

Professional Development Seminars 2016 AVCA Annual Convention – Columbus, Ohio

Pre-Convention Seminar: Lessons Learned in the Olympic Games – International Insights to Improve Team Play and Player Performance – presented by the U.S. Marine Corps Recruiting Command (Mateflex Court 3 & GCCC C160 – 162)

Wednesday, December 14, 9:30 a.m. – Noon & 1:30 – 4 p.m.

Featured Speakers:

John Speraw, USAV Men's Team Head Coach

Tom Black, USAV Women's Team Assistant Coach

Giovanni Guidetti*, Netherlands Women's Team Head Coach

***Please note due to his travel schedule Giovanni Guidetti's portion of the pre-convention seminar will take place 1:15 – 2:15 p.m. on Friday, December 16.**

Join three coaches of 2016 Olympic teams as they share what they learned in Rio, how the game is played at the highest level and what that means for your team. Each speaker will analyze the performance of their team, break down offensive and defensive strategies, and highlight technical/tactical changes. Our speakers will then discuss the impact the Rio Olympics might have on how the game is coached and played in the United States. Coaches from every level will leave this presentation with new ideas gathered from international play that can improve the performance of your team and players.

AVCA Convention 101: What Every First-Time Attendee Needs to Know (GCCC C160 – 162)

Wednesday, December 14, 4:15 – 5:15 p.m.

Suggested Audience/Level: All – Basic

Featured Speaker:

Chuck Rey, Assistant Coach, Miami, Ohio

Are you attending the AVCA Convention for the first-time? If so, this is the session for you! In this presentation our speakers will share his insight on the must attend convention events and activities, discuss the various networking opportunities available throughout the week, offer tips on how to use your time most effectively and much more! In addition, there will be time at the end of the presentation to meet with other first-time attendees.

Opening Session: Hacking Mediocrity – A Quick Start System to Scaling Competitive Greatness* (GCCC C160 – 162)

Wednesday, December 14, 6 – 7:30 p.m.

Featured Speaker:

Sue Enquist, Sue Enquist Coaching & former 11-time National Champion UCLA Head Softball Coach

In this opening session, former 11-time National Champion UCLA Head Softball Coach Sue Enquist will share her "quick start system to scaling competitive system. She will go through three main steps: a shareable system, creating meaningful messengers, and training the trainer – scaling your brand.

Strategies from the Service Line (Mateflex Court 1)**

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Jill Kramer & Trent Kersten, Texas Christian University

There are multiple strategies you can utilize at the service line, but which ones are most valuable to your team and why? Our hope is to throw some ideas your way to help you develop or improve

your teams serving system. A team's serving system is a key component of their identity and can change from year to year based on the composition of the players strengths at the service line. It's important to put time into developing your system each year.

Adding a Time Clock to Your Gym: Drills to Simulate Pressure and Increase Training Efficiency Using Time as a Tool – presented by JVA (Mateflex Court 2)

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Jodi Schramm, Premier Volleyball

The more our teams can practice game-like conditions, making decisions under pressure, the better prepared they will be to cope with the stresses of real competition. Successful teams have the ability to anticipate offensive and defensive transitions while under game conditions (pressure/competition/fitness/accountability/consequences) and make the best decisions available.

Adding a timeclock to your training, can add a level of pressure and accountability that can replicate the feelings teams have in match situations. Using time as a tool in practice can help give teams the ability to properly execute technical skills and demonstrate tactical thinking under pressure, even while fatigued, and ultimately perform in a consistent manner.

Step Box Hitter Training (Mateflex Court 3)

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Heidi Cartisser, College of Southern Idaho

Join Heidi in this informative session as she shares drills on how to coordinate footwork and arm swing. Attendees will leave this session with a step-by-step training to develop more efficient attackers.

Teaching and Training the Transition from Indoor to Beach Hand Setting (Beach Court)

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Stein Metzger, UCLA

In this beach session, Stein will be discussing the differences in common techniques between indoor and beach hand setting, along with the culture and rules of hand setting on the beach. He will be going over the baseline of key terms and concepts for introducing hand setting to those that are unfamiliar or struggling to make the transition. He will also be showing a progression and variety of setting drills to train positioning, spacing and technique while maximizing reps.

Volleyball SCOREcarding System: Onboarding Volleyball Families One Parent at a Time (GCCC C160 – 162)

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Sue Enquist, Sue Enquist Coaching & former 11-time National Champion UCLA Head Softball Coach

Former 11-Time National Champion UCLA Head Softball Coach Sue Enquist will discuss three ways to utilize families and parents by creating an onboarding program. This includes: building a consortium of influencers, building a smart questions system that is shared to your community and your Volleyball Family Tool Belt.

Relentless Pursuit of Safety: Template for a Club Program to Protect Athletes – presented by JVA (GCCC C170 – 172)

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

Trish McGonnell, National Center for Safety Initiatives

We know protecting our athletes is important, but how do we best do it? Attendees will gain the knowledge necessary to implement a comprehensive athlete protection program in their gym or club, including information about child sexual abuse prevention and response, background screening and best practices.

The Coaching COMPASS Assessment: A Roadmap to Build More Intentional Relationships Within Your Coaching Staff (GCCC Short North Ballroom A)

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Celia Slater, True North Sports

Currently in college athletics very few coaches have a method to evaluate their own coaching staff. Head coaches usually give feedback to their assistant coaches, but very few head coaches welcome feedback from their assistants. What if there was a better way to foster healthy and constructive feedback, communication, growth and success? What if we had a clear, intentional way to “coach each other?” Wouldn’t that be a win-win for ALL parties? The Coaching COMPASS Assessment may be a way to “bridge the gap” that sometimes exists between head coaches, their staff and their athletes.

The Coaching COMPASS assesses the following seven areas and is a holistic approach to growth:

- 1) C = Communication
- 2) O = Organization, Management & Leadership
- 3) M = Moral and Character Skills
- 4) P = Professionalism
- 5) A = Associations and Relationships
- 6) S = Sport IQ
- 7) S = Self-Awareness

Identifying the Most Important Skills for Scoring Points in the Men’s/Boy’s Game (GCCC Short North Ballroom B)

Thursday, December 15, 11 a.m. – Noon

Suggested Audience/Level: Men’s/Boy’s – Intermediate

Featured Speakers:

John Speraw, USAV Men’s Team Head Coach

John Kosty, Stanford

Pete Hanson, Ohio State

Walt Ker, Legacy Volleyball Club

In this session, elite men’s volleyball coaches will discuss some of the most important skills for scoring points. Topics to cover include jump top spin serving, blocking and transition volleyball. Feel free to bring and ask questions during the panel.

Timeouts and Momentum: A Data-Driven Conclusion – presented by Jostens (GCCC C160 – 162)

Thursday, December 15, 12:15 – 1:15 p.m.

Suggested Audience/Level: All – Advanced

Featured Speakers:

Dr. Ho Phi Huynh, Armstrong St.

In this session Dr. Huynh will review empirical literature psychological momentum and explore the effectiveness of using timeouts as a strategy to curb opponents' momentum. This presentation will present evidence from more than 10,000 plays and more than 5400 timeouts to settle this question with data instead of intuition. Attendees will leave with strategies for effective timeout management in light of the evidence.

Recruiting for What Your Team Really Needs: Improving Recruiting Success by Considering the “Non-Physical” Qualities of a Player – presented by Jostens (GCCC C170 – 172)

Thursday, December 15, 12:15 – 1:15 p.m.

Suggested Audience/Level: Collegiate – Advanced

Featured Speakers:

Bo Hanson, Athlete Assessments

Have you ever recruited an athlete and felt like someone else showed up to your program? Avoid the disappointment of your expectations not being met when a new recruit joins the team. This presentation focuses on proven strategies to gain a full understanding of the “real recruit”. During this presentation, we use real life illustrations to gain an appreciation of the ‘non-physical’ and ‘non-technical’ qualities of players and the impact this has on the biggest performance factor of all, your team culture. Ensuring cultural fit is one of the most fundamental aspects you need to get right to recruit for success. It is far easier to teach skill than it is to teach attitude, behavior and values.

Gizmos and Gadgets to Accelerate Your Team’s Skill Improvement – presented by Jostens (GCCC C160 – 162)

Thursday, December 15, 1:30 – 2:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Kyle Mashima, Red Rock Volleyball Club & Rotate 123

Learn about cheap to expensive equipment worth considering for the next season. See a variety of interesting devices that can help to improve your player's performance. Bring and share your tools and ideas in this fun, interactive and educational session.

What We Have Learned About the Athlete Behavioral Profile (ABP) in the Elite Volleyball Player – presented by Jostens (GCCC C170 – 172)

Thursday, December 15, 1:30 – 2:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Sue Medley, DISC Insights Performance Training

Since 2012, the AVCA has utilized the Athlete Behavior Profile (ABP) as part of its VPI (Volleyball Performance Index) program administered to more than 3,000 athletes through its All-American, Phenom and Combine programs. This session will explore what we've learned regarding Athlete Behavior Profile (ABP) data for these athletes. We'll explore our findings as they correlate to physical testing data, position, and college selection.

Breaking It Down: Training Ideas and Tools for Skill Development (Mateflex Court 1)

Thursday, December 15, 3 – 4 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Kirsten Bernthal Booth, Creighton

With the trend in our sport leaning toward “whole game” training, this session will explore why Creighton volleyball still spends time breaking down skill development into phases. Attendees will leave this presentation with drill ideas and examples to improve the skill level of your players.

Serving with Purpose: Speed and Scoring (Mateflex Court 2)

Thursday, December 15, 3 – 4 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Johan Dulfer, Ithaca College

The service is the one skill in volleyball we have complete control over. It's also one of the biggest weapons in the game. At Ithaca College, we focus on serving speed to train our serves to have the biggest impact they can have. When training any skill, we have to ask ourselves what type of feedback we are giving. Research has shown that the speed of a serve that optimizes that serve is different depending on the server. A radar gun can help train each of your serves to locate their individual optimum serving zone for maximum impact. This presentation will present some drills involving a radar gun that can help develop your serving teaching strategy.

How to Get More from Your Athletes FASTER: Competitive, Culture, Product, Reinforcement, Behavior Modification (Mateflex Court 3)

Thursday, December 15, 3 – 4 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Kilee Goetz, Spotlight Athletics

We all need things that work “faster” when it comes to high school, club and even collegiately. We rarely have enough time during season to develop certain skills or wait for the athlete to become “comfortable” in the setting or with our expectations. We have some tools we would like to share with you to show you those “quick fixes” that become lasting staples to your program and will positively impact your athletes...

- Positive Reinforcement in a constructive, yet competitive setting.
- How to get more out of what you say without saying anything differently
- How do develop chemistry immediately
- Communication - Simple, quick tools to teach your athletes how to find comfort in “what to say”
- One drill to teach anything you need in the game of volleyball, beginner to college and it is probably something you already do...with a spin
- FUN! Your athletes will have high expectations and hard work, while enjoying and embracing the process!

Skills and Drills: From College to the Pros (Beach Court)

Thursday, December 15, 3 – 4 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Brooke Niles, Florida St.

During this beach session, Brooke will discuss drills and player development used at Florida State to develop top-level beach volleyball players that can compete at the college level and transition directly to the professional level. Topics include the optimal attacking position, setting and passing techniques, as well as a demonstration of drills used to reinforce the techniques and training practices.

Strategies for Coaching Your Setter During Match Play (GCCC C170 – 172)

Thursday, December 15, 3 – 4 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Salima Rockwell, Penn State University

Join Salima as she shares what has worked and not worked with her colleagues in coaching a setter during match play. Salima, former national team athlete and current Penn State assistant coach, will discuss how she has coached and mentored setters to play at their highest level on the court.

The Risk/Reward Psychology of Serving in the Men's Game (GCCC Short North Ballroom A)

Thursday, December 15, 3 – 4 p.m.

Suggested Audience/Level: Men's/Boy's– Intermediate

Featured Speaker:

Pete Hanson, Ohio State University

Why is serving aggressively an important part of Men's Volleyball? Serving in the men's game is a vital component of limiting your opponent's offensive options and creating an aggressive style of play that impacts not only your defensive system, but also fosters an aggressive offensive mindset. In this session, Pete will speak about gaining an understanding of the data that allows your players to serve aggressively and how to develop that mindset in your gym.

Analyzing Volleyball Strategy: Research Driven Conclusions for Coaching Technique and Tactics (GCCC Short North Ballroom B)

Thursday, December 15, 3 – 4 p.m.

Suggested Audience/Level: College – Advanced

Featured Speaker:

Amber Warners, Calvin College

Are we teaching enough volleyball strategies that are position specific for players to be able to transfer during play? Are we trying to teach our players too much strategy during play? Results will be shared from a sabbatical research idea to pursue a novel, cutting-edge approach to coaching the tactical aspect of the game of volleyball as it applies to specific position play. Using a 2-way wireless microphone system (6 wireless mics at once), data was collected from 5 top-level division 1 college teams to find out what players are tactically thinking about the game between each point and also during the middle of a rally. Pre/post questionnaires on the tactical knowledge of subjects were administered.

Will using a wireless microphone system enable volleyball players to gain a better understanding of the tactical strategies needed to improve their game within their position? Position-specific tactical strategies between points and during play will enhance the knowledge of the game of volleyball and will allow for new and advanced training methods to occur which, in turn will allow for a more comprehensive, research-based understanding of the game of volleyball.

The research will make contributions toward coaching technique and coaching strategies. It will allow coaches to find out more about the sport of volleyball and how we can better train our athletes not just physically but also mentally.

Using Small-Sided Pepper and Mini-Games to Optimize Player Touches (Mateflex Court 1)

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

Suggested Audience/Level: All - Advanced

Featured Speaker:

Jesse Mahoney, Colorado

This session will look at ways to use focused pepper progressions and competitive small-sided games to help your players make the leap from skill repetition to randomized skill retention and execution.

Learning from the International Game: Brazilian Transition Drills (Mateflex Court 2)

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

Suggested Audience/Level: Collegiate – Advanced

Featured Speaker:

Dega Da Gama, Boston College

The main idea of these Brazilian transition drills is to design a full progression of a transition drill. The volume and intensity of these drills will help create better chemistry between setters and hitters. It will also be a great guide for setter decisions and an easy way to teach your own transition attacking style.

A Guide to Volleyball Specific Speed and Jump Training Techniques – presented by Performance Conditioning (Mateflex Court 3)

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

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

Rob Rose, True Athlete Performance

This hands-on presentation will demonstrate drills that will improve speed, first step and vertical jump for volleyball athletes. We will show proper form, technique, and progression for athletes of all levels.

Court Evaluation: Understanding Concepts of Reading the Court (Beach Court)**

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

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Kristen Rohr & Joe Rohr, Grand Canyon

In this session, attendees will learn to understand what it means to “read the court” and “court check,” as well as how to teach proper court checking in order to gain and utilize as much information as possible in regards to siding out. Kristen and Joe will also touch on how to teach proper communication between teammates.

Considerations and Steps for Starting a Division III Men’s Program (GCCC C160 – 162)

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

Suggested Audience/Level: Men’s – Intermediate

Featured Speakers:

Gary Williams, Paco Labrador & Evan Amstutz, Wittenburg University

This session will be walking through the process, both administratively and more hands on, of starting and fostering a new men’s volleyball program in NCAA Division III. Gary, Paco and Evan will be speaking about the rewards, struggles, benefits, roadblocks, etc. associated with that process. They will be showing the process from the Athletic Director, Coach and Women’s Coach perspectives.

Beyond X’s and O’s: Gender Bias and Coaches of Women’s College Sports (GCCC C170 – 172)

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

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Dr. Marjorie Snyder, Women’s Sports Foundation

Why are the numbers of women coaching college women’s sports so low? How can we reverse the trend? Beyond X’s and O’s is a research project that measures college coaches of women’s sports perceptions and experiences with gender bias. The session will discuss how the research findings can be used to build awareness about the gender bias faced by women in collegiate

coaching and administration, educate policymakers, coaches and administrators about how they can create working environments that eliminate gender bias, and ultimately increase the numbers of women working in intercollegiate sports.

Analyzing Volleyball Data to Determine Which Statistics Matter Most to Winning and Why (GCCC Short North Ballroom A)

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

Suggested Audience/Level: All– Intermediate

Featured Speaker:

Giuseppe Vinci, VolleyMetrics

Hugh McCutcheon, Minnesota

Corley Bagley, VolleyMetrics

With data gathered from all matches from all top conferences in the USA (men's and women's), top club tournaments nationwide, collegiate and international beach volleyball, etc. we have run different statistical studies to learn more about the importance of skills, fundamentals, phases, etc.

We have also studied the correlation to wins of most key metrics used by coaches on a day-to-day basis along with what the correct benchmarks should be at each level of play. We will discuss which ones seem to be the best to look at and what they can tell us at different levels of play.

No One Told Me That! Adapting and Adjusting from an Assistant to a Head Coach (GCCC Short North Ballroom B)

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

Suggested Audience/Level: College– Advanced

Featured Speakers:

Mitch Kallick, Hartford

Julie Darty, Jacksonville

Jackie Simpson, George Mason

Keegan Cook, Washington

Jason Bibler, Abilene Christian University

Many assistant coaches have a goal of being a head coach at some point in their career. For many assistants making the transition to a head coach role also comes with some surprises. In this session our panel of assistant turned head coaches will discuss how to manage and realistically set your own expectations, how to adapt to becoming the primary decision maker, and how to manage relationships amongst your staff as well as players and administrators.

Super Session: “T” Talks – Tactics, Training & Technique – presented by U.S. Marine Corps Recruiting Command (Hyatt Regency Ballroom)

Friday, December 16, 8:30 – 10:15 a.m.

Suggested Audience/Level: (All – Intermediate)

Featured Speakers:

Terry Pettit, Terry Pettit Coaching Enhancement

Roberta Kraus, Ph.D., President, Center for Sports Psychology

Chris McGown, Gold Medal Squared

Christa Dietzen, USAV Women's National Team

Giovanni Guidetti, Netherlands Women's Team Head Coach

Don't miss this year's Super Session as our speakers will share information that is sure to make you a better coach and leader. Each “T” talk will be a 15 minute presentation that dives into a specific area of the sport. Victory Club award winners will also be recognized throughout the session. The Super Session topics and speakers are as follows:

- Analyzing the Backrow Attack in the Women's Game – Chris McGown

- Training: Are We on the Right Track or Risking Hurting Our Best Players? – Christa Dietzen
- Understanding the Difference Between Skill and Talent – Terry Pettit
- Competitive Emotional Energy: Transforming Threat into Confidence – Roberta Kraus, Ph.D.
- Why I'm Coaching Volleyball – Giovanni Guidetti

Strength Training and Techniques to Reduce Shoulder Injuries (GCCC C160 – 162)

Friday, December 16, 10:30 – 11:30 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Jason Demas, Queensborough Community College

Dr. Daniel Armstrong, Queensborough Community College

Most coaches are not trained to identify or manage musculoskeletal injuries in their players. This means many coaches rely solely on their athletic training staff to treat their players and make recommendations on practice and games. This presentation is designed to train coaches on common upper extremity injuries, potential red flags for potential overuse injuries, and how to prevent them from developing further. The presentation will also focus on what we can do before and during practice to help prevent shoulder injuries.

Volleyball Performance Benchmarks for the Rest of Us (GCCC C170 – 172)

Friday, December 16, 10:30 – 11:30 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Kyle Mashima, Red Rock Volleyball Club & Rotate 123

Each year we see volleyball performance stats that center on Division I or the national team but the question is always "What about at my level? Do these benchmarks really apply?" For the first time we will present performance statistics from Club 13s all the way up to colleges below Division I. At Rotate123, we have collected over 50,000 matches worth of data from our SoloStats app users and will present anonymized stats by age, level and region. You'll be able to look at what it takes to be competitive in your league. Are your stats good enough to compete in the top quartile of your league? What stats matter the most? Join us for this interactive session. Learn new insights and share your thoughts.

Using Volleyball Performance Index Metrics for Tryouts, Training and Assessing Potential (GCCC C160 – 162)

Friday, December 16, 11:45 – 12:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Kyle Norris, Iowa Lakes Community College

The AVCAvpi is built to assist you in making the best decisions possible for the advancement of your volleyball program. Whether you need assistance ranking potential players in a tryout setting, comparing athletes on your recruiting board, or making the most of the players already on your roster, utilizing metrics in the decision making process will add an objective strategy that can create a focused vision forward. This presentation will demonstrate how to use the components of a metric profile to compare athletes, determine team strengths and weaknesses, and where individual players can make the biggest improvements in the shortest amount of time. When utilized correctly, this information will translate into better performance on the court before next season even begins.

Lessons Learned from Volleyball's Wizard Coaches (GCCC C170 - 172)

Friday, December 16, 11:45 – 12:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

John Forman, Midwestern St.

What can you learn from some of the best coaches in the game? This session is based on interviews with top coaches from all over the world and all different levels. John will pull together common elements from the interviews and share these themes on development and philosophy with attendees.

Culture Drills: A New Lens to Transform How Your Team Sees the Game – presented by VolleyCART (Mateflex Court 1)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Geoff Carlston, Ohio State University

This on-court session is all about utilizing a unique scoring system that focuses on coaches and players recognizing those positive moments of culture hidden in the game.

Training Your Serve Receive System – presented by USA Volleyball – CAP (Mateflex Court 2)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Sue Gozansky, UC Riverside – Retired

Deitre Collins-Parker, San Diego St.

USAV CAP Cadre members Sue Gozansky and Deitre Collins-Parker cover tips and drills for game-like training of your team's serve reception systems. Success may not depend on which system you choose, as much as it does on your players' belief in and training time within your chosen system.

Helping your Players Face Challenges by Developing Their Creativity and Basic Motor Skills – presented by SI Play (Mateflex Court 3)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

Louis-Pierre Mainville, Ontario Volleyball Association & Jump Volleyball Training

Volleyball is a technically difficult sport to learn. Volleyball specific skills are hard to acquire and the rebound nature of the sport adds to its complexity. For this reason, young athletes who have developed a variety of basic motor skills prior to learning volleyball are likely to be more successful in acquiring the volleyball specific skills. Motor skills games can be short 1x1, 2x2 and multi---player games. They can be individual challenges. They all involve a problem players have to solve. They are played with a combination of one or many of the following: volleyballs, tennis balls, hoops, and balloons. In this presentation our speaker will demonstrate games that can be used with your own team.

Brain Games – Mindful Beach Training: Reading vs. Reacting - presented by JVA (Beach Court)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

RJ Abella, University of South Carolina

Join RJ in this beach session as he discusses and demonstrates how he coaches his team to read and how to know whether they are reading or reacting.

Smarter Scouting and Evaluations in Volleyball Recruiting (GCCC C160 – 162)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Dan Tudor, Tudor Collegiate Strategies

Dan Tudor will present a revolutionary way for college volleyball coaches to scout, organize, and evaluate their recruits in order to be more effective in the recruiting process. Dan will explain how his company has worked with volleyball programs around the country in helping them with the methodology of recruiting and communication.

DataVolley Workshop (GCCC C170-172)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Nicki Holmes, NC State

This is an open question and discussion session on how to use DataVolley within your program and questions about how to maximize the use of the software. Nicki will also talk about how he uses the software at NC State. Attendees can bring their questions about DataVolley to this classroom session.

Developing Your Team to be Athlete Tough: How to Incorporate Resiliency Skill Development into Your Volleyball Program (GCCC Short North Ballroom A)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Bo Hanson, Athlete Assessments

Mental toughness is not a mythical quality possessed by only a few. It is a teachable skill and there are proven strategies to develop your athletes to be 'Athlete Tough'. Being 'Athlete Tough' is defined by the actions you take when your performance matters the most. In the heat of battle or when all seems lost, those who stay in the game are those who never lose sight of why they are in the game in the first place. This presentation covers the most effective strategies to develop mental toughness within your team, athlete by athlete. They are proven ways that the best performers rely on and use on a daily basis. You can easily incorporate these within your program to develop your team to be 'Athlete Tough'.

Pre-Convention Seminar: Lessons Learned in the Olympic Games – International Insights to Improve Team Play and Player Performance – presented by U.S. Marine Corps Recruiting Command (GCCC Union Station Ballroom C)

Friday, December 16, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Giovanni Guidetti, Netherlands Women's Team Head Coach

***Please note this session is open only to those who registered for Pre-Convention/Full or Pre-Convention Only package.**

Join Giovanni as he shares what he learned in Rio, how the game is played at the highest level and what that means for your team. Giovanni will analyze the performance of his team, break down offensive and defensive strategies, and highlight technical/tactical changes. He will then discuss the impact the Rio Olympics might have on how the game is coached and played in the United States. Coaches from every level will leave this presentation with new ideas gathered from international play that can improve the performance of your team and players.

The Blocking and Defense that Propelled the Netherlands to a Surprising Olympic Finish (Mateflex Court 1)

Friday, December 16, 2:30 – 3:30 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Giovanni Guidetti, Netherlands Women's Team Head Coach

Giovanni will be sharing his block and defense exercises and systems that he used with his Netherlands National Team in Rio. He will also touch on what is most important for him in defense.

Combat Brain Training in Volleyball – presented by VolleyCART (Mateflex Court 2)

Friday, December 16, 2:30 – 3:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Tim Vande Schraaf, Eastside Volleyball Club

John Kennedy, Neuroplastician

The Eastside Volleyball Club, Inc. has implemented a Combat Brain Training program within their training regimen at all levels. It is said that children identify to who they will be at around age 12. Volleyball is one of the most mentally challenged games and CBT will both enhance the individual, but also will enhance the brain process of a team. The result is better focus and attention, improved working memory and accelerated mental and physical reaction times especially in stressful situations.

Developing Attacking and Passing Skills in the Men's/Boy's Game (Mateflex Court 3)

Friday, December 16, 2:30 – 3:30 p.m.

Suggested Audience/Level: Men's/Boy's – Intermediate

Featured Speaker:

John Kosty, Stanford University

As part of the first men's/boy's track at the AVCA Annual Convention, John will demonstrate attacking and passing skills on the court. This includes re-training the art of forearm passing, how and where to utilize overhead passing, mechanics of the arm swing and developing a successful attacker.

Winning Serve & Pass Strategies – presented by USA Volleyball – BCAP (Beach Court)

Friday, December 16, 2:30-3:30 p.m.

Suggested Audience/Level: (All – Intermediate)

Featured Speaker:

Dan Mickle, York College of Pennsylvania

USAV Beach CAP Cadre member Dan Mickle covers how to identify and train successful serve and pass strategies for your beach players. Dan will include tips and drills for serving and passing effectively against any opponent.

Designing a Balanced Volleyball Recruiting Message (GCCC C160 – 162)

Friday, December 16, 2:30 – 3:30 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Dan Tudor, Tudor Collegiate Strategies

In this session, we'll give coaches the latest research and strategies on how the volleyball coaching staffs we work with are designing balanced, effective recruiting messages that actually get recruits to respond, interact, and be lead through the process. There's a science to it, and we want to give you insights on how to use that science in your recruiting process.

Building an Indoor Beach Facility: What it Truly Takes from Conception to Grand Opening – presented by JVA (GCCC C170 - 172)

Friday, December 16, 2:30 – 3:30 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

William Robbins, Empowered Sports Club

Description TBD

The Logistics Behind Collegiate Volleyball (GCCC Short North Ballroom A)

Friday, December 16, 2:30 – 3:30 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Shane Wilkinson, Indiana

In 2008, the relatively new role of a Director of Operations was already on the brink of elimination due to the country's recession and a lack of resources to properly fund the position. Eight years later, programs are finally bringing this vital role back into a full-time position...but how do we solidify this role in being necessary to have and support? Let's have a conversation about what the Director of Operations role did for me and how the role can help a program take the next step.

What the 2016 Olympic Games Taught Us about Beach Volleyball Statistics and Benchmarks (GCCC Short North Ballroom B)

Friday, December 16, 2:30 – 3:30 p.m.

Suggested Audience/Level: (All – Intermediate)

Featured Speaker:

Marcio Sicoli, Pepperdine

Giuseppe Vinci, VolleyMetrics

While Marcio was coaching April Ross and Kerri Walsh Jennings in Rio, Giuseppe was there to analyze the game. Now they're back and ready to share what they learned and how to track statistics and benchmarks.

Keys to Setting a Tempo Attack in Transition – presented by VERT (Mateflex Court 1)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: All - Advanced

Featured Speaker:

Karch Kiraly, USAV Women's Team Head Coach

Join Karch Kiraly for a session that is more than about "setting," and more about the hitters in the transition. He will explain how he coaches his hitters to focus on the transition so that the setter's tempo isn't a waste of time and energy.

Teach it WRONG to Get it RIGHT! (Mateflex Court 2)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Marci Sanders, University of Texas at Dallas

The purpose of this presentation is to provide coaches at all levels with a way to teach their players to correct common, incorrect habits during the execution of basic skills. We have learned teaching the athletes to perform a skill the wrong way (the way they are doing it), and then re-teaching the skill the correct way, helps in correct skill development. We will begin by identifying common errors we have seen and corrected within the basic fundamental skills. We will then move into eye sequencing and movement patterns, using the same concept, so that players can

learn to “READ” what is about to happen within a rally. We will conclude with questions from the audience addressing any issues they may have with current athletes and ideas for correction.

Breaking Down Men’s/Boy’s Setter Training: Drill ideas and Tactics for Setter Development (Mateflex Court 3)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: Men’s/Boy’s - Intermediate

Featured Speaker:

Walt Ker, Legacy Volleyball Club

In this session, attendees will learn how creating an offensive coordinator is different between the men’s and women’s games, match preparation, what to look for, creating a scouting report, and much more. Walt will provide drills to use on your court to develop setters.

Training Routines of an Olympic Medalist (Beach Court)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Marcio Sicoli, Pepperdine

Returning from the 2016 Olympics, Marcio will be taking to the court to show some of the routines he used with April Ross and Kerri Walsh Jennings when training for Rio.

Semi-Final Match Analysis – presented by Data Project (GCCC C160 – 162)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Todd Dagenais, Central Florida

Nicki Holmes, NC State

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 of which team will win the championship. This is always one of the most popular sessions of the convention so don’t miss out!

How Race Can Affect Your Team, Your Recruiting and Your Campus (GCCC C170 - 172)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Jen Fry, Duke University

Jennifer Jacobs, Augsburg College

In the wake of heavily publicized, violent events that have occurred to the Black community the current racial landscape in our country has been moved to the front and center of our daily lives, regardless of our race. These countless incidences have begun to lift up the discussion of how race, a socially constructed concept plays itself out in American society. College campuses and athletic teams are not immune to this conversation and are also finding themselves grappling with the discussion, protests, and its potential implications.

Putting Your Coaching Philosophy to Work – presented by USA Volleyball – CAP (GCCC Short North Ballroom A)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Bill Neville, Nevillizms

USAV CAP Cadre member Bill Neville presents considerations for creating a personal functional coaching philosophy for your season. Bill will offer some tips on how to put your philosophy to work to run an effective program.

Representation of Coaches: Protecting Yourself and Your Career (GCCC Short North Ballroom B)

Friday, December 16, 3:45 – 4:45 p.m.

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Garry Rosenfield, Coaches Inc.

Attendees at this session will gain an understanding of representation for coaches while making them aware of various things they need to watch out for. Garry will also discuss contracts, job opportunities/movement, working with administrators, Title IX issues and more.

The Montessori School of Volleyball: How to Build a Practice that Empowers Athletes to Direct Their Own Development (Mateflex Court 1)

Saturday, December 17, 9 – 10 a.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Linda Hampton-Keith, North Carolina St.

Amazing things can happen when you step back and let your athletes have the time and space to take charge of their development. As coaches, this can also be incredibly uncomfortable since we are so used to planning every minute of practice and laying out goals and drills. I believe that great things happen in the moments that aren't planned and when the athletes have some freedom to experiment. We encourage not just thinking outside the box but acting on those thoughts without fear of failure. Spring (or off-season) is a great time to experiment with this idea by building in "structured unstructured" time for the athletes to work on whatever they want OR for a position group to take charge of their own drill. We take the first 15 minutes of practice to partner with our athletes to help them get better at whatever they choose that day. This gives the athlete some ownership over their own development and requires them to be proactive by coming to practice with a plan already in place. We, the coaches, then become the support system in which the athlete can lean on to learn and grow in a skill or position they aren't comfortable with. We can provide great opportunities for individual success that the whole team can benefit from just by creating the time, space and environment to practice what they want.

Converting the Offensive Rebound – presented by USA Volleyball – CAP (Mateflex Court 2)

Saturday, December 17, 9 – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Todd Dagenais, Central Florida

USAV CAP Cadre member Todd Dagenais will cover the importance of gaining control of the "offensive rebound" after getting blocked, and turning it into a point scoring opportunity for your team. Tips and drills for training the offensive rebound situation will be presented.

Youth Volley Programs: The Progression from Tots to Juniors – presented by JVA (Mateflex Court 3)

Saturday, December 17, 9 – 10 a.m.

Suggested Audience/Level: High School/Club– Intermediate

Featured Speaker:

Brad Van Dam, Milwaukee Sting

In this session, attendees will learn useful information for coaches and club directors interested in developing a successful Tot to Junior program guide, as well as useful play structures for educating and engaging youth so they remain in, challenged, and engaged in your youth program. Examples will be provided of game and practice adjustments which can be used to increase touches and fun for youth aged 3 to 10.

Twelve Girls No Waiting: How to Plan Beach Practice on One Court (Beach Court)

Saturday, December 17, 9 – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Damian Elder, Mercer

Join Damian as he shows six drills that will give a baseline for planning beach practice for an entire team on one court. He'll be discussing how to plan for short lines, maximum touches, and a "team" atmosphere in a "doubles" setting.

Connected Coaching: Using Technology for Team Organization (GCCC C160 - 162)

Saturday, December 17, 9 a.m. – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Abbey Sutherland, Wisconsin-Stevens Point

How do you stay on the page with your team and staff? How can you make sure that your team is connected and informed on all aspects of your program? This session will begin by sharing various strategies and ways to effectively communicate with your athletes by using technology. Examples include: Google+, Google Drive (Forms, Docs, Sheets), Google Calendar and Apps. Coaches will learn how our program uses technology to stay organized with fundraising, recruiting, scheduling, team goals, team feedback, team building, video, travel, camp registration, and more! Once you embrace the change, you will find that the technology will become your "director of operations."

Growing the Men's/Boy's Game: Ideas for Increasing Participation in Club and Youth Programs (GCCC C170 - 172)

Saturday, December 17, 9 a.m. – 10 a.m.

Suggested Audience/Level: Men's/Boy's - Intermediate

Featured Speaker:

Craig Kolek, Rivier University

John Sample, Texas Advantage Volleyball

Craig Shellman, Louisville Fury

Gary Bynon – Moderator, Lakeside Volleyball Club

With girl's volleyball succeeding as the most popular juniors sport across the country, it is our job to find ways to develop and grow the boy's side of things in the sport. In this session we will be covering boys volleyball at the club level and how to develop players at a young age but also find ways to develop the coaches that will be working with these players day in and day out. You, as listeners will also get the chance to speak with top college coaches to provide awareness of the many options to play men's volleyball at the next level. We hope you enjoy this informational session and can bring this useful information back to your prospective high schools or clubs.

So You Want to Be an Assistant Coach? – presented by Gold Medal Squared (GCCC Short North Ballroom A)

Saturday, December 17, 9 a.m. – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Chris McGown, Gold Medal Squared

TBD

Panelists discuss their experiences as assistant coaches, outline the qualities of successful assistants, and examine the career path from assistant to head coach.

Competitive Drills to Enhance Ball Control and Communication (Mateflex Court 1)

Saturday, December 17, 10:15 a.m. – 11:15 a.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Laurie Corbelli, John Corbelli & Trevor Johnson, Texas A&M

Volleyball players need to be able to navigate a continuous stream of information while maintaining control of the ball and their execution in a fast-paced competitive setting. These drills incorporate creativity, collaboration, communication and critical thinking. Practicing these mental skills while playing a physically demanding game will transfer to the athlete's performance and success in both volleyball and life.

Point Scoring in the Men's/Boy's Game: Examining the Technical Aspects of Jump Serving and Blocking (Mateflex Court 2)

Saturday, December 17, 10:15 – 11:15 a.m.

Suggested Audience/Level: Men's/Boy's – Intermediate

Featured Speakers:

Matt McCarthy, Lewis University

Colin McMillan, Penn State University

Kevin Burch, Ohio State University

Join top men's volleyball coaches as they discuss and demonstrate the serving and blocking techniques and strategies they use in their gyms.

Effective Coaching Skills for Youth Practices and Matches (Mateflex Court 3)

Saturday, December 17, 10:15 a.m. – 11:15 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Shelton Collier, Wingate

Shelton will demonstrate and discuss his observations, analysis and evaluation of effective and ineffective coaching behaviors in a practice session, as well as in a match environment. Key points include effective coach-player communication in training drills, influential coaching behaviors in matches, methods to improve coach-player interaction and observations of USA High Performance coaches.

Counterintuitive Skills for the Indoor Player – presented by USA Volleyball – BCAP (Beach Court)

Saturday, December 17, 10:15 – 11:15 a.m.

Suggested Audience/Level: All– Intermediate

Featured Speaker:

Ali Wood Lamberson, USC

USAV Beach CAP Cadre member Ali Wood Lamberson presents some important considerations when training indoor players for the beach game. How you teach, coach and perform an indoor skill may not necessarily translate perfectly into the beach game.

Charting a New Course: A Closer Look at Restarting, Refreshing, and Turning a Program Around (GCCC C160 – 162)

Saturday, December 17, 10:15 – 11:15 a.m.

Suggested Audience/Level: (All – Intermediate)

Featured Speaker:

Iain Braddak, Smith College

Many coaches have had a portion of a season (or even an entire season) that just didn't feel right. Some of us have had the experience of inheriting a "losing" program and have been tasked with "turning it around". In this session, coaches will learn ways to chart a new course and how to redirect a team that is heading in a direction that's a bit different than the schallir vision.

Training Like a Navy Seal for a Competitive Edge – presented by TeamSnap (GCCC C170 – 172)

Saturday, December 17, 10:15 – 11:15 a.m.

Suggested Audience/Level: (All – Intermediate)

Featured Speaker:

Tim Vande Schraaf, Eastside Volleyball Club

John McGuire, SEAL Team Physical Training, Inc.

When challenged with gaining a competitive edge and to win, the Eastside Volleyball secured the best "Team Building" mechanism it could find. There is no secret in the world today that the United States Navy SEALs are the epitome of TEAM. The coaches in the club have been training in many different disciplines for the last 3 years. Eastside VBC President Tim Vande Schraaf has said for many years that the path to a champion is around 6", the space that contains your brain. He is a member of the Unbeatable Mind Program that former SEAL Commander Mark Divine runs from their HQ in Encino, CA. A combination of Enhanced Breathing, Combat Yoga, and Mental Preparation has been shared with the Eastside VBC players. In 2015 the Eastside VBC took a huge leap into the Mental Training arena and contracted the services of Former SEAL Sniper John McGuire and his SEAL Team Physical Training program. We will share our experiences and how any sport, discipline, or organization can benefit from SEAL Team PT. SEAL Team PT is not an in your face type of training, although, they are more than capable to take that approach. Paying attention to detail and holding your team accountable are what could deliver a competitive edge to your team.

Numerology: 5-1, 6-2, 6-3? – presented by USA Volleyball – CAP (GCCC Short North Ballroom A)

Saturday, December 17, 10:15 – 11:15 a.m.

Suggested Audience/Level: (All – Intermediate)

Featured Speaker:

Don Burroughs, Ohio Valley Region

USAV CAP Cadre member Don Burroughs covers all the important numbers, pros & cons, when considering an offensive organizational system to put in place for your high school or club team. Some you may be familiar with....and some you may not.

Building Fearless Competitors: Creating a Culture that Teaches Players to Be Confident, Think for Themselves and Lead On the Court and In Life – presented by JVA (GCCC Short North Ballroom B)

Saturday, December 17, 10:15 – 11:15 a.m.

Suggested Audience/Level: (High School/Club – Intermediate)

Featured Speaker:

Mike Schall, Triangle Volleyball Club

A critical aspect of coaching and teaching is creating the right environment for learning. How is the learning environment established in your gym? If we truly want to help young people become fearless competitors, we will spend time creating and cultivating a gym in which mistakes are welcome in order to cause growth. This session will explore practical applications for building confident leaders, competitive teams, and celebrated programs.

Serving: Mechanics, Mindset and Drills (Mateflex Court 1)**

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Chris McGown, Gold Medal Squared

Serving is by many measures the most important skill in volleyball. We'll examine what elements factor into creating a "good" serve, and the mechanics that can most reliably and consistently generate that serve. We also talk about mental strategies for serving, and look at some serving drills that can get us highly mindful, meaningful practice reps.

Running a Cauldron Practice for Middle and High School Teams – presented by USA Volleyball – CAP (Mateflex Court 2)

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Bill Neville, Nevillizms

Don Burroughs, Ohio Valley Region

USAV CAP Cadre members Bill Neville and Don Burroughs will take you through running a fun and competitive practice in your gym, utilizing the concepts of the "Competitive Cauldron." How to design and score competitive cauldron drills to fit into your practice will be discussed.

Developing Fundamentals in Youth Volleyball (Mateflex Court 3)

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: All – Basic

Featured Speaker:

Bre Johnson, Marshall High School

In this session we will demonstrate drills to train young players on how to pass, set, hit, block and serve. With every skill we use creative terminology for proper form and technique that will be unforgettable for young players. It is our goal for kids to leave the gym with a key phrase that they can practice at home. We will use some simple equipment to make the kids successful with the skills of the game. Along with volleyball training we also work on the foundations of movement in athletics and hand-eye coordination.

Connections in the Sand – Grow Your Beach Club (Beach Court)

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Matt Olson, Wave Volleyball Club

With every practice you offer your athletes make a mental decision if they loved it, liked it or didn't have fun. This choice is presented to them in the form of a question when they are picked up by a parent and the parent asks: "How did it go?" It is our responsibility and privilege as coaches, mentors and directors to create a positive environment where learning and connections are constantly taking place. Your athletes and club will flourish if connections are made by creating a safe and fun place for the youth of today to play this great sport.

Winning Your Team Through Trust, Loyalty and Respect (GCCC C160 – 162)

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

DeAngelo Wiser, Wiser Sports Leadership

Our toughest test during the season isn't a rival or the best team in our league or conference. It's our players. While coaches have different personalities, demeanors and styles, one objective

should always shine crystal clear, Winning Our Team through Trust, Loyalty and Respect. It ultimately gives our words true meaning and opens the door to have a sincere impact as we convince players of how much more they can achieve or what they mean to our team.

In this engaging presentation, we'll begin by asking the audience, "What gives your words meaning when you ask your players to be greater than they ever imagined?"

Steps for Career Success: Strategies for Helping Your Men's/Boy's Staff Develop Their Coaching Skills (GCCC C170 – 172)

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: Men's/Boy's – Intermediate

Featured Speaker:

Todd Hollenbeck, USC

The presentation goal is to develop your personal coaching skills and help you to foster a productive environment to build your resume and achieve career success.

Fund Raising for Coaches: How to Succeed When Bringing in Money is Part of Your Job Description (GCCC Short North Ballroom A)

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Tamara Tranter, USA Volleyball Foundation

Tamara will speak on how to fund raise as a coach by building relationships, talking about awareness, making a Case for Support as well as many other objectives. This session will also go over what different options you have for fundraising, such as donations and scholarships.

Recruiting: The Perception, The Needs, The Reality – presented by TeamSnap (GCCC Short North Ballroom B)

Saturday, December 17, 11:30 – 12:30 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

Kara Pratt, Houston Juniors Volleyball Club

An opportunity to allow both club and college coaches to see the perception, the needs and the reality of college recruiting. What is college recruiting as we know it today? The triangle effect (player, recruiting director and college coach) during the process, the expectations with regards to communication; i.e. emails, phone calls, in person contact, how to build relationships and the true reality of early recruiting, transfers and continued recruiting of committed players.

Exhibitor Showcase Session: Coaching Smarter – presented by VolleyMetrics (GCCC C160 – 162)

Saturday, December 17, 12:45 – 1:45 p.m.

Suggested Audience/Level: All – All

Featured Speakers

Giuseppe Vinci, VolleyMetrics

Rob Neilson

With the explosion of data in sports, learn from VolleyMetrics what will give you the advantage with your team. Learn about key metrics, benchmarks for every level of play, and what to look for with video recording, data analytics, and advanced reports.

Exhibitor Showcase Session: Volleyball TECHNOLOGY – presented by Vert (GCCC C170 – 172)

Saturday, December 17, 12:45 – 1:45 p.m.

Suggested Audience/Level: All – All

Featured Speakers

Martin Matak & Jon Mitts, Vert

This will be a special presentation on the new G-VERT technology and G-VERT Team system. The presentation will cover all the latest innovations regarding wearable technology and how it is applied to the sport of Volleyball. Live demonstration will be conducted.

Exhibitor Showcase Session: The Do's and Don'ts of Uniform Purchasing – presented by Rox Volleyball (GCCC Short North Ballroom A)

Saturday, December 17, 12:45 – 1:45 p.m.

Suggested Audience/Level: All – All

Featured Speakers

Troy Olson, Rox Volleyball

1st Place Volleyball, the leading team dealer in the country, will be holding a presentation for club coaches or high school coaches who are unfamiliar with the uniform purchasing process. With the help of 1st Place Volleyball, they can explain step by step how to get yourself ahead of the game.

Exhibitor Showcase Session: LIVE Stats, Director's Dashboard; Multiple – Stat Takers, Integration with HUDL, TeamSnap, Echo1612 – presented by Rotate 123 (GCCC Short North Ballroom B)

Saturday, December 17, 12:45 – 1:45 p.m.

Suggested Audience/Level: All – All

Featured Speakers

Kyle Mashima, Rotate 123

Rotate123 LLC has the most complete set of low-cost volleyball coaching and club manage tools and training. Attendees will learn about the latest releases, new Live Stats, the club directors dashboard, automatic synchronization, multiple simultaneous stat takers and the latest partner integrations.

Surviving in Today's Litigious Society: Pro-Active Advice for Legal Compliance (GCCC C160 – 162)

Saturday, December 17, 2 – 3 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speakers

Emily Swanson, Thomas Pollert & Miller LLC

As a coach and attorney, I've dealt with the legal issues clubs' face from both sides of the spectrum. It is shocking how many clubs get into legal trouble and then tell say "I couldn't afford a lawyer to initially advise or I wouldn't be in this trouble in the first place!" Since clubs never seem to be able to afford pro-active legal advice, it is my hope to give a presentation on the best practices and common legal issues clubs face—and essentially, how to avoid a lawsuit. These issues include (although not all will be discussed—unless I have more than one hour! I intend to take a survey of all of the club directors I know to ascertain what issues they want to learn about the most): tort liability; worker/coach misclassification; workers' compensation; 501(3)(c) vs for-profit issues; contractual obligations/enforcement; debt collection and; overall practical approaches to avoid lawsuits.

Additionally, each participant will get a free thirty minutes of legal counseling to redeem any time within the next calendar year (my intent is to help these clubs and keep the cost of attorney representation and litigation down, which in turn, keeps the participation costs down for the kids!).

Emphasizing a Fast-Paced Tempo Offense at the High School Level* (GCCC Short North Ballroom A)

Saturday, December 17, 2 – 3 p.m.
Suggested Audience/Level: All – Intermediate
Featured Speakers

Nancy Dorsey, Saint James Academy

Nancy Dorsey, the 2015 High School Coach of the Year, will explain and demonstrate the benefits of using a fast-paced offence, as well as some of the challenges of using it. She will also discuss drills that can be used in practice to demonstrate how to work on using a fast-paced offense.

Marine Corps Coaching Workshop: Challenging the Leader in You (GCCC Short North Ballroom B)

Saturday, December 17, 2 – 3 p.m.
Suggested Audience/Level: All – Advanced
Featured Speakers

Linda Hampton-Keith, North Carolina State University
Panel TBD

The Marine Corps Coaches Workshop provides coaches of different sports to come together to learn, grow and challenge your ideas on teamwork, leadership and discipline. This panel will give first-hand experience accounts from volleyball coaches and representatives from the MCCW about how the workshop helped enhance their abilities to coach and lead their athletes and staff.

USAV/USOC SafeSport Certification Course – presented by USA Volleyball (GCCC C170 – 172)

Saturday, December 17, 2 – 3:30 p.m.
Suggested Audience/Level: All – Intermediate
Featured Speakers

Diane Hood, Ohio Valley Region
Don Burroughs, Ohio Valley Region

This USAV/USOC SafeSport certification session is presented by USA Volleyball, and features Diane Hood & Don Burroughs, the Ohio Valley Region SafeSport Resource Contacts. Attendees who are present for this full 90-minute session will be granted a USAV/USOC SafeSport certification once they have completed the SafeSport Quiz at the end of the session.

Concussions in Volleyball: Practice and Training Precautions to Reduce the Risk to Your Players (GCCC C160 – 162)

Saturday, December 17, 3:15 – 4:15 p.m.
Suggested Audience/Level: All – Intermediate
Featured Speaker

Corinne Atchison, Texas Advantage Volleyball

Have you ever wondered what it is like to have a concussion? During this presentation, Corinne recounts her own personal experience and long road to recovery. She discusses the need for baseline testing and the need to monitor young athletes post-impact. Finally, Corinne suggests best practices to reduce the occurrence and recurrence of concussions through changes in drills and warm-ups and enhanced concussion protocols.

Urban Volleyball: Great Potential or Lost Opportunity? (GCCC Short North Ballroom A)

Saturday, December 17, 3:15 – 4:15 p.m.
Suggested Audience/Level: Men's/Boy's – Intermediate
Featured Speaker:

Gerry Maticotta, Maspeth High School
Jason Demas, Queensborough Community College
Panel TBD

"To continue to grow we need more economic, ethnic and generational diversity." This quote began an article by Kathy DeBoer in a recent *Coaching Volleyball* issue. She further stated that the "...overwhelming white, middle and upper class 12 to 22-year-old females...leaves way too many potential participants out of the picture." This session will address this theme in detail. The challenge is multi-layered and involves financial, cultural, marketing, socio-economic, gender, even political issues, which need to be addressed. A practical program of steps which will infuse more vitality into the attainment of urban volleyball for boys and girls becoming a viable part of the athletics picture is the goal. Panel members will bring their experiences and expertise to the topic.

Team Dynamics: Effects of Positivity and Accountability – presented by USA Volleyball – CAP (GCCC Short North Ballroom B)

Saturday, December 17, 3:15 – 4:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Doug Blystone, Penn State Abington

USAV CAP Cadre member Doug Blystone will discuss the habits of "positivity" and "accountability", and address how to create this atmosphere within your program and the effects that both can have on your team. Doug will explain how your team dynamics may be affected.

Closing Session – Achieving World Class Coaching Performance Through Personal Resiliency (GCCC C160 – 162)

Saturday, December 17, 4:30 – 5:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker

Roberta Kraus, Ph.D., President, Center for Sports Psychology

World Class Coaching Performance simply means consistently coaching at your best regardless of the pressures you face. In the closing session of the 2016 AVCA Annual Convention, Roberta will provide personal resiliency tools and techniques based on current neuroscience performance research that is needed to manage the complexities of 21st century coaching demands.

In this presentation coaches will:

- Learn the neurological difference between stress and pressure and how it affects your coaching performance.
- Personalize what aspects of resiliency are strengths and what aspects need your attention in order for you to continue coaching at your best on a consistent level.
- Explore various resiliency techniques that can improve your performance in other areas of your life outside of coaching.
- Customize new neuroscience performance techniques to pass on to your athletes and/or the parents of athletes to help them be consistent top performers for your program.