

**Professional Development Seminars**  
**2017 AVCA Annual Convention – Kansas City, Missouri**

**Pre-Convention Seminar: Preparing Your Setter to Play at Peak Performance – Coaching Strategies for Skill Development and Mental Sharpness (KCCC 2502AB)**

*Wednesday, December 13, 1 – 4 p.m.*

Featured Speaker:

**Avital Selinger**, Former Olympian and Netherlands Women's Team Head Coach

Join Avital Selinger, two-time Olympian and former coach of the Netherlands Women's National Team, for a three-hour intensive look at setting. In this session Selinger will break down the technique and skills required to be an elite setter as well as provide insight into the mental aspects of the position. Avital will share his vision for the setter's footwork in defense and blocking. He will also dive into the creation of attacking combinations and the sequence of vision a setter needs to see the ball, attackers, block and opponent's defense. Coaches from every level will leave this presentation with a better understanding of how to train and get the most out of their team's setter.

**AVCA Convention 101: What Every First-Time Attendee Needs to Know\* (KCCC 2502AB)**

*Wednesday, December 13, 4:15 – 5:15 p.m.*

*Suggested Audience/Level: All – Basic*

Featured Speakers:

**Chuck Rey**, Miami University of Ohio Associate Head Coach

**Brian Swenty**, Vilseck High School Head Coach

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 their 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: Coaching Evolution – Growing, Learning and Improving as a Coach and Leader\* (KCCC 2502AB)**

*Wednesday, December 13, 6 – 7:30 p.m.*

Featured Speaker:

**John Dunning**, Stanford University Retired Head Coach

The sport of volleyball is growing and changing. The people, rules and science are all changing at an accelerated rate. In this session John Dunning will provide an open-minded approach to learning about and applying time tested as well as creative new ideas that will help coaches grow to address the needs of future teams and athletes. He will showcase where volleyball has been and where it stands currently so we can look at where we are headed as a coaching profession. Dunning will discuss the key issues that our sport will be facing in the next 5 and 10 years and the skills coaches will need to master to stay at the top of their game.

**Attack with Defense (Mateflex Court 1)**

*Thursday, December 14, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Avital Selinger**, Former Olympian and Netherlands Women's Team Head Coach

In this session, Avital Selinger will demonstrate a team practice used to train defense. He will explain individual defense by position along with the coordination of two and four players. In addition, Avital will explore team defensive strategies and the transition attack. This session will demonstrate the importance of well drilled skills in defense and the coordination of players

movement on the court to put them in the best position to score a point in transition attack and win!

**Training the Mechanics of Attacking: Drills for Improving Player Technique and Skill\*\* (Mateflex Court 2)**

*Thursday, December 14, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Penny Lucas-White**, Alabama State University Head Coach

Every coach wants an attacker who is a difference maker on the floor, but not every coach knows how to train this athlete. Training the mechanics is vital to be an effective attacker. When done correctly, the athlete will be one of your more consistent and efficient hitters. Join Penny Lucas-White in this informative session as she breaks down the actual mechanics of attacking. Lucas-White will also explore common mistakes that can be easily corrected.

**Elevate Your Skills with High Performance Beach Volleyball Coaching (Beach Court)**

*Thursday, December 14, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Marcio Sicoli**, Pepperdine University Assistant Coach

This session will provide an overview of Marcio Sicoli's 10-hour High Performance Beach Volleyball Coaching program and will demonstrate simple examples on how to elevate your skills while coaching. Sicoli will share with coaches techniques on providing feedback to players, how to structure practices to encourage motor and social learning and the rules and procedures all high-level beach coaches should be aware of. Coaches who attend the entire High Performance Beach Volleyball Coaching program will receive a certificate of completion.

**Promoting You School, Your Players and Your Team: The Role of the Head Coach in Marketing Their Volleyball Program\* (KCCC 2502AB)**

*Thursday, December 14, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Cathy George**, Michigan State University Head Coach

Michigan State Head Coach for the past 13 seasons, Cathy George, is a leader in marketing her volleyball program. Throughout her tenure at Western Michigan and now Michigan State, George has realized the importance of the head coach taking an active role generating support and recognition for their programs. She will share what she has learned about growing your fan base, why it is important and how to get it going. Everything starts with you!

**Identifying the Most Important Skills for Scoring Points in the Men's/Boy's Game\* (KCCC 2503 AB)**

*Thursday, December 14, 10:30 – 11:30 a.m.*

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

Featured Speakers:

**Mark Hulse**, Loyola University – Chicago Head Men's Coach

**Dan Friend**, Lewis University Head Men's Coach

**Matt McCarthy**, Lewis University Associate Head Men's Coach

**Daniel Ames**, D-III Men's Coach of the Year

This panel will discuss the skills that are critical to scoring points and winning matches in the collegiate men's game. The panelists will provide a qualitative and quantitative analysis of trends and strategies consistent among high performing Division I/II teams. By delving into a series of statistical analyses, this panel will seek to give seminar participants food for thought on how to

best utilize the strengths of their program and personnel. Noting that there are multiple paths to winning a National Championship, presenters will also investigate ways to identify and develop certain skillsets within a team or program and hone in on an identity.

**Where Do We Go from Here? A Discussion of Recruiting Issues in the College Game\* – presented by AVCA Recruiting Task Force (KCCC 2505AB)**

*Thursday, December 14, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speakers:

**Denise Corlett**, Stanford University Associate Head Coach

**Billy Ebel III**, Lipscomb University Associate Head Coach

**Travis Hudson**, Western Kentucky Head Coach

**Patty Costlow**, Asics Munciana Recruiting Coordinator

**Jill Wilson**, Virginia Tech Head Coach (Moderator)

The Recruiting Task Force is an AVCA committee that connects regularly regarding the current and changing state of recruiting in collegiate volleyball. This panel made up of Recruiting Task Force Committee members will discuss the ongoing subject of early recruiting and the impact on the players and coaches. Panelists will review and deliberate proposed NCAA legislation and how it could change the scope of recruiting over the next few years.

**Eye Sequencing and Timing: Two Essential Keys in Blocking\* – presented by Jostens (KCCC 2502AB)**

*Thursday, December 14, 11:45 a.m. – 12:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Jeremy Sands**, United States Naval Academy Assistant Coach

Blocking requires tracking multiple objects into one convergent skill. In this session Jeremy Sands will discuss how to develop a blocking system that identifies net alignment, attacker assignment, attacker abilities, and areas of responsibility. He will also share the key components of eye sequencing and how to teach soft vision and a steady head/eye relationship. Finally, he will instruct coaches on the steps that need to be taken to establish the right timing for effective blocking, because knowing when to jump is just as important as knowing where to jump.

**Prevalent Shoulder Issues in Volleyball and the Relevant Research Aimed at Reducing Them\* – presented by Jostens & Motus (KCCC 2505AB)**

*Thursday, December 14, 11:45 a.m. – 12:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Ben Hansen**, Chief Technology Officer - Motus Global

**Kyle Norris**, Science Professor/Head ATC - Iowa Lakes Community College

Shoulder related issues have always been a factor in volleyball. In this session Ben Hansen and Kyle Norris will discuss the different shoulder issues that today's coaches and athletes are facing. They will share related research that has been done in the area and how emerging processes can assist coaches in helping their athletes stay healthy and productive all season.

**Creating Stronger, Faster, Smarter Athletes through Superior Training Technology\* – presented by Jostens (KCCC 2502AB)**

*Thursday, December 14, 1:00 – 2:00 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Travis Worley**, Vertical Training Academy CEO

In the competitive world of sports, elite athletes are constantly striving to develop their skills to become stronger, faster, and smarter. Having the edge on your competition can be all the difference between winning and losing. Enhancing human performance and prevention of injury through superior training techniques is the goal of VTA. Our FDA approved Dynavision D2 has consistently improved reaction time in athletes in the professional field for over 10 years. VTA is bringing this technology to Volleyball Players and Coaches around the Country through combining both the D2, Vertical training, and sport specific speed, strength and agility.

**Get a “GRIP” on Your Best Pre-Season Preparation: The ‘How To’ on Your Best Pre-Season Yet for the Best Season and Winning Results \* – presented by Jostens (KCCC 2505AB)**

*Thursday, December 14, 1:00 – 2:00 p.m.*

*Suggested Audience/Level: Collegiate – Advanced*

Featured Speakers:

**Bo Hanson**, Performance Consultant at Athlete Assessments

Anything of strength and resilience has a solid foundation. To end a successful season as a strong cohesive team requires starting the season in a deliberate way. We use the GRIP Model in the pre-season to bring the team together. This framework is referred to throughout the season to ensure performance standards are upheld. When problems occur during the season, whether it be with athlete behavior, team chemistry or underperformance, it is because vital time wasn't invested upfront. "Prevention is always better than a cure." This presentation ensures you have the strategies to have your best pre-season ever. Your presenter, Bo Hanson, has been working within the sport and business sector for over 20 years, delivering leadership, management and coach development. In addition to his own athletic career, comprising of four Olympics and including three Olympic medals, he has worked for many years with coaches and athletes from over 40 different sports, and various countries, to improve coaching strategies and performance.

**Training to Use the Bic (Mateflex Court 1)**

*Thursday, December 14, 2:30 – 3:30 p.m.*

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

Featured Speaker:

**John Speraw**, USAV Men's National Team Head Coach and UCLA Men's Team Head Coach

The Bic is an integral part of offensive systems in the men's/boy's game. This quick set to a back-row hitter provides another offensive threat for setters to utilize when playing against a big block. In this session John Speraw will dive into the keys to training the bic and all the things coaches must take into consideration to make the most of this offensive weapon.

**Drills for Training Out-Of-System Transition\*\* (Mateflex Court 2)**

*Thursday, December 14, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Joe Sagula**, University of North Carolina Head Coach

Great teams have the ability to take balls that are not ideal and find a way to stay in-system with their attack. Championship level teams excel in scoring when out-of-system, and have an aggressive mentality to score points, reduce errors and/or put their opponent out-of-system. In this session Joe Sagula will teach coaches how to train their teams to be in system in an out of system situation.

**BVR LIVE: Analyze Athletes' Physical Characteristics Before, During and After Training (Beach Court)**

*Thursday, December 14, 2:30-3:30 p.m.*

*Suggested Audience/Level: (All – Advanced)*

Featured Speaker:

**Marcio Sicoli**, Pepperdine University Assistant Coach

In this session Marcio Sicoli will introduce a new coaching tool - Beach Volleyball Rating (BVR) and explain what physical attributes are important in beach volleyball. This tool is an all-in-one tracking development tool for you and your athlete. Sicoli will explain practice and theory of BVR framework, and will focus on jump phases, jump measurement, and jump quality in beach athletes.

**Defensive System Development Part 1 - Principles and Data\* - presented by Gold Medal Squared (KCCC 2502AB)**

*Thursday, December 14, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Chris McGown**, Gold Medal Squared

This session is the first in a two-session series on the development of defensive systems. Chris McGown will take a look at the principles that ideally should drive system development. He will make recommendations to coaches based on data gathered from youth, high school, and international competition. This session will also include video examples of teams using these systems in competition, along with the recommended mechanics.

**Identifying Winners: Proactive Thoughts and Strategies Great Athletes Employ During Competition\* (KCCC 2503AB)**

*Thursday, December 14, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: College – Advanced*

Featured Speaker:

**Dorothy Webb**, Wellesley College Head Coach

Elite competitors share a set of mental skills and habits that enable them to anticipate, “read,” and perform at a higher, faster level than other athletes. In this session Dorothy Webb will explore elite athletes’ abilities to employ specific perceptual abilities and spatial vision to anticipate their opponents’ next move, use their knowledge of patterns and game strategies to process and react seconds faster and make split-second decisions in transitions that routinely win contacts and points. This session will focus on the few factors that really matter while “weeding out” and ignoring extraneous variables that slow down their opponents. Elite competitors enjoy a measurable mental advantage over their opponents, and Webb will show coaches how to understand and train these skills in their players.

**Recruiting with Limitations: Creative Methods to Out-Recruit Your Budget\* (KCCC 2504AB)**

*Thursday, December 14, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Kyle Shondell**, Huntington University Head Coach

**Cliff Hastings**, Parkland College Head Coach

The vast majority of college coaches don’t have an unlimited recruiting budget for luxuries like advanced databases, on-site recruiting tools, or professional communication assistance and tracking. Kyle and Cliff, over years at “under-resourced” programs, have developed several methods and strategies that fit a smaller budget (or no budget at all). This classroom session will share several of these methods in a way that hopefully allows you to adapt them to your own program.

**Division I Bracketing 101: Understanding the NCAA Tournament Selection and Seeding Process\* (KCCC 2505AB)**

*Thursday, December 14, 2:30 – 3:30 p.m.*  
*Suggested Audience/Level: College – Intermediate*  
Featured Speaker:

**Lisa Peterson**, Deputy Athletic Director, SWA, Deputy Title IX Coordinator, DI Women's Volleyball Committee Chair  
**Rick Cole Jr.**, Iona College Vice President for Athletic Administration, DI Women's Volleyball Committee Member  
**Kristin Fasbender**, NCAA Director of Championships and Alliances (moderator)

This session will be a discussion of the NCAA tournament selection and seeding process. This panel will explain the criteria considered when the NCAA Committee selects the tournament teams and the process for seeding. There will also be time allotted for coaches to ask questions and gain a better understanding of how this process works.

### **A Systematic Approach to Game-Like Setter Training\*\* (Mateflex Court 1)**

*Thursday, December 14, 3:45 – 4:45 p.m.*  
*Suggested Audience/Level: All – Intermediate*  
Featured Speaker:

**Rob Beam**, Oakland University Head Coach

There are many variables related to the training of a setter. In this session Rob Beam will lead coaches through the setter training he uses at Oakland University to deal with all those variables. He will focus on building setter progressions to meet the game demands of the position. Beam will share with coaches the program and language his staff has developed to allow for specific conversations about setter development to address both general and highly specific situational needs. At the end of this session coaches will understand the variable involved in the successful training of a setter and be able to implement these variables in their own systems from beginner to advanced.

### **Making Your Middles Available on Out-of-System Plays\*\* (Mateflex Court 2)**

*Thursday, December 14, 3:45 – 4:45 p.m.*  
*Suggested Audience/Level: All - Intermediate*  
Featured Speaker:

**Heather Olmstead**, Brigham Young University Head Coach  
**David Hyte**, Brigham Young University Assistant Coach  
**Jonny Neeley**, Brigham Young University Assistant Coach

Making your middle available in out of system plays can give your setter one more option. In this session the BYU coaching staff will provide techniques on how to teach middles the proper footwork to get in rhythm to attack on an out of system play. Coaches will also learn to identify the type of pass and where would be the best attack point. Setting middles on a pass or dig 7-12 feet off the net will allow teams to set their best hitters even if they are in the middle.

### **Developing Technical Practices to Refine the Fundamentals of Your Elite Beach Athlete – Part 1 (Beach Court)**

*Thursday, December 14, 3:45 – 4:45 p.m.*  
*Suggested Audience/Level: All – Advanced*  
Featured Speaker:

**Marcio Sicoli**, Pepperdine University Assistant Coach

The fundamental skills in the beach game differ from the indoor game. It is important to focus on these fundamentals when training elite beach athletes. This session will focus on teaching techniques implemented for High Performance teams when playing defense. Sicoli will show technical drills coaches can use to teach appropriate footwork on defense and the relationship between the blocker and defender.

### **How to Craft a Winning Volleyball Staff and Program\* (KCCC 2502AB)**

*Thursday, December 15, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Beth Launiere**, University of Utah Head Coach

**Leo Hopf**, Teamhopf CEO

Beth has been a head Division I volleyball coach for 28 years, and has lived the shift from running a small team of players and a couple of staff members to guiding a large and complex volleyball program. Leo has 28 years of experience advising the world's largest and most sophisticated businesses on how to improve the efficiency and effectiveness of their organizations.

Beth and Leo will share best practices drawn from the worlds of athletics and business to increase the success of your own volleyball program. In simpler times, volleyball coaches did it all. But now the demands, size and complexity of programs have increased exponentially, and the stresses to win have intensified. Success today requires head coaches to be intentional about how they are going to lead a program to success.

### **How to Create a Strong Volleyball Community to Build Your College Program\* (KCCC 2503AB)**

*Thursday, December 14, 3:45 – 4:45 p.m.*

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

Featured Speakers:

**Kenny Rogers**, MotorMVB Foundation Director of Strategic Initiatives

The long-term success and viability of a collegiate men's volleyball program depends on much more than what happens on the court during matches and at practice. Strong collegiate men's volleyball programs are often those that have been able to build sustained support from their alumni and parents that augments the support they get from their college or university.

During this session, Kenny Rogers, Director of Strategic Initiatives for MotorMVB will highlight a few examples of collegiate volleyball programs that have made concerted efforts to engage their alumni in support of their programs' fundraising efforts. Rogers will then lead a group discussion and brainstorming session on how individual attendees might better engage their alumni in support of their own program's long-term success.

### **Why We Win – Elite Division II Coaches Offer Their Strategies for Success\* (KCCC 2504AB)**

*Thursday, December 14, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: Division II – Intermediate*

Featured Speakers:

**Kristy Bayer**, Arkansas Tech University Head Coach

**Doug Walters**, Cedarville University Head Coach

**Matt Cribbin**, American International College Head Coach

**Phil Piontek**, University of Central Missouri Head Coach

**Chuck Waddington**, Angelo State University Head Coach (Moderator)

Every day coaches must make decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. This session will be a moderated Q & A format with some of the most successful Division II coaches in our sport today. The discussion will focus on how and why decisions are made in their practice gym and during matches. Attendees will leave with valuable insight into how these coaches train, communicate, and lead.

### **Making the Transition from Assistant to Head Coach: Next Steps and Considerations for Your New Role\* (KCCC 2505AB)**

*Thursday, December 14, 3:45 – 4:45 p.m.*  
*Suggested Audience/Level: All – Intermediate*  
Featured Speakers:

**Michaela Franklin**, Clemson University Head Coach  
**Dani Busboom Kelly**, University of Louisville Head Coach  
**Aaron Smith**, University of Virginia Head Coach  
**Linda Hampton-Keith**, North Carolina State Head Coach (Moderator)

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 (Marriott Basie Ballroom)**

*Friday, December 15, 8:30 – 10:15 a.m.*  
*Suggested Audience/Level: (All – Intermediate)*

Featured Speakers:

**Jamie Davis**, USA Volleyball Chief Executive Officer  
**Ben Hansen**, Motus Global Chief Technology Officer  
**John Speraw**, USAV Men’s Team Head Coach and UCLA Men’s Head Coach  
**James Neyhouse**, Centre College Women’s Head Coach  
**Penny Lucas-White**, Alabama State Women’s 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:

- A New Vision for Volleyball in the United States – Jamie Davis
- Wearable Technology for Volleyball Performance Analysis and Advanced Workload Management – Ben Hansen
- Why We All Need to Care About Men’s Volleyball – John Speraw
- How to Implement a Challenge Review System in Your Gym for Under \$1,000 – James Neyhouse
- Here is My Story – Penny Lucas-White

**Knowing Yourself and Knowing your Players: Scouting All Phases of the Game\* (KCCC 2503AB)**

*Friday, December 15, 8:30 - 10:30 a.m.*  
*Suggested Audience/Level: All – Advanced*

Featured Speakers:

**Marcio Sicoli**, Pepperdine University Assistant Coach

This classroom session will be a “game changer” when coaching your professional and/or collegiate team. In this session Sicoli will discuss the DISC Profile and how coaches can utilize it to put their teams in the best position to win games. Coaches will also learn how to use and look at stats regarding the beach game.

**ACL Injury Prevention – You Can Decrease Your Player’s Risk\* (KCCC 2502AB)**

*Friday, December 15, 10:30 – 11:30 a.m.*  
*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Meghan Hubbell MS, AT, PTA**, Ohio State University Wexner Medical Center

Anterior collateral ligament (ACL) tears and other knee injuries are a frequent occurrence in volleyball players. Volleyball coaches need to have greater awareness of the mechanical stress associated with knee injuries in order to design exercises and warm up routines that can reduce them. The deceleration phase of movement, lateral pivoting, and landing activities put a higher load on of the external side of the knee and are the main factors in non-contact ACL injury. (Hewitt, et al 2005). However, training to enhance the proper neuromuscular control of the knee during dynamic, sports-related activities can successfully decrease the incidence of injury. Lower extremity strength training alone, while important, does not decrease the incidence of knee injuries. The use of accurate injury screening tools in combination with neuromuscular training, and hip and core strengthening can help to decrease the incidence of ACL injuries within their programs. This presentation will demonstrate evidence-based lower extremity, core neuromuscular training, and strengthening exercises in order to improve the coach's knowledge in the following areas: 1. Knee control with dynamic activities 2. Tools to identify at risk athletes. In addition, best practices for effective warm up programs to help reduce ACL injury will be highlighted.

**Understanding Your Biases: Daniel Kahneman, Moneyball and Volleyball\* (KCCC 2505AB)**

*Friday, December 15, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Tod Mattox**, Starlings Volleyball Club, USA Executive Director

This session will provide an exploration of three texts – *Moneyball*, *Thinking Fast and Slow*, and *The Undoing Project* – and their application to coaching volleyball. Daniel Kahneman was a Nobel Prize winner in Economics, and his work provided the foundation for the ideas espoused in *Moneyball*. Tod Mattox will lead coaches on an adventurous little trip that explores the variety of biases that may affect coaches. Recognition of these is the first step, but the fun starts when this knowledge leads to a competitive advantage.

**MOVEMENT TO MUSCLE-Strength Training for the Volleyball Shoulder- Is It Helping or Hindering?\* - presented by Jostens and Performance Conditioning Volleyball (KCCC 2502AB)**

*Friday, December 15, 11:45 a.m. – 12:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Lisa Bartels PT, DPT, PRC**, Crossroads Physical Therapy

Do your volleyball athletes frequently have shoulder pain and injury? Counting swings and monitoring volume is appropriate, but only a small part of the solution. Unfortunately, many popular resistance exercises performed in conditioning programs are actually predisposing injury. The purpose of this educational session is to explain biomechanically what the volleyball shoulder must do. Coaches will learn how and why to target the right muscles and which exercises need to be avoided. Lisa Bartels will also explain why maintaining correct flexibility in the **internal rotation** direction is critical. The techniques presented will be easy to implement into a courtside warmup or weight room setting.

**Giving Your Players “Homework” – Get Thousands of Reps Off the Court to Accelerate Your Player’s Skill Development\* (KCCC 2505AB)**

*Friday, December 15, 11:45 a.m. – 12:45 p.m.*

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

Featured Speaker:

**Kyle Mashima**, Rotate123 / SoloStats123 – Co Founder

Middle school and club practices are limited to a few times a week. It's very hard to improve key player skills with this amount of gym time. Fortunately, there are a number of simple drills that

can be done at home with aid of relatively inexpensive equipment. Doing 15-30 minutes each day of “homework” assignments can provide the thousands of additional reps a player needs within a month to improve skills. Using simple quantitative goals, each player can track their improvement. Come see how “homework” can truly accelerate learning and improve your team’s performance.

**Finding Effective Solutions to Various Transition Situations\*\* (Mateflex Court 1)**

*Friday, December 15, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Michelle Collier**, Georgia Tech Head Coach

Training your player’s decision-making process is essential to winning points in transition. If players can make good decisions in different transition situations they are more likely to execute an effective counter attack. In this session Michelle Collier will teach coaches to analyze the quality of the dig and implement an effective solution. Collier will discuss the importance of fundamentals in effective transition and how to make the most of different transition scenarios.

**Defensive System Development Part 2 - Training Mechanics and the System – presented by Gold Medal Squared (Mateflex Court 2)**

*Friday, December 15, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Chris McGown**, Gold Medal Squared

This is the second in a two-session series on the development of defensive systems. With the principles and data in place from the first session, McGown will walk through the on-court application of the proposed systems, and go through a few drills that coaches might consider using when starting to train both individual defensive mechanics, and team-wide defensive systems.

**Preparing Youth and Junior Athletes to be Successful College Athletes - presented by JVA (Beach Court)**

*Friday, December 15, 1:15 – 2:15 p.m.*

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

Featured Speaker:

**Matt Olson**, WAVE Volleyball Club Beach Director

Through specific drills and strategic coaching, youth athletes can be better prepared for any college program. It is important each youth or junior athlete is learning the techniques and styles of play seen at the college beach level. In this session Matt Olson will focus on mental, physical and training preparation as it relates to beach volleyball for aspiring college beach athletes.

**Measuring the Defender: What Adds Up to an Effective Libero\* (KCCC 2502AB)**

*Friday, December 15, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Jesse Ortiz**, Michigan State Assistant Coach

Digs seems to be a blunt tool; passing percentage is a bit more specific. How should we evaluate defenders to determine their prowess and to promote the best ones to the Libero position? By first, deciphering the box score, and second, objectively asking if there are any further metrics needed, this session will address the topics surrounding digs, receptions, errors, and the attributes that best describe them.

**Turning Around a Program in One Year: How to Take Over a Program and Win\* (KCCC 2503AB)**

*Friday, December 15, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: College – Advanced*

Featured Speaker:

**Ali Carey-Oliver**, Mt. San Antonio College Head Coach

**Bo Hanson**, Performance Consultant at Athlete Assessments

The usual expectation is that it takes two to three years to turn a program around. Or said another way, if you have been appointed as head coach to a program that has been underperforming, you have only a few years to get them winning before your fate is the same as the coach before you. But what if you could turn around a program fast? This is exactly what your presenters will share with coaches attending this session. South Coast Conference North Coach of the Year, Ali Carey-Oliver, achieved unprecedented success in only her first year as head coach at Mt. San Antonio College. Her Volleyball program won their first ever Conference Championship with a perfect 8-0 conference record and an outstanding 20-4 season overall. While a surprise to others, it wasn't to Ali and her co-presenter, Bo Hanson (4x Olympian, Performance Consultant). Together, they share this real-life case study into the key steps they took to lift the program to a new level and achieve what had never been done before, all in one year. The insights shared in this presentation are a 'how to' on turning around a program and the key things to get right from the very start and the key mistakes to never make again.

**Directing Operations: A Discussion of Navigating the Role of the Director of Operations\* (KCCC 2504AB)**

*Friday, December 15, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Alesha Busch**, University of Florida Director of Volleyball Operations

**Nao Ikeda**, University of Minnesota Director of Volleyball Operations

**Kyle Homeyer**, University of Virginia Director of Volleyball Operations

**Virginia Pham**, University of Oklahoma Director of Volleyball Operations

**Shane Wilkinson**, Indiana University Director of Volleyball Operations (Moderator)

In 2008, the relatively new role of a Director of Volleyball Operations was already on the brink of elimination due to the country's recession and a lack of resources to properly fund the position. Nine years later, programs are actively bringing this vital role back into a full-time position. As awareness increases and the role continues to grow, what are the traits of a good DOVO? What skills are necessary to be successful in the role? This panel will feature DOVOs from around the country with over 40 years of combined experience. They will have a conversation about what it means to be a Director of Operations. Panelists will discuss varying opinions on what works and what doesn't while comparing hard lessons learned and successes achieved along the way.

**Why We Hire Who We Hire\* – presented by Women Leaders in College Sports (KCCC 2505AB)**

*Friday, December 15, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Carla Wilson**, University of Missouri - Kansas City Director of Athletics

**Maria Buckel**, Fontbonne University Director of Athletics

**Jill Shields**, Kansas State Deputy Athletic Director and Senior Woman Administrator

**Patti Phillips**, Women Leaders in College Sports Chief Executive Officer (Moderator)

How do directors of athletics make the final decision on which coaches to hire? What qualities and experience do they always look for and what are their deal-breakers? Often the senior woman on campus leads the hunt for the volleyball coach so all coaches will find value in this

session. Join Women Leaders in College Sports' CEO Patti Phillips as she leads a conversation with industry experts, who will share insider tips and advice on how to land a coaching job—and how to succeed once you're in the seat!

**Problem Solving - Designing Activities to Improve Your Team's Deficiencies\*\* – presented by VERT (Mateflex Court 1)**

*Friday, December 15, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Karch Kiraly**, USAV Women's Team Head Coach

Does your team struggle with a skill that you can't find a drill to address? Come pick the brain of one of the biggest names in volleyball, Karch Kiraly. In this session coaches will have the opportunity to submit problems their teams are experiencing, and Karch will design solutions use to improve those areas. This session will be very interactive and one you won't want to miss.

**How to Grow Boys' Volleyball and the Drills to Help You Do It\*\* (Mateflex Court 2)**

*Friday, December 15, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: (Men's/Boy's – Intermediate)*

Featured Speaker:

**Matthew Snyder**, Elite Sports Ohio, Boy's Director

What does it take to get boys interested in playing volleyball? What does it take to keep them interested? These are just some of the questions asked when starting a new boys' volleyball program. Whether it's 12-year olds or high school aged athletes, the answer is the same. This session will demonstrate several drills you can use to get boys interested in volleyball and how to get them to want to learn more. Matthew Snyder will also discuss the differences between coaching boys and girls.

**Developing Technical Practices to Refine the Fundamentals of Your Elite Beach Athlete – Part 2 (Beach Court)**

*Friday, December 15, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speakers:

**Marcio Sicoli**, Pepperdine University Assistant Coach

In this session Marcio Sicoli will continue to discuss the importance of training fundamentals in the beach game. This session will focus on teaching techniques implemented for High Performance teams when on offense. Sicoli will present drills focused on offensive footwork, serve receive formation and the concept of "pass to kill."

**From Paper to Practice: Developing a "Team Value System" That Fosters a Championship Culture\* (KCCC 2502AB)**

*Friday, December 15, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Beth Wilmeth**, University of Northwestern Head Coach

Character matters. Just ask Coach K who asserts, "Character drives *everything*. Character is the foundation upon which you win." Yet for many coaches, character development is a fuzzy, theoretical concept that is difficult to naturally weave into the daily practice and DNA of a program. Most of us find ourselves asking, "Where do I even start?" and "How will this help me win matches?"

In this session, Wilmeth will address the "nuts and bolts" of how to develop a team value system, but even more importantly how to integrate that system into the fabric of everyday team culture.

Attendees will be able to identify team values that foster success and will leave with both a framework to use in their own programs and practical ideas of how to incorporate those values into a daily reality.

**Bridging the Gap Between the Weight Room and the Court\* (KCCC 2503AB)**

*Friday, December 15, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Leslie Flores-Cloud**, Drake University Associate Head Coach

Noticing wear and tear on your athletes? In this session coaches can learn different ways to help their athletes' bodies succeed. Leslie Flores-Cloud will discuss different athletic builds, common trends in repetitive motion while training and overall how to build an athlete's body to become explosive, balanced and injury free.

**Successful Volleyball Facility Management 101\* – presented by JVA (KCCC 2504AB)**

*Friday, December 15, 2:30 – 3:30 p.m.*

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

Featured Speaker:

**Corey Helle**, Upward Starz Club Director

**Colleen Craig**, Rally Volleyball Co-Founder

**Max Miller**, Mintonette Sports Club Director

**Dave Bayer**, Milwaukee Sting 15s-18s Program Director and Operations Director

As Club volleyball continues to grow and change, facility managers must also change their tactics. In this session, four successful facility managers will share their strategies for raising income with innovative program development and creating revenue sources.

**Lessons Learned in Coaching: Our Biggest Breakthroughs & Takeaways\* – presented by Alliance of Women Coaches (KCCC 2505AB)**

*Friday, December 15, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Cecile Reynaud**, AVCA Hall of Fame Inductee

**Kirsten Bernthal Booth**, Creighton University Head Coach

**Cathy George**, Michigan State University Head Coach

**Beth Launiere**, University of Utah Head Coach

**Amber Warners**, Calvin College Head Coach

**Megan Kahn**, Alliance of Women Coaches Executive Director (Moderator)

Attend this dynamic session to learn lessons from long-time and successful coaches in the game. Talking points will include breakthroughs in their career paths, navigating transitions, building and sustaining greatness, leadership and team culture, how to take the next step from assistant to head coach, hiring staff, and much more. There will also be time for Q&A so coaches can hear more insights from this stellar panel.

**Ball Control Drill for Energy and Activity\*\* (Mateflex Court 1)**

*Friday, December 15, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All - Intermediate*

Featured Speaker:

**Ray Gooden**, Northern Illinois University Head Coach

Ball Control is one of the most important skills in volleyball. Without ball control it is hard to be in system, run your offense and score points. It is imperative that coaches spend time everyday focusing on ball control. In this session Ray Gooden will present drills that coaches can easily implement to refine their players' skills and keep energy up.

**Raise Your Teams' Volleyball IQ and Improve Defense: Train Your Team to be One Step Ahead, Take Their Eyes Off the Ball, Look Through the Net and Read\*\* – presented by JVA (Mateflex Court 2)**

*Friday, December 15, 3:45 – 4:45 p.m.*

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

Featured Speaker:

**Jason Hames**, K2 Volleyball Club Director

If you find yourself asking your players “WHY!?” This seminar will help you teach players to think for themselves and create on the floor. Players have a “give me the answer first” mentality and have lost discovery and creativity. In this seminar Jason Hames will look at ways to correct this through physical and mental training.

**Creating Tactical Practices to Enhance your Athlete's Beach Volleyball IQ – Part 1 (Beach Court)**

*Friday, December 15, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speakers:

**Marcio Sicoli**, Pepperdine University Assistant Coach

This session will focus on coaching/ teaching tactical situations when on offense for High Performance teams. Sicoli will demonstrate drills that coaches can use to help players develop their tactical approach to the game.

**Reflections on Setters I have Coached and Training We Have Used\* (KCCC 2502AB)**

*Friday, December 15, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**John Dunning**, Stanford University, Retired Head Coach

Throughout his career, John Dunning worked with a wide variety of setters. They had different skill sets and mindsets. In this session John Dunning will explain what he believes about setters: their role, necessary skills and the training they need. As the game changes the coach's approach must also change. The possibilities are there for a higher level of play by the setter than ever before and in this session Dunning will teach coaches how best to achieve that play.

**Tools and Strategies to Help Coaches Reach Their Fundraising Goals\* (KCCC 2503AB)**

*Friday, December 15, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Wade Garard**, MotorMVB Foundation CEO

In this session, attendees will learn practical tips and tools to be more successful in fundraising activities including (1) how to develop an annual fund development plan and (2) how to develop a strategic plan for volleyball development. Attendees will be introduced to phraseology and scripted questions/calls so that coaches are more effective in asking for support from donor prospects. Attendees will leave with specific suggestions on how to best engage in discussion and activities with development professionals and administrators so that they become more relevant and valuable in the overall athletics department's success.

**Managing UP – Ensuring Your Relationship with Your Boss is the Best It Can Be\* (KCCC 2504AB)**

*Friday, December 15, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: College - Intermediate*

Featured Speaker:

**Garry Rosenfield**, Coaches Inc.

No matter your position, central components of success are communication and expectations, both on and off the court. As a Head Coach, you're constantly communicating with both your administration, student-athletes, alumni, and other stakeholders of your program. As an assistant coach, your communication revolves around the student-athletes you coach, your Head Coach, and auxiliary members of the athletic department and program. The majority of issues within programs stem from a lack of successful organizational communication, and often, that trouble originates from administrator-to-Head Coach or assistant coach-to-Head Coach. This means that all coaches can work on Managing UP. "Managing Up" is the idea of being the greatest "employee" you can be, maximizing your value, and making sure that everybody necessary is on the same page while doing it. As a coach, managing up is even more important due to the wide variety of opinions, maturity levels, and communication styles you need to be fluent in. This presentation will tackle the two "managing up" situations most critical for coaches - communicating with your athletic administration, and with your head coach. We will discuss the impetus for the recent focus on this communication, the common pitfalls coaches face, ways to proactively improve your ability to manage up, and problem-solving solutions for those coaches that need to improve the relationships with their bosses.

**Semi-Final Match Analysis\* – presented by Data Project (KCCC 2505AB)**

*Friday, December 15, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Todd Dagenais**, University of Central Florida Head Coach

**Nicki Holmes**, George Washington University Associate Head Coach

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!

**Training Serve and Serve Receive Both Individually and as a Team\*\* (Mateflex Court 1)**

*Saturday, December 16, 9:00 – 10:00 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Giovanni Guidetti**, Turkey Women's National Team Head Coach & VakifBank

Most volleyball coaches agree that successful serve and serve receive are often the determining factors in winning or losing a match. In this session Giovanni will share drill ideas to improve the skill set of your individual players. He will then focus on team concepts and discuss several serve and serve receive drills that he has used successfully. Coaches at every level will leave this presentation with drill ideas that can be implemented with their team.

**My Top Three Practice Competitions – presented by USA Volleyball – CAP (Mateflex Court 2)**

*Saturday, December 16, 9:00 – 10:00 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Rob Browning**, Saint Mary's College Head Coach

Competition in practice is essential to developing your team's skills, toughness and culture. In this session coaches will learn 3 competitive games that are adaptable to different numbers, easy to score and track players' performance as well as are great for team development. Attendees will

learn how to set up the games, make them competitive and fair, score them and put your own unique twist on them.

### **Creating Tactical Practices to Enhance Your Athlete's Beach Volleyball IQ – Part 2 (Beach Court)**

*Saturday, December 16, 9:00 – 10:00 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Marcio Sicoli**, Pepperdine University Assistant Coach

What can you do as a coach to improve the volleyball IQ of your beach players? A focus on coaching/teaching your players in tactical situations at practice will improve their ability to solve problems and overcome the challenges they face on the court. In part 2 of this presentation Marcio will focus on how to teach defense tactically during your practices.

### **The Most Common Indoor Volleyball Injuries and the Non-Delegable Responsibilities of Coach, Schools and Leagues with Reference to the Safety and Welfare of Players\* (KCCC 2502AB)**

*Saturday, December 16, 9:00 – 10:00 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Dr. C. J. Abraham, P.E.**, Diplomat in Sports and Recreational Safety, Specialist in Sub-Concussive & Concussive Brain Injuries

Almost everyone has been made aware of brain injuries when it comes to football, a collision sport. During contact sports thousands of young children and teenagers have reported concussions and sub-concussive brain injuries by the tens of thousands on an annual basis. The explosive nature of volleyball places extraordinary amounts of strain on the lower body extremity putting the ligaments and muscles of the players at risk. The upper extremity is also at risk, primarily the shoulder region, resulting in injuries caused by the amount of overhead motion required in the sport. Serving, spiking, falling to the floor, and contact with other players results in over 4% of the participants in volleyball receiving concussions. This presentation will explore the most common indoor volleyball injuries including the most dangerous one of all – reported and unreported concussions. The responsibilities of coaches for the safety and welfare of their players will also be discussed.

### **Growing the Men's/Boy's Game: Ideas for Generating Interest and Participation in Club and Youth Programs\* (KCCC 2503AB)**

*Saturday, December 16, 9:00 – 10:00 a.m.*

*Suggested Audience/Level: Men's/Boys – Intermediate*

Featured Speakers:

**Matthew Snyder**, Elite Sports Ohio, Boy's Director

**Chris Brandt**, Heart of America Region, Boys Volleyball Coordinator

**Austin Isham**, MAVS Boys Volleyball Coach and Director

What does it take to get boys interested in playing volleyball? I'm interested in coaching, but don't know how to recruit boys? What drills would I use for boys? These are just some of the questions faced when starting a new boys program. This session will explain several ways you can recruit boys for your program and how to retain them. This session will also demonstrate drills that keep boys engaged and excited about volleyball.

### **Best Practices for a Junior Club Recruiting Coordinator\* – presented by JVA (KCCC 2504AB)**

*Saturday, December 16, 9:00 – 10:00 a.m.*

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

Featured Speakers:

**Patty Costlow**, Asics Munciana Recruiting Coordinator  
**Joe Jablonski**, Texas Advantage Volleyball General Manager and Coach

In this session two club recruiting coordinators will share their insights and advice on the development of club recruiting programs. Topics to be discussed will include how to enable your athletes to navigate the recruiting journey (communications, visits, video, etc.), developing a solid reputation within the college community, and understanding the needs of college coaches in the recruiting process.

**Balancing the Role of Being a Parent and Coach – Winning at Home and at Work\* (KCCC 2505AB)**

*Saturday, December 16, 9:00 – 10:00 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Kevin Hambly**, Stanford University Head Coach

**Branden Higa**, California Baptist University Head Coach

**Kirsten Bernthal Booth**, Creighton University Head Coach

**Stacy Boudreau**, University of Wisconsin – Whitewater Head Coach

**Ronda Shirley**, Navarro College Head Coach (Moderator)

Join our panel as they discuss the successes and challenges of playing the role of both parent and coach. Many coaches face the balancing act between coaching and family time. While it is challenging to find enough hours in the day to do everything you want there are things you can do to make it work. Our speakers will answer questions and give advice on how they have managed and overcome obstacles to make this coaching lifestyle work for them.

**Training Attackers: Error Analysis and Correction\*\* (Mateflex Court 1)**

*Saturday, December 16, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Gwen Egbert**, Doane University Head Coach

In this session Gwen will share teaching strategies and drills for hitters both on and off the court. She will teach coaches how to break down the arm swing and approach as well as how to recognize and correct bad technique. The key to helping your athletes stay healthy and improve technically is all in the preparation.

**Preparing for a Successful Future – Creating a Positive Culture in Elementary School and Youth Volleyball by Providing Individualized Progressions\*\* (Mateflex Court 2)**

*Saturday, December 16, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Beginner*

Featured Speakers:

**Ruth Nelson**, brvc, LLC

Young athletes 5 – 10 years old who are exposed to volleyball and biomechanically sound techniques develop good habits and efficient skills which provides a solid foundation for learning. The key is intentionally engaging each athlete in a progression of efficient and effective skills. Parents are also actively involved in every formal training session as well as in assisting their child's training at home. BYOP® program-specific demonstrations include essential movement patterns, fundamental skills training, essential modifications in size and weight of volleyballs, and direct parental involvement. In this session Ruth will be joined by some of her students, parents and mentors who will demonstrate successful progressions for the basic fundamental skills and age-appropriate drills, game-like activities and "life lessons".

**It's Game Time: How to Get the Most Out of Your Elite Beach Player During the Match (Beach Court)**

*Saturday, December 16, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All– Advanced*

Featured Speaker:

**Marcio Sicoli**, Pepperdine University Assistant Coach

In this presentation Marcio will go through the most efficient ways to help your professional team or collegiate team through a match. This will include how to keep track of “match flow” and how to use peer collaboration when coaching your team.

**Code Switching: Exploring the Delicate Balance of Language, Culture, Values and Professionalism\* (KCCC 2502AB)**

*Saturday, December 16, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jennifer Jacobs**, Augustana University Head Coach

**Nnenna Akotaobi**, Swarthmore College Associate Athletics Director/SWA/Deputy Title IX Coordinator

“Code-switching” is a very real thing that people use to navigate various environments. It is a concept that plays itself out in our day-to-day lives including our professional work spaces. Race, culture and privilege all play a historical role in code switching. As professionals working with increasingly diverse populations, it benefits coaches to explore this concept so that we are all able to create more inclusive working environments.

**Essential Components of Junior Beach Athletes’ Recruiting Videos\* – presented by JVA (KCCC 2503AB)**

*Saturday, December 16, 10:15 – 11:15 a.m.*

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

Featured Speaker:

**RJ Abella**, University of South Carolina Assistant Beach Coach

In this session RJ will explain what college coaches are looking for when viewing junior beach athlete videos. He will discuss what catches the coach's attention, the key skills a coach is looking for, and what is not helpful to a coach during the evaluation process. Finally, RJ will outline an ideal highlight video format and explain how to get it in front of a coach.

**What to Expect When You Coach Both the Men’s and Women’s Teams\* (KCCC 2504AB)**

*Saturday, December 16, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: Men’s/Boys – Intermediate*

Featured Speaker:

**Mike Talamantes**, Park University Head Coach

**Amable Martinez**, Saint Peter’s University Head Coach

**Nickie Sanlin**, McKendree University Head Coach (Moderator)

Coaching both men’s and women’s volleyball, the rules of the sport may be universal, but understanding the mental, physical, and emotional dynamics of how men and women respond to different environments must be first understood to achieve success. This panel will discuss the strengths and challenges from managing interpersonal team dynamics, time management, and the physical and emotional differences of men’s and women’s volleyball while cultivating strong team dynamics. This session is intended to elaborate on the nitty gritty ins and outs of what goes on behind the scenes of running two programs.

**Open Share of Video and Data: What Lies Ahead\* (KCCC 2505AB)**

*Saturday, December 16, 10:15 – 11:15 a.m.*

*Suggested Audience/Level: College – Advanced)*

Featured Speaker:

## **Giuseppe Vinci, VolleyMetrics Founder**

After a first experience with teams participating in a national open exchange, Giuseppe will discuss the issues and successes encountered over the last 12 months along with future solutions. Giuseppe will also address the impact of open exchange of data and video on the growth of the sport as well as the outlook for a worldwide open exchange. Finally, he will take a look at key performance findings from the data gathered during the 2017 calendar year for college, international, and club levels of play.

### **Dynamic Drills and Modifications: Competitive Drills to Address Specific Team Needs (Mateflex Court 1)**

*Saturday, December 16, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Nancy Dorsey**, St. James Academy Head Coach

Each team has its own individual strengths and weaknesses. A successful coach knows they must be flexible and modify how they coach their team based on specific needs. In this session Nancy will share a series of drills she does every day in practice to train her athletes for competition using specific skill sets. These drills can be modified to address specific team or individual weaknesses that need to be improved. In addition, Nancy believes conditioning can be done during practice and these drills will demonstrate how to implement that concept with your team.

### **Building Champions – Drills that Promote Rapid Growth in Young Athletes\*\* (Mateflex Court 2)**

*Saturday, December 16, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Beginner*

Featured Speakers:

**Bryon Larson**, Dynasty Volleyball Club Coach

The Dynasty Volleyball Club was founded just eight years ago. In the short time since the club's inception, Dynasty has competed in three of the last four 11's National Championship matches, winning two. Dynasty 12's have competed in the National Championship for four consecutive years, winning two. Dynasty's combination of fundamentals, feedback, and drills has proven to build champions. Coach Larson will share some of the big picture ideas for turning athletes into "volleyball players".

### **Step Close Beach Volleyball Blocking Technique (Beach Court)**

*Saturday, December 16, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Andor Gyulai**, Volleyball1on1

The "Step Close Blocking Technique" allows players to jump higher while simultaneously increasing mobility off and along the net. Andor will explain the fundamentals of the technique and demonstrate how it can be used to benefit your players at every level. Some of the benefits to using this technique include jumping higher, penetrating further, easier pulling, improved hitter reading, easier to close out the hitter's approach angle, more aggressive mindset, better movement along the net, better double-moves and fake blocks, better at stopping plays, different deception for your opponent, and improves your partners ability to read with unobstructed vision.

### **Being Intentional About Culture Creation and Maintenance\* (KCCC 2502AB)**

*Saturday, December 16, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Theresa Beeckman**, Tree Roots Culture Consulting Founder

Coaching culture is not as black and white as training the fundamentals of volleyball. Culture creation is grey, it's messy, it's not clearly defined, so coaches push it off, say things like 'I don't have leaders on my team', and they hope for it to take care of itself. The goal of this presentation is to give coaches a clear and simple step-by-step process to identify, define and plan to create a positive culture for their team, intentionally. Coaches will leave this presentation with a plan to define and articulate their own visions and principles, recruit others to live your vision, and how to be day 1 ready.

**Bringing It All Together: Final Thoughts on High Performance Beach Volleyball Coaching (KCCC 2503AB)**

*Saturday, December 16, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Marcio Sicoli**, Pepperdine University Assistant Coach

Marcio will wrap-up his convention training series by offering coaches an opportunity to ask questions and discuss issues or challenges in their own program. Those who attend the entire course will receive a "certification of completion."

**Leverage Loss, Maximize Learning\* – presented by USA Volleyball – CAP (KCCC 2504AB)**

*Saturday, December 16, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Sue Gozansky**, UC – Riverside Head Coach (Retired)

The object is to win but what if you don't? It's bad enough to lose a few games during the season but to lose consistently is difficult. Losing has a tremendous negative impact on us and it's harder and harder to be confident in yourself. Both players and coaches become plagued with self-doubt. Frustration can lead to finger pointing and the coach is the easiest target. How we respond to a loss is one of our biggest coaching challenges. How do we manage loss? How do we help players deal with adversity and keep moving forward? How do we keep morale high? How do we turn defeat into a positive learning tool? We want to win. Winning feels good. Losing feels bad. Winning smells good. Losing stinks. Difficult times require great leadership. Learn to use the tools in your magic coaching tool kit to leverage loss and maximize learning.

**Marine Corps Coaching Workshop: Challenging the Leader in You\* (KCCC 2505AB)**

*Saturday, December 16, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**TBD**

Marine Corps Coaching Workshop imparts Marine Corps leadership traits and principles designed to provide an example of the sequential training provided in the Marine Corps Officer Candidate School (OCS). You'll receive firsthand experience and participate in several activities designed to showcase the Corps approach to developing leaders through; (1) Talent Evaluation, (2) Team building, and (3) Leading and Following.

**Exhibitor Showcase Session: From Jump to Landing – How Simple Changes in Training are Having an Impact on Success\* – presented by VERT (KCCC 2502AB)**

*Saturday, December 16, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**David Gil**, Vert Technologies Performance Lab Director

Technology in volleyball has come a long way, enabling programs to learn more than ever about player performance and training loads. As we advance, not only does the information collected become more relevant, but we've developed systems that make it easier than ever to apply. Don't miss this session to learn the latest innovations regarding wearable technology and how it is applied to volleyball.

**Exhibitor Showcase Session: Opening the Coaching Toolbox – How to Use Rotate123 for Stat Analysis, Video Breakdown and Live Broadcasting\* – presented by Rotate 123 (KCCC 2503AB)**

*Saturday, December 16, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Kyle Mashima**, Rotate 123

Rotate123 provides a wide range of coaching tools that are easy-to-use, yet powerful and affordable. From stat capture to analysis, video breakdown to live broadcasting, Rotate123 continues to expand its tool chest. This session will cover:

- Multiple stat takers for the same match - use SoloStats123 or Live with multiple "satellite" stat takers using SoloStats Touch. Capture more in-rally stats or distribute the load and get more accurate stats.
- New SoloStats Touch for practice and tryouts. Free-form stat taking, multiple stat takers, merge stat logs and break down practice videos.
- New pricing - all stat apps are free to capture stats, just subscribe for reporting, export, benchmarks and broadcasting.
- Live broadcasts to coaches and fans from your SoloStats.
- Easy video breakdowns using stats from any of 3 apps.
- Full integration with TeamSnap.

**Exhibitor Showcase Session: VolleyMetrics' New Features Premiere and Certification\* – presented by VolleyMetrics (KCCC 2505AB)**

*Saturday, December 16, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speakers:

**Giuseppe Vinci**, VolleyMetrics Founder

**Devin Young**, VolleyMetrics

During this session Giuseppe will premiere all the new features for 2018 that will become available to users as VolleyMetrics strives to continually prove itself as the gold standard in volleyball analytics. As VolleyMetrics has become a standard for college coaches to master, this presentation will also provide a training for beginner to advanced users at the end of which certification will be awarded to participants.

**Exhibitor Showcase Session: Making Video a Key Part of Your Club or High School Program\* – presented by Hudl (KCCC 2504AB)**

*Saturday, December 16, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speakers

**Gabrielle Kuhl**, Hudl

Between practice planning, match review, player development and promotion, coaching staffs have a lot on their plate. By helping programs establish a culture of video analysis, Hudl has changed the way over 4 million coaches and athletes prepare for and stay ahead of the competition. Learn how easy it is to implement video analysis into your workflow, and tailor the experience so it provides value to everyone involved with your

program, every step of the way.

**Exhibitor Showcase Session: Using ATHLETeX to Build a Championship Team – Understanding the “ex factors” that Drive Team Success\* – presented by HUMANeX Ventures (KCCC 2215C)**

*Saturday, December 16, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speakers

**Brianna Ashburn**, HUMANeX Ventures Analyst, Training & Product Development Specialist

**Erin Moore**, HUMANeX Ventures Analyst, Training & Product Development Specialist

Beyond the physical talents needed for success are the innate talents, or “ex factors,” that separate the best from the rest. Putting a focus on identifying intangible talents and developing strong team cultures helps coaches, athletes and programs reach peak performance and realize their potential. This presentation will explain how ATHLETeX research can help you identify key motivators of athletes and help to build and measure team chemistry.

**The Block and Defense System Used by VakifBank Istanbul in the European and World Championships\* (KCCC 2502AB)**

*Saturday, December 16, 2:00 – 3:00 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker

**Giovanni Guidetti**, Turkey Women’s National Team Head Coach & VakifBank

In this session Giovanni will break down the blocking and defensive systems he used with his VakifBank Istanbul team in the European and World Championships. Giovanni will explain his defensive philosophy including which elements he considers to be the most important as well as discuss principles that should be considered when determining your team’s defensive system.

**Using Match Stats to Plan Tomorrow’s Practice\* (KCCC 2504AB)**

*Saturday, December 16, 2:00 – 3:00 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jackie Simpson – Kirr**, Clemson Associate Head Coach/Recruiting Coordinator

Statistics can offer many insights into a volleyball match. Determining which statistics are most important and how to use them are key. This session will offer ideas and suggestions on how to use match statistics to plan your next practice after a match. Jackie will discuss the statistics she considers to be most important and how that information can be used to create your next practice plan.

**Beach Volleyball Advanced Defensive Tactics\* – presented by USA Volleyball – CAP (KCCC 2505AB)**

*Saturday, December 16, 2:00 – 3:00 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker

**Angela Rock**, Olympian, Beach Volleyball Professional and Coach

Defense in beach volleyball can be viewed as a chess match. In this session Angela Rock will explain how different schemes can improve point scoring opportunities and make defense more fun. She will showcase creative defensive opportunities that get away from the traditional “hold and chase” structure.

**Closing Session: Why We Coach and What We Can Do to Stay Motivated in our Careers\* (KCCC 2502AB)**

*Saturday, December 16, 3:15 – 4:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Giovanni Guidetti**, Turkey Women's National Team Head Coach & VakifBank

Join Giovanni in the closing session of the 2017 AVCA Annual Convention as he discusses what keeps him motivated and excited to be a volleyball coach. He will describe how volleyball is evolving and what he does to change with it, how he challenges himself as well as his team, and the fulfillment he gets from coaching that keeps him coming back season-after-season. The goal of this session is for coaches to leave feeling rejuvenated and excited about the next season.