*Sunday, December 21, 9 – 10:15 a.m.*

*Suggested Audience/Level: High School/Club - All*

Featured Speaker:

**Dave Gentile**, Mid-America Volleyball, Overland Park, Kan.

In this session, Dave will cover the critical roles both coaches and parents play in the development of student-athletes as leaders and the importance of setting a good example. Dave will discuss how to rally the support of your player's parents and make them feel like contributors to your program. You will leave this presentation with ideas on how to gain the support of parents and make them partners in the success of your team.

#### **Three Step Approach to Designing an Off-Season Volleyball Conditioning Program (Classroom)**

*Sunday, December 21, 10:30 – 11:45 a.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Robert Brown**, Robert Brown Sports Performance, Grand Prairie, Texas

This session will show you how to design a proper volleyball conditioning program for your student-athletes. Robert will discuss using a three step approach to designing your program that will include athlete testing and analysis, determining the resources available and how to make them work, and designing the program by setting goals and putting them into action. An actual case study will be used as an example to demonstrate how the program was developed, why it was done that way and mistakes to avoid.

## **Alternate Sessions**

Please note that any coach who reaches the NCAA Division I Women's Volleyball Championships will be excused from their presentation(s). The following is a list of sessions that will be scheduled as a replacement:

### **Game-Like Training and Skill Development (Mateflex Courts)**

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

This session will provide you with ideas on various ways to incorporate game-like training into your practices to better prepare your team for competition. Beth will share some of her favorite drills for developing the skills of your student-athletes and offer suggestions to improve the technique of your players.

### **Using Sand Volleyball Drills as a Spring Training Tool for Your Team (AVP Sand Court)**

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

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

Though many differences exist between the indoor game and the beach game, using sand volleyball drills with your indoor team for spring training provides the opportunity to enhance skills in a non-traditional environment. This session will offer specific sand court drills that engage multiple athletes to train all skills. Attendees will gain a better understanding of how to run a high level, sand practice with drills designed to improve all around skills for indoor players.