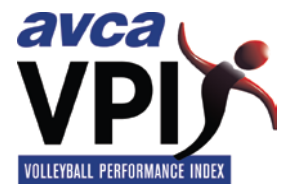




## Assessing Potential: Eight Metrics Correlated with Success



avcaVPI™ Data on Current College Players on DI and NAIA Rosters										
Position	Mean of Data Set	avcaVPI™	Accel (5 yds)	Swing Velocity(mph)	Attack Height (Top of Ball)	Block Touch	Height (Shoes on)	Pro Agility (5 10 5)	Reach (Dom Arm)	Vert Jump (No Step)
All College			1.15	29.41	8'10.5"	8'10"	5'10.5"	5.01	7'6"	19.24
Middles	Average	544.8	1.16	31.05	9'4"	9'3"	6'1"	5.00	7'9.5"	19.84
Outsides	Average	531.8	1.13	31.54	9'1.5"	9'1.5"	6'0"	4.96	7'8"	19.94
Setters	Average	494.5	1.17	27.22	8'9"	8'9.5"	5.9.5"	5.17	7'5"	18.80
Recruited Libero/DS	Average	483.9	1.12	28.17	8'8"	8'5'	5'7"	5.04	7'1"	18.12

- I. The avcaVPI™
  - a. A Volleyball Performance Index of eight equally weighted measurements that produces a composite number that is positively correlated with success in the sport
  - b. The means are based on testing of 570 college players and 1360 prospect-age players from freshman to senior in high school.
  - c. All prospect-age player data is housed in a database, [www.avcaVPI.com](http://www.avcaVPI.com) searchable by position and graduation year.
- II. Eight measures in the avcaVPI™
  - a. Acceleration: from a stop with your feet staggered, run 15 feet as fast as you can; (player can run through the end point, stop time at 15 feet)
  - b. Swing Velocity: Measured with SoloSpike - how hard do you hit the ball? Measured in miles per hour at height of attack
  - c. Attack Height: Measured with SoloSpike – at what height can you hit with power? Measured in feet and inches
  - d. Height: both feet flat on the floor, volleyball shoes on
  - e. Reach: feet flat, shoes on, dominant arm at highest point
  - f. Standing Vertical Jump; no step, no approach
  - g. Block Touch: two hands, no approach, no swing blocking movement
  - h. Pro-Agility: Start in the middle of the court – run 15 feet to a sideline, touch the line with your hand, run 30 feet to the other sideline, touch the line with your hand, run 15 feet back to the middle (player can run through the last line, stop time when they cross)
- III. Four *avcaVPI™ Predictor* metrics (Reach, Block Touch, Standing Vertical Jump, Pro-Agility)
  - a. Equipment Needs
    - i. A tape measure or Vertec or VERT Jump Device
    - ii. A stop watch or stop watch app
  - b. Use in your tryouts as a gage of athleticism
  - c. Compare your player’s data with college player’s data
  - d. AVCA members: go to [www.avcaVPI.com](http://www.avcaVPI.com) to see how your players compare to other high school players their age and position.
- IV. Please send your feedback and comments to avcaVPI™ project manager Kate Schuerman, [kate.schuerman@avca.org](mailto:kate.schuerman@avca.org). Full avcaVPI™ testing sites and dates: Oklahoma City, 12/20/14, San Jose 1/16/15, Tampa 2/13/15, Denver 2/27/15, Nashville 3/13/15, Louisville 4/9/15, Hartford 5/22/15, Grand Rapids 5/29/15



## Tryout Tracking Sheet

### avcaVPI™ Predictor Metrics

Middles (Name)	Grade/Class	Reach	Block Touch	Standing Vertical	Pro-Agility
<i>College Averages</i>	<i>271.06</i>	<i>7'9.5"/93.5"</i>	<i>9'3"/111"</i>	<i>19.84"</i>	<i>5.00 seconds</i>

Outsides (Name)	Grade/Class	Reach	Block Touch	Standing Vertical	Pro-Agility
<i>College Averages</i>	<i>266.78</i>	<i>7'8"/92"</i>	<i>9'1.5"/109.5"</i>	<i>19'94"</i>	<i>4.96 seconds</i>

Setters (Name)	Grade/Class	Reach	Block Touch	Standing Vertical	Pro-Agility
<i>College Averages</i>	<i>241.31</i>	<i>7'5"/89"</i>	<i>8'9.5"/105.5"</i>	<i>18.80"</i>	<i>5.17 seconds</i>

Libero/DS (Name)	Grade/Class	Reach	Block Touch	Standing Vertical	Pro-Agility
<i>College Averages</i>	<i>221.88</i>	<i>7'1"/85"</i>	<i>8'5"/100"</i>	<i>18.12"</i>	<i>5.04 seconds</i>

To Calculate a avcaVPI™ predictor sample score go to <http://sportscrm.net/avca/vpicalc>