



**Thursday, November 06, 2008**

**JVDA Finalizes Plans for Last Stops on Inaugural VolleyTots Tour**

The **Junior Volleyball Directors Association (JVDA)** is pleased to announce that it has finalized plans for the last stops of its inaugural VolleyTots tour. The final stops are:

**\* Cedar Park, Texas**

Saturday, Nov. 22, 2008

Location: Austin Sports Center, 1420 Toro Grande Blvd.

1-4 p.m. for Coaches

2-3:30 for kids

**\* Houston, Texas**

Sunday, Nov. 23, 2008

Texas Tornados, Houston, Texas

1-4 p.m. for coaches

2-3:30 p.m. for kids

Willowbrook, Houston, Texas

Sunday, Nov. 23, 2008

5:30-8:30 p.m. for coaches

6:30-8 p.m. for kids

**\* Baton Rouge, La.**

Monday, Nov. 24, 2008

CAP Elite Facility – Behind Ketchum Fitness, 7150 Bluebonnet Blvd.

5:30-8:30 p.m. for coaches

6:30-8 p.m. for kids

**\* New Orleans, La.**

Tuesday, Nov. 25, 2008

Hilton Hotel, Cajunland

5:30-8:30 p.m. for coaches

6:30-8 p.m. for kids

These four stops are part of the inaugural VolleyTots program that, when finished, will have gone to 10 cities around the Midwest and South. It was created as part of the on-going efforts by the JVDA to gather and share information on mini-volleyball and focuses on training appropriate to 3 ½ to 8 year-old children.

Each session is about three hours in length and includes training for coaches prior to an on-court session with the children. Included in each training block is hand-eye coordination exercises, plyometrics, foot speed, strength and agility training and age-appropriate volleyball drills and games. The program concludes with a debriefing with coaches to share insights and feedback. All attending coaches are 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.

To date, the 10-city VolleyTots tour has had stops in Dallas, Milwaukee, Cincinnati, Morehead (Ky.), Indianapolis and Austin (Texas).



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, as well as local host coaches. All sites and times are listed on the JVDA Web site 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.