



**Press Release**  
**JVDA Announces 10-City VolleyTots Tour**  
**October 10, 2008**



The **Junior Volleyball Directors Association (JVDA)** is pleased to announce an introductory tour for the VolleyTots program to 10 cities around the Midwest and South. As part of on-going efforts by the JVDA to gather and share information on mini volleyball, this tour will focus on training appropriate to 3 ½ to 8 year-old children. Hosting areas are asked to provide facilities, 30-50 children, and to invite club directors and coaches interested in learning more about training this age group.

Each session will be about three hours in length and include training for coaches prior to an on-court session with the children. Included in each training block will be hand-eye coordination exercises, plyometrics, foot speed, strength and agility training and age-appropriate volleyball drills and games. The program will conclude with a debriefing with coaches to share insights and feedback. All attending coaches will be given an overview of VolleyTots, a series of beginning drills and a VolleyTots DVD. All participants will be registered in the VolleyKids Program and will receive quarterly news and drill & exercise updates.

The current VolleyTots tour schedule includes:

- \* **Dallas** - October 19
- \* **Milwaukee** - October 22
- \* **Cincinnati** - October 23
- \* **Morehead** - October 24
- \* **Indianapolis** - October 25
- \* **Kansas City** - October 27
- \* **Austin** - November TBD \*
- \* **Baton Rouge/New Orleans** - November TBD \*
- \* **Houston** - November TBD \*

*Note: Plans are being finalized. Check the JVDA Web site at [www.jvda.org](http://www.jvda.org) for updated information on these stops.*

Fees may vary slightly by area but generally will be \$5.00 per player and \$5.00 per coach for each session including all materials. The tour is being funded by the JVDA, Texas Advantage Volleyball club (TAV), and The Complete Athlete club (TCA).

Each session will be led by John Sample, TAV Owner and Director, TAV and TCA Coaches and local host Coaches. All sites and times are listed on the JVDA website and include contact information for registration. Parents may register their children on site, pre-register with each location or contact John Sample at [jsample@ascvb.com](mailto:jsample@ascvb.com) to sign up.

#### **About the JVDA**

The mission of the Junior Volleyball Directors Association (JVDA) is to be an inclusive organization that represents, communicates and lobbies for the development, growth and marketing of all levels of Youth and Junior Volleyball, and allows all volleyball clubs a voice and a vote in helping shape a positive future for the sport. JVDA members are provided educational opportunities and a professional network to the individuals and companies dedicated to enhancing and developing the sport, thanks to their chapter affiliation with the AVCA. As a group, the AVCA is committed to the development, growth, advancement and publicity of volleyball throughout the world. Further information on the JVDA is available at [www.jvda.org](http://www.jvda.org) or contact the AVCA at 866.544.2822.

## 2008 VolleyTots Tour Schedule

Location	Date	Time	Club	Web site
Dallas	Sun., Oct. 19	1-5 p.m.	Texas Advantage Volleyball	texasadvantage.com
Milwaukee	Wed., Oct. 22	6-8:30 p.m..	Badger Region	badgerregionvolleyball.org
Cincinnati	Thurs., Oct. 23	6-8:30 p.m.	Team Z Volleyball	teamzvolleyballclub.com
Morehead	Fri. Oct. 24	5-7 p.m.	Morehead State University	msueagles.com/womensvolleyball.asp
Indianapolis	Sat., Oct. 25	1-5 p.m.	Indy Juniors Volleyball	indyjuniors.com
Kansas City	Mon., Oct. 26	5:30-8:30 p.m.	Heart of America	hoavb.org/FN/FnN_Home.php
Baton Rouge / New Orleans	November / TBD	TBD	Cajunland Volleyball	<a href="http://cajunland.org">cajunland.org</a>
Austin	November / TBD	TBD	Austin Juniors Volleyball	austinsportscenter.com/index.php?pid=1141
Houston	November / TBD	TBD	TCA/Tornados Volleyball	<a href="http://tcatx.d4sportsclub.com/page.aspx?id=138">tcatx.d4sportsclub.com/page.aspx?id=138</a>