

**Professional Development Seminars  
2018 AVCA Annual Convention – Minneapolis, Minnesota**

**Pre-Convention Seminar: Attacking with Defense – Creating Efficient Transition Attack with Effective Defensive Systems (MCC Level One Auditorium Room 1) – presented by U.S. Marine Corps Recruiting Command**

*Wednesday, December 12, 1 – 4 p.m.*

Featured Speaker:

**Luka Slabe**, USAV Women's Team Assistant Coach

Join Luka Slabe, current USA Women's National team assistant coach for a three-hour intensive look at how using effective defensive systems will improve your team's Transition Attack. In this session Slabe will discuss how applying appropriate Motor Learning principles will allow your team to create correct training methods. Using these training methods, you will enable your athletes to maximize transfer from the training environment to competition. In these training environments, you can teach and implement simple blocking and defensive systems; which allow you to run an effective transition attack.

Without blocking and back row defense, there is very little opportunity to run offense in transition. Slabe will teach coaches about the blocking and defensive systems used by the USA Women's National Team. With the necessary foundation built Luka will explain to coaches what he has learned to be the best and most efficient way to coach the transition attack: what footwork they use and the standards and expectations they hold their athletes to.

With his experience as a player and coach on the men's side of the game Luka will provide great insight into the importance of the transition attack in the game of volleyball. Coaches from every level will leave this presentation with a better understanding of how to make sure your team is successful in the transition attack.

**AVCA Convention 101: What Every First-Time Attendee Needs to Know\* (MCC Level One Auditorium Room 1)**

*Wednesday, December 12, 4:15 – 5:15 p.m.*

Featured Speakers:

**Chuck Rey**, Winthrop University Head Coach

**Becca Acevedo**, Winthrop University Assistant 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: Fueling Your Inner Fire – How to Stay Passionate About Coaching Throughout Your Career\* (MCC Level One Main Auditorium)**

*Wednesday, December 12, 6 – 7:30 p.m.*

Featured Speaker:

**Mick Haley**, AVCA Hall of Fame Coach

This year's convention officially opens with Mick Haley discussing how to keep your enthusiasm for coaching as high as it was the first time you led a practice. Many coaches start their careers with a plethora of ideas but find they fade out after years of rotating teams and players. Going off experiences from his successful career, Haley will provide insight to new and old coaches alike on how to stay motivated and passionate from your first practice to your last.

**Transition Attack in Action: Fundamentals and Systems\*\* – presented by USA Volleyball (Mateflex Court 1)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Luka Slabe**, USAV Women's Team Assistant Coach

Transition attack is one of the least trained skills in our game. We must be willing to turn and run with appropriate footwork. About half of swings (in Women's Volleyball) occur in transition. If we are able to do this better than our opponents our team can dominate this phase of the game and earn a big advantage.

**Serve Receive Passing: Techniques and Training\*\* (Mateflex Court 2)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Andrew Clifton**, Oregon Institute of Technology Head Coach

This presentation will go over some of the intermediate to advanced serve receive techniques that show a new way to look at angles on the court as well as drills used to reinforce these techniques. Coaches will learn how to teach serve receive passing and the reasons behind teaching these different techniques used at Oregon Tech. They will be able to recognize the advantages of creating angles and dividing the court by talent and stats. Coaches will leave this session with new and different stats and vocabulary they can use to teach serve receive more effectively.

**Baby Court: Lessons Learned From Playing Volleyball in a Less Than Ideal Space and Applying Them to Player Development\*\* (Beach Court)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Stein Metzger**, UCLA Head Beach Coach

The session will briefly review the legacy of two well-known "Baby Courts" courts, how they fostered a love for the game, and take a deeper dive into a few things we can learn from non-traditional environments. Metzger will showcase creative ways to invent games and parameters to teach specific skills.

**Getting What You Want and Need from Your Administration\* (MCC Level One Main Auditorium)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Kelly Sheffield**, University of Wisconsin Head Coach

We are all advocates for our team and sport, and all of us are interested in increasing the support our program receives. How do we get a bigger slice of the pie when we are a part of a large athletic department whose resources are limited? In this seminar we will discuss strategies and techniques used to help increase program support for various levels of programs.

**The Art of Defense: Tactics to Help Your Team Succeed\* (MCC Level One Auditorium Room 1)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Terry Liskevych**, The Art of Coaching Volleyball Owner

The famous saying goes “defense wins championships,” and Art of Coaching Volleyball owner Terry Liskevych is no stranger to defense’s importance. The former USAV women’s head coach will discuss the four defensive positions, different systems and patterns, blocking assignments and where to place your players for maximum results. Tap into Liskevych’s extensive knowledge of defense and find out how you can use it to win your own championships.

**Inside the NCAA Division III Tournament Selection Process\* (MCC Level One Auditorium Room 3)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: Division III – Intermediate*

Featured Speakers:

**Jan Gentry**, NCAA Associate Director of Championships

**Matt Schoultz**, Lawrence University Head Coach and DIII Women’s Volleyball Committee Chair

If you are a DIII coach and want to learn more about being competitive for the NCAA Championship, this is a can’t-miss session. Jan Gentry and Matt Schoultz will share the inside perspective of selecting teams to compete in the championship tournament. They will provide an overview of the process the Division III women’s volleyball committee follows to rank and select teams for the NCAA Division III women’s volleyball championship as well as regional sites. Coaches will also be engaged in a mock selection with a limited number of teams discussed. Come to this session to better understand how to maximize in-season performance to make a post-season appearance.

**Training the Bic – The Setter/Hitter Connection\* (MCC Lower Level 100FG)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

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

Featured Speakers:

**Jay Hosack**, George Mason University Head Men’s Coach

The Bic is an integral part of offensive systems in the men’s/boys’ 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 Jay Hosack will discuss and show video related to training the bic and all the things coaches must take into consideration to make the most of this High Risk vs. High Reward offensive weapon.

**#SHECANCOACH: Ways to Support and Develop Women Coaches\* (MCC Lower Level 100HI)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speakers:

**Vicki Brown**, University of Iowa Associate Head Volleyball Coach

**Nicole LaVoi**, Co-Director of Tucker Center for Research on Girls and Women in Sport – University of Minnesota

In this interactive session, we will increase awareness to the various barriers facing women coaches with an opening activity, present cutting edge data on and about women coaches based on Dr. LaVoi’s Women in College Coaching Report Card, present evidence-based immediate and long-term strategies to help recruit, hire and retain women coaches, and end with a discussion on how to implement and create social change.

**Coaching Camp with Cathy George – By Invitation Only (MCC Mezzanine Level 100E)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

Featured Speakers:

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

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. Cathy George will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Technical and Tactical Setting – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

*Thursday, December 13, 10:30 – 11:30 a.m.*

Featured Speaker:

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

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. John Dunning will meet with a small group of coaches in an informal setting to answer questions and break down the techniques and strategy of setting. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**Master Your Coaching and Career: Coach to Your Strengths and Build a Winning Team\* – presented by Jostens (MCC Level One Auditorium Room 1)**

*Thursday, December 13, 11:45 a.m. – 12:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Bo Hanson**, Athlete Assessments Director

It is well recognized that the highest performing teams have coaches who understand themselves and their athletes. This presentation creates the necessary self-awareness for coaches to know how they coach and provides tangible ways to develop strong and effective relationships with their athletes, and importantly with their administrators.

Why is this important? Olympic research (2008 and 2015 studies) have shown the top factors contributing to medal winning and PB performances were a strong Coach-athlete relationship and a high level of athlete self-awareness. This presentation is dedicated to the coaches understanding more about their own coaching style, how they perform at their best and how they can support their athletes in developing strong self-awareness. The same principles apply to building strong and effective relationships with your administrators.

**Integrating Volleyball Injury Data into Performance Training Decisions\* – Presented by Jostens (MCC Level One Auditorium Room 2)**

*Thursday, December 13, 11:45 a.m. – 12:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Kyle Norris**, Iowa Lake Community College MS, ATC, avcaVPI™ Biomechanics & Sports Science Consultant

The attendee will be presented with a sport specific look at injury data specific to level of play, gender significance, and time of season that will assist in making prioritized decisions in the development of a training calendar. How to create efficient communication between the coach, strength and conditioning department, and the athletic training clinic to meet the specific needs of teams and individual players alike will be discussed. Special attention will be given to emerging trends in injury rates and research related to acute and chronic workload combinations created by sport specific practices and strength and conditioning programming.

The role that individual player mechanics has in risk of injury as well as strategies to protect specific areas such as the shoulder, knee, and back will be discussed. Attendees will participate

in exploring exercises and movements that can protect these areas and learn how to incorporate them across the athletic performance program.

**Numbers vs. Feelings: Talking to Your Players about Stats\* – presented by Jostens (MCC Level One Auditorium Room 1)**

*Thursday, December 13, 1 – 2 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Eduardo Fiallos**, University of Colorado Technical Coordinator

Our sport, especially at the higher levels, is becoming more reliant on statistics to drive decisions. The athletes we work with may have no exposure to performance measures and the exposure they do have may not be similar to how you use them in your program. Given the importance of stats in what we do, it is important to us to learn to communicate effectively with our athletes about numbers.

**Growing Your Team's Communication: Getting Your Team to Talk, Think and Perform at a High Level\* – presented by Jostens (MCC Level One Auditorium Room 2)**

*Thursday, December 13, 1 – 2 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Hernando Planells**, Duke University Women's Basketball Assistant Coach

Great communication is the main reason why leadership and culture can grow within a team. Communicating at a high level takes vulnerability, trust, persuasion and empathy. In this session coaches will learn different ways of teaching communication while also going through real improv activities that Hernando has used while working with actors and athletes.

**Do We Really Know We Are Teaching the Right Things? A Reevaluation of Ball-Setter-Ball-Hitter and Drill Ideas to Teach Better Visual Blocking – presented by USA Volleyball (Mateflex Court 1)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

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

Featured Speaker:

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

Listen to the nationally recognized coach John Speraw discuss current coaching techniques of eye-sequencing for blocking and if it is the method of the future. Speraw brings his thoughtful insights and observations of international play to the court for a hands-on demonstration to encourage creative coaching and thought-provoking discussion.

**Training Your Team to Compete at the Highest Level: Strategies for Creating Game-Like Repetitions in Practice\*\* (Mateflex Court 2)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Susan Halverson-Maloney**, Ohio State University Associate Head Coach

Every athlete and coach wants to be the most prepared team on the court at 24 – 24 and each time we enter the gym there is an opportunity to build skill for this moment. This seminar with Susan Halverson-Maloney will show coaches multiple ways to set up drills that foster game-like competition from warm-up to position-specific reps and live game play. A competitive practice leads to a competitive match and will develop athletes that are prepared to execute and prepared to respond to mistakes the way the game demands.

### **Developing an Offensive and Defensive System – Playing to the Strengths of Your Athletes\*\* (Beach Court)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Angie Akers**, Netherlands Beach Volleyball Federation Coach

Why is it important to develop your own offensive and defensive system in beach volleyball? When players are under pressure, which they surely will be, having systems in place gives options, variety and a tool-box for finding solutions on the court. Part 1 will cover offense: theories, ideas and examples from the World Tour. Part 2 will cover defense: theories, ideas and examples from the World Tour.

### **Concepts and Strategies to Develop an Elite Setter\* (MCC Level One Main Auditorium)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Erin Virtue**, USAV Women's Team Consultant and Northwestern Associate Head Coach

Setters touch the ball more than any other player on the team so developing elite talent in the position is crucial. Erin Virtue will lead a discussion of setter training and technique philosophies across multiple levels: youth, collegiate and international. Coaches will learn teaching tools for training the physical and mental sides of developing a setter.

### **What the Eye Should Look for When Watching Video\* (MCC Level One Auditorium Room 1)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Giuseppe Vinci**, Hudl Marketing Development Manager

**Gary White**, University of Wisconsin Assistant Coach

**JJ Van Niel**, University of Southern California Assistant Coach

**Luka Slabe**, USAV Women's Team Assistant Coach

One at a time, each panelist coach will review as many clips of different phases of the game as the time will allow. Coaches will walk the attendees through what their eyes are looking for as they make their evaluation focusing on different goals such as technique, tendencies, etc. After running this exercise for each clip, we will compare the different details each coach has looked for and discuss what eye-work is best when analyzing video and why.

### **Recruiting to Propel Your Program Forward: The Phases of Recruiting When Developing Your Program\* (MCC Level One Auditorium Room 2)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Michaela Franklin**, Clemson University Head Coach

Every new program wants to start off on the right foot and recruiting is a crucial step in that process. Veteran recruiter Michaela Franklin will discuss the phases of recruiting and important steps to consider to maximize its positive impact on your program. This session will benefit those in their first year of recruiting or their tenth.

### **Wins, Losses and the Journey to Longevity\* – presented by WeCOACH (MCC Level One Auditorium Room 3)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Amber Warners**, Calvin College Head Coach  
**Beth Launiere**, University of Utah Head Coach  
**Cathy George**, Michigan State University Head Coach  
**Kirsten Bernthal-Booth**, Creighton University Head Coach  
**Christy Johnson-Lynch**, Iowa State University Head Coach  
**Megan Kahn**, WeCOACH 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.

**Coaching Camp with John Dunning – By Invitation Only (MCC Mezzanine Level 100E)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

Featured Speaker:

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

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. John Dunning will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Swing Blocking Analysis – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

*Thursday, December 13, 2:30 – 3:30 p.m.*

Featured Speaker:

**Kevin Ulmer**, Bemidji State University Head Coach

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. Kevin Ulmer will meet with a small group of coaches in an informal setting to analyze the benefits of coaching your team to swing block. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**It's a Simple Game: Don't Miss and Just Pass to the Target\*\* (Mateflex Court 1)**

*Thursday, December 13, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Mark Barnard**, Oregon State University Head Coach

This session will teach coaches to make the most of their serve and serve receive. Oregon State Head Coach, Mark Barnard, will simplify the sometimes overtaught science of passing, discuss the importance of adjusting serve receive formations and encourage coaches to use strategy as a tool in their serving.

**Attacking without Excuse: Techniques to Improve Player Efficiency and Consistency\*\* (Mateflex Court 2)**

*Thursday, December 13, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Kenneth Bentley**, University of Manitoba Head Coach

Coach Ken Bentley had two epiphanies concerning hitting technique in his 36 years at the university level. One happened in 1991 watching the World Student Games in Sheffield, England as he saw an under six-foot Japanese left side hitter attack the ball and the other was watching left side hitter Mireya Luis, the 5'9" hitter from Cuba, in her prime. It all came together around 1998 when he saw the Romanian women's team run a drill that helped him understand and appreciate the phenomenon he had already witnessed. In this session Bentley will bring together these international observations and share the lessons he learned with you.

### **The Wind Game – How to Use the Wind to Your Advantage\*\* (Beach Court)**

*Thursday, December 13, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Angie Akers**, Netherlands Beach Volleyball Federation Coach

Nature provides an aspect to beach volleyball that can be both unpredictable and challenging. How you approach wind play can empower your athletes to use the wind to their advantage. Angie will cover how she teaches her athletes to approach windy conditions in theory, training and match play.

### **A Look Back at the Most Important Things I Have Learned About Coaching\* (MCC Level One Main Auditorium)**

*Thursday, December 13, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**John Dunning**, Retired Stanford Head Coach

We change over time, the world changes around us and the needs of those we are working with change. We need to evolve, we need to be learners, we need to commit to discovering the next idea that will help us be great. Tap into retired and highly-acclaimed coach John Dunning's experiences in this session where he shares thoughts he has gathered and developed over his time in the game.

### **How to Recruit a Great Libero\* - presented by the AVCA Recruiting Task Force (MCC Level One Auditorium Room 1)**

*Thursday, December 13, 3:45 – 4:45 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Jill Wilson**, Virginia Tech University Head Coach

**Craig Skinner**, University of Kentucky Head Coach

**Tonya Johnson**, University of Texas Associate Head Coach

**Kathy Jewell**, Purdue University Assistant Coach

The AVCA Recruiting Task Force has put together a panel of some of the top recruiters in the country to discuss strategies when recruiting a libero. The panel session will be a question and answer focusing on the entire process of recruiting the position from what to look for in the initial evaluation to the commitment. The panel will also discuss scholarship philosophy and trends with the libero position. Craig Skinner, an active recruiter and head coach at Kentucky, has made 12 straight NCAA tournament appearances, coached 24 All Americans and an impressive number of SEC Libero and Defensive Players of the Year. Tonya Johnson helped Texas land the nation's second-ranked recruiting classes in three consecutive seasons (2006-08) during her first stint at Texas and pick up right where she left off upon her return in 2014. Kathy Jewell, known as one of the nation's most hard working recruiters, is in her 16th season at Purdue. Purdue has made 12 NCAA tournament appearances in the last 15 years including 7 Sweet 16 appearances.

### **Practice Techniques to Better Prepare Your Players for the Speed of the Men's Game\* (MCC Level One Auditorium Room 2)**

*Thursday, December 13, 3:45 – 4:45 p.m.*  
*Suggested Audience/Level: Men's/Boys' – Intermediate*  
Featured Speaker:

**Charlie Ginex**, Kean University Head Men's Coach

This session will focus on preparedness for the pace of the men's game, as it relates to first ball sideout, transition offense, & blocking schemes. This session will include drills, discussion as well as "the why" certain things are practiced to prepare for the pace of the men's game.

**Stop Competing and Start Winning: Ideas and Tools to Create a Winning Culture in Your Program\* (MCC Level One Auditorium Room 3)**

*Thursday, December 13, 3:45 – 4:45 p.m.*  
*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Beth Launiere**, University of Utah Head Coach  
**Leo Hopf**, Teamhopf CEO

We coach to win not just to compete. In the long-run, successful programs consistently produce winning records. But winning records do not appear simply because they are desired. They are the result of hard work and come in phases: 1. Building the Foundation, 2. Producing Micro Wins and 3. Reaping Major Wins. Join Beth and Leo as they share concrete tools you can apply to design your program to win.

**Balancing the Roles of Mom and Coach – Small Group Roundtable Discussion and Idea Sharing (MCC Lower Level 100BC)**

*Thursday, December 13, 3:45 – 4:45 p.m.*  
*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Megan Lenhart**, Davenport University Head Coach  
**Trish Siedlik**, Bellevue University Head Coach  
**Becky Schmidt**, Hope College Head Coach

You are not alone! Many coaches face the balancing act between coaching and family time. You may not have all the answers, but you will find a community at this small group roundtable and idea sharing session. Coaches attending this session will have the opportunity to share their experiences and learn from fellow coaches about how they have managed and overcome obstacles to make this coaching lifestyle work for them.

**Coaching Camp with Luka Slabe – By Invitation Only (MCC Mezzanine Level 100E)**

*Thursday, December 13, 3:45 – 4:45 p.m.*

Featured Speaker:

**Luka Slabe**, USAV Women's Team Assistant Coach

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. Luka Slabe will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Mechanics of Attacking – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

*Thursday, December 13, 3:45 – 4:45 p.m.*

Featured Speaker:

**Mick Haley**, AVCA Hall of Fame Coach

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. Mick Haley will meet with a small group of coaches in an informal setting to answer questions on the mechanics needed for a successful attack. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

### **Beach Coach Master Class\***

**Part I: USA Beach National Team Program – How We Fell Behind and What We are Doing to Get Back on Top**

**Part II: Becoming a Pro – How College Beach Coaches are Essential to this Process – presented by USA Volleyball**

**(MCC Level One Auditorium Room 1)**

*Friday, December 14, 8:15 – 10:15 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Tyler Hildebrand**, USAV Director of Coaching – Beach National Teams

Part I: Discussion on what the USA BNT is currently doing from a program standpoint. This will include how we are studying the game, what the world is doing, and how we are training at the top level.

Part II: Discussion about the variability of becoming a pro, how the USA BNT fits in to that process, and what we are doing along with the coach's role in helping the athlete through this process

**Super Session: Why We Win & Semifinal Match Analysis\* (MCC Level One Main Auditorium) – presented by U.S. Marine Corps Recruiting Command**

*Friday, December 14, 8:30 – 10:15 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

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

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

**Jerritt Elliott**, University of Texas Head Coach

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

**Dan Fisher**, University of Pittsburgh Head Coach

**Marie Zidek – Moderator**, DePaul Head Coach

**Semifinal Match Analysis:** Who is going to win the NCAA championship match? How did they get there? This portion of the Super 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.

**Why We Win:** Every day coaches have to make many decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. This Why We Win session will be a moderated Q & A format with some of the most successful coaches in our sport today: Jerritt Elliott, Kirsten Bernthal-Booth and Dan Fisher. 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.

**Using Serving Velocity Data to Optimize Point Scoring\* (MCC Level One Auditorium Room 1)**

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

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Kerry MacDonald**, University of British Columbia

This presentation will discuss the impact that serving velocity can have on point scoring. It will include a discussion on how to assess serving velocity to optimize serving effectiveness in your context and provide real world examples from Canadian University data.

**VolleyTalk – Beginning and Managing a Successful Program from the Ground Up\* (MCC Level One Auditorium Room 2)**

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

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

Featured Speaker:

**Gary Bynon**, Burnt Hills – Ballston Lake High School Coach

Starting a brand-new program from the ground up is no easy task. Come listen to Gary Bynon use his experience to advise coaches and club directors on topics such as junior volleyball programs, how to handle tryouts, managing parents, planning practices, and discussing playing time with players. Bynon will touch on all of the important aspects of beginning a program to get you started on the right track.

**Update the Delivery System – Connecting with your Student-Athletes Today\* (MCC Level One Auditorium Room 3)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Theresa Beeckman**, Growing Leaders, Inc. Master Trainer

Learn practical ways to engage and inspire a generation with stronger filters and different needs from master trainer, Theresa Beeckman. She will discuss how coaches can make their practices and meetings E.P.I.C., the greatest needs of this generation and the obstacles that get in the way of leadership development and how to avoid them.

**Lessons Learned as a First Year DOVO\* (MCC Lower Level 100DE)**

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

*Suggested Audience/Level: DOVO – Intermediate*

Featured Speaker:

**Cody Drattlo**, Mississippi State University Director of Operations

**Janet Hinz**, University of Michigan Director of Operations

**Kara Thomason**, Clemson University Director of Operations

**Shane Wilkinson – Moderator**, Indiana University Compliance Coordinator

The Director of Volleyball Operations position has exploded in the last few years with more and more programs adding this vital role to existing staffs. Navigating the waters as a first year DOVO can be both challenging and rewarding at the same time. In this informative session, you will hear from three individuals representing the SEC, ACC and Big Ten Conference who successfully completed their first year as a DOVO. They will review what went right in their first season while detailing the hard lessons learned along the way.

**Homework Assignments Between Practices that Lead to Tangible Results in the Gym\* (MCC Level One Auditorium Room 1)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Kyle Mashima**, Rotate123 and SoloStats123 Owner

In junior volleyball, gym time is limited and improvement in any skill requires thousands of reps. Homework is a great way to get the extra reps and continue to improve your players' performance outside of team practices.

In this seminar we will explore a variety of ways that a player can improve their skills at home without the help of another person and with some use of low cost equipment. Unlike sports such as basketball and soccer, where individuals can learn skills on their own, volleyball practice at home requires creative drills to make it possible to improve skills that will transfer to the gym.

### **How to Automate Club Management\* (MCC Level One Auditorium Room 2)**

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

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

Featured Speaker:

**Rodrigo Gomes**, Northern Virginia Volleyball Association President/CEO

Managers for sports organizations have to deal with many challenges through the process of developing, marketing and executing programs. Fortunately, the advancement of technology has provided us with many tools that can make the management process easier and more efficient. In this seminar, Rodrigo Gomes will be talking about companies like Google, Procurify and Infusion Soft, which helped him to bring his volleyball organization to the next level.

### **Benchmarks for Winning\* (MCC Level One Auditorium Room 3)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Tim Doyle**, College of William and Mary Head Coach

**Kevin Antonevic**, College of William and Mary

Today's technological world provides coaches and players with a surplus of data and statistics. Tim Doyle breaks down which key offensive and defensive statistical benchmarks can be used to design an effective practice plan that ultimately leads to more wins. Topics include creating opportunities to score in practice and molding defensive strategies to players and benchmarks.

### **Measuring Performance for Practice Design and Beach Player Development\* (MCC Lower Level 100HI)**

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

*Suggested Audience/Level: Beach – Intermediate*

Featured Speaker:

**Wayne Holly**, Tulane University Beach Head Coach

This seminar will discuss how to measure beach volleyball player performances and utilize the data to design custom practices. Wayne Holly will provide coaches with tools to ensure consistent development from their teams and will offer ideas of motivational feedback coaches can deliver throughout the season.

### **Best Practices to be Successful as a DOVO\* (MCC Lower Level 100DE)**

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

*Suggested Audience/Level: DOVO – Intermediate*

Featured Speaker:

**Kyle Thompson**, University of Maryland Director of Operations

**Bobbi Sumpter**, University of Washington Director of Operations

This presentation focuses on how to successfully coordinate the day-to-day operations of a high level program. A Director of Volleyball Operations often faces dozens of tasks during a day that require an elite level of execution. In this discussion, we will share our learned best practices as well as challenges that we face as we strive to create a positive student-athlete experience.

### **Training the Right Side Player to be an X-Factor\*\* (Mateflex Court 1)**

*Friday, December 14, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Laura “Bird” Kuhn**, Texas A&M Head Coach

The Right-Side Attacker can be an X-Factor on your team, but how do you train that? In this session Laura “Bird” Kuhn will dig into the necessary qualities of an elite right side, both on offense and defense. She’ll discuss footwork, armswing, speed, blocking and training them to make the right play at the right moment. Coaches will learn how to recognize player strengths and define what makes them an X-Factor.

### **Drills and Strategies to Improve Individual Defense\*\* (Mateflex Court 2)**

*Friday, December 14, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Brian Gimmillaro**, Retired Long Beach State University Head Coach

Defense is the most difficult skill to teach because it is so technical and physical at the same time. It also requires a great deal of time to implement. But, the reward can’t be the separation of your team’s ability compared to your opponent. In this session, we will be explaining step-by-step process to develop the individual defensive player. The session will include many ways for the player to use their body as an instrument to manipulate the day or success.

### **Designing a Practice Plan to Get the Most from Your Training Program: Strength and Conditioning + Themed Training = Maximum Results\*\* (Beach Court)**

*Friday, December 14, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Angie Akers**, Netherlands Beach Volleyball Federation Coach

Your athletes are working hard in the sand and in the gym. But are you sure that each program is complimenting each other? We know that the demands of the game in beach volleyball include endurance, power, speed and agility. How do you plan practices which cover each energy system, work match play and avoid injury and burnout? Angie will share her experience with a new approach to practice planning.

### **Things I Wish I Would Have Known in Coaching\* (MCC Level One Main Auditorium)**

*Friday, December 14, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jamie Morrison**, Netherlands Women’s Team Head Coach

The saying goes, “You don’t know, what you don’t know” and that rings true for those just getting started with their coaching careers. In this session Jamie Morrison will look back at his career and share the things he learned that he wishes he knew at the beginning. He’ll discuss the power of delegation, the idea that the “dirty work” prepares you for what’s next and so much more. Come learn from a coach who has climbed the ladder all the way to the upper tier of the international game.

### **Real Life Insights on Driving a Winning Team Culture: Get an Insider’s Perspective on Lessons Learned and Key Success Factors in Driving Your Team to New Levels of Success\* (MCC Level One Auditorium Room 1)**

*Friday, December 14, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Heather Mazeitis-Fontenot**, University of Louisiana at Lafayette Head Coach

**Bo Hanson**, Athlete Assessments Director

A winning team culture doesn't happen by itself. It takes deliberate action and persistence to drive performance. Learn from a Coach and Consultant as they share their personal insights into how to build and continue to grow the performance culture you want and need to win.

Through this real-life case study, find out strategies used to continue to lift the volleyball program to new levels. The insights shared will provide answers to what you may be struggling with and gives you new ways to engage your student-athletes, build trust and accountability within the team, and deal with pressure when it matters the most.

**Blocked to Random: Creating the Appropriate Challenge Point for Your Athletes in Practice – presented by Gold Medal Squared\* (MCC Level One Auditorium Room 2)**

*Friday, December 14, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Chris McGown**, Gold Medal Squared Co-Founder

At some point in your coaching, you've probably been advised that the "game teaches the game" and that random, game-like reps are the best path to improvement in our athletes. You've also likely seen programs and coaching styles that produce good volleyball players whose training methods include a lot of isolated, non-game-like activities and drills. Which of these two approaches is most likely to benefit your athletes in their long-term development and retention? Perhaps not surprisingly, the answer is "all of the above". In this session, we'll examine the science behind blocked and random practice, the optimization of the transition between the two, and how you can design drills, activities, and practices that maximize learning.

**Is It Worth It to Build My Own Volleyball Facility? Understanding the Key Considerations of this Decision\* – presented by JVA (MCC Level One Auditorium Room 3)**

*Friday, December 14, 1:15 – 2:15 p.m.*

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

Featured Speaker:

**Allan Rayson**, PaidUp Co-Founder and CEO

**Steve Sack**, Michigan Elite Volleyball Academy Owner and Operator

One of the biggest issues volleyball club directors face is the need for more affordable court space. In this presentation by Steve Sack and Allan Rayson, they will explore many of the different considerations a volleyball club director needs to understand when considering building a volleyball facility. Presented from the perspective of a large club volleyball owner (Steve) and a former commercial banker (Allan) the content delivered in this presentation will help the club director truly understand the complexities of taking on their own facility.

**Examining the DOVO Role in Branding and Social Media\* (MCC Lower Level 100DE)**

*Friday, December 14, 1:15 – 2:15 p.m.*

*Suggested Audience/Level: DOVO – Intermediate*

Featured Speaker:

**Caitlin Insana**, Ohio State Director of Operations

**Andy Wenstrand**, University of Illinois Director of Operations

People expect social media to be this mighty platform where if content isn't super-flashy, it's not any good. In this session our panel plan to debunk that myth while showing all in attendance, especially those schools with a smaller support staff, how to effectively use social media for branding and connections to life outside of wins and losses. They will share their experiences and insights as to the power of proper branding and getting your program's message out across social media platforms in meaningful ways.

**Coaching Camp with Mary Wise – By Invitation Only (MCC Mezzanine Level 100E)**

*Friday, December 14, 1:15 – 2:15 p.m.*

Featured Speaker:

**Mary Wise**, University of Florida Head Coach

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. Mary Wise will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Serve Receive Training and Strategy – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

*Friday, December 14, 1:15 – 2:15 p.m.*

Featured Speaker:

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

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. John Dunning will meet with a small group of coaches in an informal setting to answer questions on the training and strategy required for serve receive. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**How to Incorporate the Jump Float Serve as a Weapon for Your Team\*\* – presented by USA Volleyball (Mateflex Court 1)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

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

The Jump Float has taken over as the preferred serve for the USA Volleyball Women's Team. Head Coach, Karch Kiraly, has spent years collecting serving data and using it to put his teams in the best possible position to succeed on the international stage. Join Coach Kiraly on the court to learn why you should be teaching your athletes the Jump Float and how to train the skill.

**Maximize Your Players' Potential to Compete Against Any Opponent\*\* (Mateflex Court 2)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Michael Sopocy**, North Park University Head Men's Coach & Assistant Women's Coach

**Bryce Pomplun**, North Park University Assistant Men's Coach

Not all teams can match up with their opponents physically, but it is possible to train your team in a way that provides the opportunity to compete with anyone. In this session Michael will provide out of the box thinking strategies and drills to help teams be successful no matter the team on the opposite side of the net.

**TEACH Before You Coach: Getting Young Players Started on the Beach and Transitioning Indoor Players to the Beach – presented by JVA (Beach Court)**

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

*Suggested Audience/Level: High School/Club/Youth – Beginner*

Featured Speaker:

**Patty Dodd**, MB Sand Owner and Director

Beach Volleyball is a growing game and more and more athletes are testing their skills in the sand. In this session Patty Dodd will provide coaches with tools to engage beginners and help indoor players get their "sand legs." Coaches will learn game strategy on the beach and progressions for teaching skills while making practices fun.

**Surviving the Silence: Recognizing the Signs of Abuse and How to Manage the After Effects\* (MCC Level One Main Auditorium)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Ray Vance**, Bluefield College Head Men's Coach

**Emily Swanson**, Lasater and Martin Attorney

**Sarah Powers-Barnhard**, Powers Volleyball Club Owner/Director

**Eric Barreras**, U.S. Center for SafeSport Training and Technical Assistance Manager

There are various types of abuse that impact the lives of our young people. Seeing signs and being available can assist in minimizing larger issues of suicide, violence and other serious issues. In this session panelists will share their stories and provide a helpful "what to watch for" with potential victims. They will dive into why silence allows continuing control over the survivor and provide information on available resources for coaches and athletes.

**How to Overcome Fear and Spend More Time in the Jungle\* (MCC Level One Auditorium Room 1)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Trevor Ragan**, Train Ugly Founder

Real learning is ugly. It's a process that we've all been through but one that we can all definitely spend more time doing. One of the main obstacles to learning is fear. Fear of the unknown, fear of the struggle and the fear of looking bad. In order to become a great learner we have to overcome fear. We'll touch on a few important topics regarding fear: How it works, where it comes from, how it helps us when we're in danger but hurts us when it comes to learning. We will also present research on how changing the way we think and talk about fear can impact performance.

**Expanding Your Recruiting Reach: Strategies for Recruiting International Players Successfully\* (MCC Level One Auditorium Room 2)**

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

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Jessica Umansky**, Sportlinx360 Founder

**Giuseppe Vinci**, Hudl Marketing Development Manager

There are many different perspectives on recruiting international prospects. In this session Jessica and Giuseppe will share with coaches what to expect when recruiting internationally, how to create contacts around the world and that it can be done with a limited budget. They'll take a deep dive into the Italian recruiting system and discuss how the process of becoming a student athlete at an American college is different for international prospects. This session will include information on Men's, women's and beach volleyball international recruiting.

**Coaching 101: Secrets, Lessons and Advice\* – Presented by USA Volleyball - CAP (MCC Level One Auditorium Room 3)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Sue Gozansky**, Retired University of California Riverside Head Coach

Coaching is harder than you think! What's so hard about coaching? Everything. Why? Because it's not just about the X's and O's, that's the easy part, it's about people. It's rewarding,

challenging, frustrating and stressful. Coaching 101 focuses on how we should coach to make it the most rewarding.

**More Funds and Fans Donor Panel: How Boosters and Fan Clubs Contribute to Successful Programs\* – presented by MotorMVB (MCC Lower Level 100FG)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Wade Garard**, MotorMVB Foundation CEO

**Jen Gednalske**, President of *Point U! Boosters*, University of Minnesota Volleyball Booster Club

Hear from several in-the-trenches volunteers and donors who provide passion, time and financial support to collegiate volleyball programs. Learn how donors think about their involvement and what they expect or look for from coaches and administrators. Attendees will gain an understanding of how a booster club (that supports University of Minnesota Women's Volleyball) operates and will leave with specific ideas on how to maximize fundraising and fan base support.

**Putting it All Together: Strategies for Managing Your Daily Duties as a DOVO\* (MCC Lower Level 100DE)**

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

*Suggested Audience/Level: DOVO – Intermediate*

Featured Speaker:

**CJ Hunter**, Duke University Director of Volleyball Operations

**Shari Davis**, Northwestern University Director of Volleyball Operations

**Eric Arriaga**, Loyola University Maryland Assistant Coach

**Taylor Filzen**, University of Dayton, Director of Volleyball Operations

**Christina Falcone Lingley**, Teamworks Customer Service Manager (Moderator)

Having a strong Director of Volleyball Operations (DOVO) allows coaches and players to focus on winning on the court. What are the best practices to be a successful DOVO? Learn from this moderated panel of experienced DOVOs from around the country who have discovered what works well. Our leaders will share their best practices, favorite resources, and practical tips. This session will help your team avoid missteps and support winning! Our goal is to provide an opportunity for those who are both new and well-seasoned to the director of operations role to ask questions and learn from their peers.

**Coaching Camp with John Dunning – By Invitation Only (MCC Mezzanine Level 100E)**

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

Featured Speaker:

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

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. John Dunning will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Serving Mentality and Tactics – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

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

Featured Speaker:

**Amber Warners**, Calvin College Head Coach

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. Amber Warners will meet with a small group of coaches in an informal setting to

answer questions on the mentality and tactics required for elite serving. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**Using External Feedback to Teach Attacking Footwork – presented by National Volleyball Association (Mateflex Court 1)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jamie Morrison**, Netherlands Women's Team Head Coach

In this session, Jamie Morrison will explore how to train attacking footwork using external feedback and an external focus of attention. He will talk about the benefits of using external feedback and use these techniques to teach specific footwork patterns in both serve-receive offense and transition offense for outside hitters, middle blockers and your back-row offense. Coaches will leave this session with a good sense of what to teach and how to teach it.

**Teaching and Training Setting and Attacking with Spin at the Youth Level\*\* – Presented By JVA (Mateflex Court 2)**

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

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

Featured Speaker:

**John Shondell**, The Academy Boiler Juniors Coach

**John Rodriguez**, The Academy Boiler Juniors

Setting and Attacking are skills that every youth player should learn, but are we teaching them to do it right? In this session coaches will learn a setting progression and a hand contact drill that if done on a consistent basis will allow setters and attackers to understand the importance of setting mechanics and imparting spin on the ball when attacking. This knowledge and understanding will help improve each individual's skill level.

**Around the World: Beach Volleyball Defensive Systems and Tactics – Presented by USA Volleyball – BCAP (Beach Court)**

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

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Tyler Hildebrand**, USAV Director of Coaching – Beach National Teams

We will dive into the Defensive systems we see happening around the world and why these systems are being proven effective. We will discuss the reasons why we see the block moves and defensive tendencies the top-level players are using and why those are important. We will discuss the attackers 2 main priorities that we are trying to disrupt. Throughout, we will make distinctions about level of play and how these factors can impact different age groups and different levels of play.

**Examining the Game from a Coach's Perspective: Analyzing Skills and Techniques from the NCAA Semifinal Matches\* (MCC Level One Main Auditorium)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Mick Haley**, AVCA Hall of Fame Coach

**Brian Gimmillaro**, Retired Long Beach State University Head Coach

Join two AVCA Hall of Fame Coaches as they dive into a couple specific skills from the Semifinal matches. Coach Haley and Coach Gimmillaro will debate how certain skills affected who

advanced and who was eliminated from championship contention. Coaches attending this session will get an inside look at how elite coaches watch games and make in game adjustments.

**How to Conduct an Official Campus Visit and Get the Players You Want\* (MCC Level One Auditorium Room 1)**

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

*Suggested Audience/Level: College – Intermediate*

Featured Speaker:

**Dan Tudor**, Tudor Collegiate Strategies President

Recruiting your prospect through an effective message is only the first step in the process of getting great players to commit to your program. More often than not, those prospects (and their parents) need to come to your campus in order to make a final decision. In this session, national recruiting expert and author Dan Tudor will talk about the latest research on what recruits are looking for when they visit your college program, and how to maximize that time on campus with them.

**Mental Health Playbook: A Coach's Guide to Self-Care and to Supporting Student-Athlete Mental Well-Being – Presented by the NCAA Sport Science Institute (MCC Level One Auditorium Room 2)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jessica Wagner**, NCAA Sports Science Institute Assistant Director of Prevention and Health Promotion

The demands of being a coach or an athlete and the pressure to succeed can cause hurdles in reaching potential. It is becoming increasingly important that coaches take the time to evaluate their mental well-being and that of their athletes. This session will guide participants through the recently released mental health resources from the NCAA Sport Science Institute. These resources will assist coaches in implementing the Mental Health Best Practices to promote wellness, destigmatize mental illness and support help seeking among student-athletes. In addition, resources will be shared to guide coaches in supporting their own self-care.

**The *Other Ace*: Nailing the Job Interview – Presented by Coaches Inc. (MCC Level One Auditorium Room 3)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Garry Rosenfield**, Coaches Inc.

One of the more daunting tasks as a coach is interviewing for a new position. As a current or aspiring Head Coach, it's easy to get bogged down in the details of the game when you're in the interview room. The *Other Ace: Nailing the Job Interview* will prepare attendees for Head Coach interviews - whether now or in the future - by highlighting what's needed to show potential employers that you're the right person for the job. We will go over places to focus on, tricky questions, common pitfalls, and any questions coaches may have as they look to make sure they're as prepared as possible for interviews to come down the road.

**Developing a Team and Leadership – Ideas and Strategies to Improve Yourself and Your Team\* (MCC Lower Level 100FG)**

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

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

Featured Speaker:

**Steve Benson**, Limestone College Head Men's Coach

This seminar will outline different concepts and approaches to building a team and understanding how leadership affects the outcome of a team. We will start by discussing issues within a team and understanding how this affects them. Then, teaching coaches to create an environment to improve their team with these concepts. Next, we'll introduce the stages of conflict, along with the stages of how a team develops and link the success of a team with these two concepts. Lastly, we'll introduce leadership ideas to help the coaches to lead their team more effectively. There will be two books to reference that will help coaches and teams understand how to be successful and increase leadership skills for the coach and team.

**Embracing the Journey in the DOVO Role\* (MCC Lower Level 100DE)**

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

*Suggested Audience/Level: DOVO – Intermediate*

Featured Speaker:

**Virginia Pham**, Penn State University Director of Operations

**Aaron Hastings**, West Virginia University Director of Operations

**Shane Wilkinson – Moderator**, Indiana University Compliance Coordinator

The Director of Volleyball Operations position has exploded in the last few years with more and more programs adding this vital role to existing staffs. In this concluding educational session, you will hear from two individuals representing the Big XII Conference and Big Ten Conference who have garnered success and longevity as a DOVO at the highest level. You will hear them discuss their individual journeys while offering some helpful information along the way. This is the perfect conclusion to a day's-long education track of what it takes to be a successful Director of Volleyball Operations.

**Coaching Camp with Karch Kiraly – By Invitation Only (MCC Mezzanine Level 100E)**

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

Featured Speaker:

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

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. Karch Kiraly will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Hand Setting in the Beach Game – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

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

Featured Speaker:

**Angie Akers**, Netherlands Beach Volleyball Federation Coach

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. Angie Akers will meet with a small group of coaches in an informal setting to answer questions on training hand setting in the beach game. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**Activities that Will Take Your Practices to the Next Level – Presented by USA Volleyball - CAP (Mateflex Court 1)**

*Saturday, December 15, 9 – 10 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Rob Browning**, Saint Mary's University 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 and are great for team development. Drills will emphasize serving, bettering the ball and competition. Attendees will learn how to set up the games, make them competitive and fair, score them and put your own unique twist on them.

**Serving for an Edge: Tactics and Strategies to Develop a Better Serving Individual and Team\* (Mateflex Court 2)**

*Saturday, December 15, 9 – 10 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Adam Hughes**, University of Maryland Head Coach

Using lessons learned from coaching at the collegiate and club level, this session will look at ways you can help develop your player's ability to serve while also considering ways to put your team in a better position for success. This session will look at lessons learned from specific serving types and styles and will discuss drill development to help apply serving tactics to give your team an edge.

**Setting Drills to Improve Player Skill Level and Performance on the Beach\*\* (Beach Court)**

*Saturday, December 15, 9 – 10 a.m.*

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Tanya Allen**, Texas A&M University Kingsville Head Beach Coach

Setting is a crucial skill for indoor and beach players to possess. Join head beach coach Tanya Allen from Texas A&M Kingsville as she takes attendees through setting drills to amplify players' skill sets. These drills can be used in team settings or in one-on-one training with athletes. They will have an emphasis on the different aspects of setting, ranging from technique to types of sets.

**9 New Rules to Follow for Early Recruiting Success\* (MCC Level One Main Auditorium)**

*Saturday, December 15, 9 – 10 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Mandy Green**, Tudor Collegiate Strategies

When the NCAA changed the rules for contact with a recruit prior to their Junior year in high school, it drastically altered the way many programs operated. Many Division I and II programs are still trying to figure out how to succeed under the new rules, while D3 and NAIA programs try to figure out what it means for them. In this session our speaker will introduce nine 'new rules' that programs should consider if they want to be successful recruiters, what prospects and parents want, and what mistakes your competitors will likely make moving forward if they don't change their current approach.

**How Improv, Storytelling and Mindfulness Can Connect a Team and Build Leaders\* (MCC Level One Auditorium Room 1)**

*Saturday, December 15, 9 – 10 a.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Taylor Williams**, Guts and Glory Creative Consulting

In her experience as an athlete, mental health coach, actor, and storytelling producer, Taylor has grown increasingly passionate about what she refers to as "the trifecta": improv, story, and mindfulness training. All of these skills allow us to connect more deeply with each other and ourselves. Story explains where we've been and where we're trying to go. Improv teaches us to listen, be present in the moment, and to say "YES AND." Mindfulness calls us to be vulnerable,

and real and to show up for each other with authenticity. This session will teach creative and meaningful ways to connect with your athletes and encourage them to connect with each other.

**Growing Volleyball in Urban Communities\* (MCC Level One Auditorium Room 2)**

*Saturday, December 15, 9 – 10 a.m.*

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

Featured Speaker:

**Gerry Maticotta**, DIII Men's Championship Founder

**Dr. Jason Demas**, Queensborough Community College Head Coach

Despite growing national popularity, the game of volleyball has yet to significantly permeate our country's urban communities. Join our experienced and knowledgeable panel as they discuss methods and techniques to grow and further educate children in urban communities. Examples will be discussed from the points of view from high school, collegiate and club programs.

**Top Ten Ways to Grow Your Program at the High School and Club Level\* - presented by JVA (MCC Level One Auditorium Room 3)**

*Saturday, December 15, 9 – 10 a.m.*

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

Featured Speaker:

**Emily Hawthorne**, The Academy Volleyball Club Executive Director

Leading and growing a program is much more than just on-court knowledge and expertise. Learn the top ways to build your program from the ground up. This session is a valuable tutorial for new high school coaches and club directors and a great refresher for the veterans!

**Considerations for Training the Jumping Athlete\* (MCC Lower Level 100DE)**

*Saturday, December 15, 9 – 10 a.m.*

*Suggested Audience/Level: Strength and Conditioning – Intermediate*

Featured Speaker:

**Tim Pelot**, United States Olympic Committee Senior Strength and Conditioning Coach for USA Men's National Team

This session will provide attendees with a deeper look into the physiological demand of all efforts involved with jumping. Tim will explain how this understanding can help us make better decisions in regards to training our athletes and have more impact with our training prescriptions.

**Coaching Camp with Karch Kiraly – By Invitation Only (MCC Mezzanine Level 100E)**

*Saturday, December 15, 9 – 10 a.m.*

Featured Speaker:

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

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. Karch Kiraly will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Teaching Defensive Techniques – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

*Saturday, December 15, 9 – 10 a.m.*

Featured Speaker:

**Tia Brandel-Wilhelm**, Ferris State University Head Coach

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. Tia Brandel-Wilhelm will meet with a small group of coaches in an informal setting

to answer questions on teaching defensive techniques to athletes. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**Blocked to Random: Getting the Right Level of Game-like Activity in Your Drills – Presented by Gold Medal Squared (Mateflex Court 1)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

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

Drills that introduce the variability normally found in the game transfers better to game conditions than drills where the trials are blocked. In this session Rob Browning will lead coaches through a practice that showcases how including unpredictable events can lead to more in game success.

**Visual-Eyes Volleyball: Drills to Improve Player Anticipation Skills and Game IQ\*\* (Mateflex Court 2)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Chad Hanson**, Dordt College Head Coach

Each athlete has their default mode of operation on the court with their movement, voice and vision. This session will help the athletes grow in their vision of the sport in each skill area. Tools will be given and drills demonstrated to help coaches make their athletes more successful in all skill areas (serving, passing, hitting, setting, digging, blocking).

**Training Offensive Systems on the Beach: Approach Lines, Angles and Priorities – Presented by USA Volleyball - BCAP (Beach Court)**

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

*Suggested Audience/Level: All – Advanced*

Featured Speaker:

**Tyler Hildebrand**, USAV Director of Coaching – Beach National Teams

We will dive into the Offensive systems we see happening around the world and why these systems are being proven effective. We will discuss the reasons why we see the approach lines and angles top level players are using and why those are important. Finally, we will go over the 2 main priorities of attacking and how those priorities should shape our thoughts and training for offensive systems. Throughout, we will make distinctions about level of play and how these factors can impact different age groups and different levels of play.

**DISC – Creating High Performing Team Dynamics\* (MCC Level One Main Auditorium)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Christy Johnson-Lynch**, Iowa State Head Coach

**Ryan Ford**, Leadership and Team Behavioral Consultant

The athletic arena is one of the most grueling ones on an individual both physically and mentally. Individual talent can help win games, yet unlocking the mental side of the athlete to create high performing team dynamics is the key to winning championships. This session will teach how to build a high performing team through effective communication based on individual behavioral preferences for receiving information. You will learn how to assess your own behavioral style, the behavioral style of your athletes and how to use that information to pull the best out of your athletes and get the most out of your team. Most importantly... we will talk through real-life

application, results and benefits achieved by Coach Christy Johnson of Iowa State University Volleyball utilizing DISC with her team.

**Mental Training: Steering Wheels and Spare Tires\* – Presented by USA Volleyball – CAP (MCC Level One Auditorium Room 1)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Dan Mickle**, York College of Pennsylvania Head Coach

There is no denying that being mentally strong is a key aspect of creating a successful volleyball team. In this session Dan Mickle will take a look at the methods and options for incorporating mental skills training into your team or program that will have a lasting impact. Coaches will leave this session with the knowledge to develop a long term plan for training mental skills in your program.

**Serve Receive by the Numbers: Is Passer Rating a Valuable Measurement?\* (MCC Level One Auditorium Room 2)**

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

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

Featured Speaker:

**Dan Matthews**, Cardinal Stritch University Head Men's Coach

**Tomas Goldsmith**, Cardinal Stritch University Assistant Men's Coach

“Passer Rating” is the traditional unit of measurement for evaluating the efficiency of our passers. This presentation will reconsider the importance of Passer Ratings by examining the correlation between passer rating and sideout percentage.

How can you best predict scoring outcomes based on Serve Receive measurements? Is “passer efficiency” more important than “passer effectiveness”? What criteria should be used for selecting serving targets? How do you determine who should be included in your passing unit? We will look at how valuable passer ratings are in determining the answers to these questions.

**Creating a SafeSport: Recognizing and Ending Abuse in Our Sport\* – Presented by U.S. Center for SafeSport (MCC Level One Auditorium Room 3)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Eric Barreras**, U.S. Center for SafeSport Training and Technical Assistance Manager

Coaches play a critical role in creating a safe sport that supports athletes. This seminar will highlight how to recognize signs of trauma in athletes and provide tips on responding and providing resources to victims/survivors, when abuse disclosures are made.

**Off-Court Training Considerations for the NCAA Volleyball Athlete\* (MCC Lower Level 100DE)**

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

*Suggested Audience/Level: Strength and Conditioning – Intermediate*

Featured Speaker:

**Matt DeLancey**, University of Florida Strength and Conditioning Coordinator

As coaches it is important to have at least a general idea of what the basics should look like in the weight room and conditioning sessions. When our world is close to what's needed it is seamless and unseen. When it is significantly off it is highly noticeable. Injury rates are high and athletes show signs of burnout all season long. These 2 factors don't always mean it's off but if the volleyball world is operating with solid logic then this has to be examined. Our biggest mistakes in

strength and conditioning are too little preparation prior to training, too much volume, too much load, and bad weight room mechanics.

**Coaching Camp with Brian Gimmillaro – By Invitation Only (MCC Mezzanine Level 100E)**

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

Featured Speaker:

**Brian Gimmillaro**, Retired Long Beach State Head Coach

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. Brian Gimmillaro will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Attacking Off of One Foot – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Matthew Darling**, Gannon University Head Coach

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. Matthew Darling will meet with a small group of coaches in an informal setting to answer questions on teaching athletes how to attack off of one foot. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**Passing Drills and Techniques to Develop Individual Skill Level and Increase Team Success\*\* (Mateflex Court 1)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Brian Gimmillaro**, Retired Long Beach State University Head Coach

This skill is truly an intriguing part of our game. The answers are all within the geometry of the angles. The court never changes, nor does the target. The only variable is the location of the server. Therefore, there is an answer for every serve. In this session, we will explore the body positioning and geometric angles that ensure positive results.

**Developing Blocking Skills: Taking Your Team to the Next Level\*\* (Mateflex Court 2)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jen Malcom**, Iowa State University Assistant Coach

Blocking is the first line of defense so why don't more teams at all levels spend more time with this skill? In this session, we will cover fundamentals of blocking: footwork patterns for different tempos, hand placement and putting it all together in drills to take your team's blocking to the next level.

**Beach Volleyball Strategies for the Women's and Juniors' Game\*\* (Beach Court)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

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

Featured Speaker:

**Andrew Bennett**, Tamarack Beach Volleyball Club Director and Coach

This seminar will teach attendees the strategic concepts of the women's beach game, including serving strategies focusing on the jump float serve, passing strategies to attack, attack strategies and blocking ideas. Andrew Bennett's experience as a director and coach for a nationally-recognized club, visualized on our beach court is a can't-miss opportunity.

**Give Your Athletes an Edge with Vision Training: Strobe Glasses Research, Practical Uses and Strategies for Team Implementation\* (MCC Level One Main Auditorium)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Ryan Lengerich**, Marquette University Assistant Coach

**Herb Yoo**, Senaptec Chief Technical Officer

Often ignored and undertrained, an athlete's vision is paramount to their success. Strobe glasses – also called stroboscopic visual training – improves an athlete's visual memory, anticipation and reaction time among other benefits. What does the research say to prove this? What are the applications for enhanced volleyball performance? How can strobe glasses be successfully introduced to a team and what drills and strategies can be used for implementation?

**Making Your Match Fun and Interactive for Your Fans\* (MCC Level One Auditorium Room 1)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

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

Having a good team isn't always enough to fill the stands every night. Sure, your fans show up for the big games, but what can you do to turn every match into a can't miss event? In this session Ray Gooden will share ideas with coaches to engage and include fans all season long.

**Growing Boys' High School Volleyball Successfully! How Minnesota Did It\* (MCC Level One Auditorium Room 2)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

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

Featured Speaker:

**Krista Flemming**, Minnesota Boys' High School Volleyball Director

**Jenny Kilkelly**, Minnesota Boys' High School Volleyball Board President

What does it take to start boys' volleyball in High Schools throughout a state? Will boys want to play organized volleyball for their school? Is it possible to support boys playing volleyball with limited resources and at low cost? These were some of the questions a Minnesota steering committee set out to answer.

The MN Boys' High School Volleyball Association was established in early 2018. With the support of Hugh McCutcheon, University of Minnesota Head Volleyball Coach, and Walt Weaver, MN Hall of Fame Volleyball Coach, the inaugural Boys' High School Volleyball Season happened Spring of 2018. There were 22 schools with 38 JV/V Teams, 50+ coaches, numerous officials, bleachers filled with fans, and 400+ BOYS playing volleyball for high school teams.

The goal is for the Minnesota State High School League to recognize, support and sanction boys' high school volleyball. There is demand for boys playing the sport and solid evidence it can be sustained in Minnesota.

**Marine Corps Coaching Workshop: Challenging the Leader in You\* (MCC Level One Auditorium Room 3)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Panel 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.

**Injury Prevention – Keeping Athletes in the Gym\* (MCC Lower Level 100DE)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

*Suggested Audience/Level: Strength and Conditioning – Intermediate*

Featured Speaker:

**Tim Pelot**, United States Olympic Committee Senior Strength and Conditioning Coach for USA Men's National Team

For a team to be successful they must have their best athletes available to play. In this session Tim Pelot will dive into the necessary factors of keeping players healthy. Coaches will learn how to structure training sessions and warm-ups, progressions and principles to promote success and best practices for after practice.

**Coaching Camp with Mick Haley – By Invitation Only (MCC Mezzanine Level 100E)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

Featured Speaker:

**Mick Haley**, AVCA Hall of Fame Coach

Coaching Camp sessions offer opportunities for coaches to interact with big time coaches in a small group setting. Mick Haley will answer questions and talk shop in an informal setting. Attendees are advised to come to these sessions with specific questions prepared. Coaching Camps are offered by invitation only to coaches who serve on AVCA committees in appreciation of their service to the AVCA.

**Coach-the-Coach: Blocking Tips and Techniques – Participants Must Sign-Up in Advance (MCC Mezzanine Level 100D)**

*Saturday, December 15, 11:30 a.m. – 12:30 p.m.*

Featured Speaker:

**Dan Matthews**, Cardinal Stritch University Head Coach

Coach-the-Coach sessions offer opportunities for coaches to get feedback on how they teach specific skills. Dan Matthews will meet with a small group of coaches in an informal setting to answer questions on blocking techniques. Attendees are advised to come to these sessions with specific questions and are welcome to bring brief video clips of their athletes for review.

**Exhibitor Showcase Session: Head High School Coaches Learn Volleyball1on1's "What Great Looks Like!" ® "Superior Coaching Systems"™ and receive a 250-page Volleyball1on1 Coaches Manual\* – Presented by Volleyball1on1 (MCC Level One Main Auditorium)**

*Saturday, December 15, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Vanessa Summers**, Volleyball1on1 Co-Founder

**Andor Gyulai**, Volleyball1on1 Co-Founder

In this session, Head High School Coaches will learn Volleyball1on1's "What Great Looks Like!" ® "Superior Coaching Systems"™ proven winning formulas to take your program from "Good To

Great". GREATNESS will apply in your programs wins against losses. It too will apply in helping Head Coaches and their staff in developing young people of character in your program which we define as "It's Bigger Than Volleyball"™ and "Whole Person Growth".

**Exhibitor Showcase Session: Why Athletes Choose (or Don't Choose) Your Club\* – Presented by Hudl (MCC Level One Auditorium Room 1)**

*Saturday, December 15, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Sean Carney**, Hudl Sales Manager

We surveyed more than 1,000 club athletes across the nation to learn what athletes value and how they choose their club. In this presentation, you'll see data that uncovers the most important factors in an athlete's club decision, why coaches play a crucial role in talent retention, and how video can be used to attract and retain talent.

**Exhibitor Showcase Session: Unveiling Volleyball's Future Technology – Simple Tools with a Dramatic Impact on Player Safety and Performance\* – Presented by VERT (MCC Level One Auditorium Room 2)**

*Saturday, December 15, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**David Gil**, VERT Performance Lab Director

In this presentation we'll review how teams are using new information made available from VERT innovations to keep players healthy and improve performance later into the season. New features will also be unveiled for the first time with live demonstrations for those in attendance.

**Exhibitor Showcase Session: Technology Matters: Effectively Connecting Your Athletes with College Coaches\* – Presented by NCSA (MCC Lower Level 100DE)**

*Saturday, December 15, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Dan Cornely**, NCSA Recruiting Specialist

The way that people communicate with each other has changed drastically in the past decade and will continue to do so. Fortunately, NCSA Team Edition can help coaches and athletes keep up with the speed of change and connect easily with college coaches to ensure better results in the modern recruiting environment. Learn about this free tool at our exhibitor showcase session.

**Exhibitor Showcase Session: Cheap, Fixed Price Video Breakdowns; Beach Stats; Practice and Tryout Stats. Get the Latest Product Demo's from Rotate123\* – presented by Rotate123 and Solostats123 (MCC Lower Level 100FG)**

*Saturday, December 15, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Kyle Mashima**, Rotate123 and Solostats123

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. Come see the latest:

- New SoloStats Touch and Clipboard for practice and tryouts. Free-form stat taking - used by the NCAA for the 2018 Beach Championships
- Easy video breakdowns using stats from any of 4 apps

- 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 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
- Full integration with TeamSnap

**Exhibitor Showcase Session: Get Out of the Payment Dark Ages with Modern Technology – presented by Payball (MCC Lower Level 100HI)**

*Saturday, December 15, 12:45 – 1:45 p.m.*

*Suggested Audience/Level: All – All*

Featured Speaker:

**Pete Makover**, Payball

Paying Officials, Coaches, Event Staff and other contractors is often an administrative nightmare. Pete Makover, founder of Payball, has worked with hundreds of sports organizations, helping them streamline and automate their payments while reducing their exposure to fraud and IRS audits.

This interactive presentation will explore real-life case studies, including not-for-profit youth leagues and regional conferences, private sports clubs, tournament directors and sports camps. Learn how to automate payments, create full transparency, streamline your bookkeeping and eliminate 1099 and W9 filings altogether!

**JVA Annual Meeting (Open to All Club Directors and Coaches and High School Coaches) – Keynote Presentation: Train Your Athletes to Learn Like a Jungle (MCC Level One Auditorium Room 3)**

*Saturday, December 15, 12:45 – 1:45 p.m.*

Featured Speaker:

**Trevor Ragan**, Train Ugly Founder

Trevor Ragan is the founder of Trainugly.com, a free educational website designed to unpack and share the science of learning and development. He spends his time with thought leaders and researchers from the worlds of psychology and developmental science, consumes their research, connects the dots, and shares it with anyone that will listen. He's worked with professional and college sports teams, Fortune 500 companies, reentry programs, and in hundreds of schools across the country. These workshops are designed to help people understand and apply important principles of development, in order to become better learners.

**Teaching Players How to Read\* (MCC Level One Main Auditorium)**

*Saturday, December 15, 2 – 3 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

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

There are obvious skills we must work on in order to play the game of volleyball, pass, set, hit, dig, serve, block, talk, effort, competing,... Reading is a skill that is often times left out until much older ages, we need to add it to the primary skill list and begin teaching it in the youngest age groups. In this session John Dunning will share with coaches the importance of reading, the need for greater focus on reading and all the different situations reading can help your level of performance. He will dive into current methods for training an athlete to read and discuss ways to integrate learning to read into your practices.

**Supporting Sleep in the Collegiate Athlete: Why, How, When?\*** (MCC Level One Auditorium Room 1)

*Saturday, December 15, 2 – 3 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Roxanne J. Prichard**, Center for College Sleep at the University of St. Thomas Scientific Director

This seminar will review cutting edge research in the science of sleep, with a special focus on how sleep impacts the collegiate athlete. High school and college students are both suffering from extreme levels of sleep deprivation and circadian misalignment, and volleyball players have the lowest sleep on average of any female collegiate sport. Learn more about how sleep connects to athletic performance (speed, perception, strength), to mental health (depression, anxiety, ADHD, resilience), physical health and to academic performance. Also learn strategies to promote healthy sleep as part of team policy, practice, and culture.

**This Isn't Identity Politics: How Identity Affects Athletes\*** (MCC Level One Auditorium Room 2)

*Saturday, December 15, 2 – 3 p.m.*

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

**Jen Fry**, Duke University Undergraduate Research Support Office Program Coordinator

This presentation is about how to be more inclusive and how to create an inclusive environment. Identity is everything. It is who we are, it is how we describe ourselves, and more importantly, it is how we chose schools and athletic programs. This seminar will give coaches the correct verbiage to use when describing their teams, schools, players and staff, learn to self-reflect on our lens and gain an understanding of what identity politics is in relation to student-athletes. This presentation will also talk about the importance of diversity strategic plans and cultural centers on campus and how to integrate them into their programs.

**How Much is Enough? Using Zephyr Performance Data to Establish Normative Training Loads for Volleyball\*** (MCC Lower Level 100DE)

*Saturday, December 15, 2 – 3 p.m.*

*Suggested Audience/Level: Strength and Conditioning – Intermediate*

Featured Speaker:

**Dr. Mark Tompkins**, Director of Strength and Conditioning Olympic Sports – University of Minnesota

**Sara Wiley**, Director of Strength and Conditioning Olympic Sports – University of Minnesota

**Ronni Beatty-Kollasch**, University of Minnesota Athletic Trainer

The University of Minnesota Volleyball team has been using the Zephyr Performance System for several years and are working on establishing normative data to assess the training load of the collegiate volleyball player. In this session our panelists will highlight the value of using a physical performance/ biofeedback monitoring device and pitfalls and learning opportunities that using normative data can present. Coaches will learn how they can avoid over-training situations and decrease injury risk for their athletes.

**Closing Session: Taking Care of Yourself So You Can Take Care of Your Team\*** (MCC Level One Main Auditorium)

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

*Suggested Audience/Level: All – Intermediate*

Featured Speaker:

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

The world is changing, growing, evolving and the sum of the changes has a big effect on the professional world we exist in. We all seek ways to help us adapt and to help our athletes

continue to learn and adapt. In this session Coach Dunning will discuss the challenges of our sport for coaches and athletes, the ways people have addressed those challenges and how we can all care for ourselves and each other.

**avcaVPI™: How to Use Physical Metrics Testing Results to Influence Strength and Conditioning Training and Monitor Player Development\* (MCC Lower Level 100DE)**

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

*Suggested Audience/Level: Strength and Conditioning – Intermediate*

Featured Speaker:

**Kyle Norris**, Iowa Lakes Community College MS, ATC and avcaVPI™ Biomechanics & Sports Science Consultant

In this session Kyle will explain the specific metrics for avcaVPI™ and why they influence college readiness as well as how they can assist in recruiting. Coaches will learn about the benefits of using avcaVPI™ to monitor progress, develop strength and conditioning programs and avoid athlete injuries.

**Crossing the Bridge: Working with your Strength and Conditioning Coach in the Volleyball Club Environment\* – presented by Performance Conditioning (MCC Lower Level 100DE)**

*Saturday, December 15, 4:30 – 5:30 p.m.*

*Suggested Audience/Level: Strength and Conditioning – Intermediate*

Featured Speaker:

**Seng Chiu**, Dulles Volleyball Club

**Rob Rose**, TrueAp President

**Ken Kontor – Moderator**, Performance Coaching Volleyball Publisher

Building connections with other coaches that impact players is crucial for team success. This session will discuss creating an atmosphere of understanding and truth based on the youth club's environment, what to look for in a strength and conditioning coach and how to create an annual plan. We will also address the respective responsibilities of volleyball and strength and conditioning coaches and how they can work together to maximize an organization's annual plan.