



Professional Development Seminars 2021 AVCA Convention

Pre-Convention Seminar: An Analysis of Advanced Offensive and Defensive Systems and Skill Development – presented by United States Marine Corps (GCCC Short North Ballroom B & Mateflex Court 2)

Wednesday, December 15, 1 – 4 p.m.

Featured Speakers:

Jim Stone, Jim Stone Consulting & former head women's coach – Ohio St.

Mick Haley, Master Coaches & former USC head women's coach

Jim and Mick will lead you through an analysis of advanced offensive and defensive system development and the skills required to execute these systems. The most visible indicators of advanced skill development are the consistency of execution, speed of execution, and accuracy of execution. These are the ingredients of successful teams at every level. We will analyze how each skill is performed at the highest levels, integrated into a team system, and how you can implement these concepts into your training. Topics covered in this presentation include:

- Blocking footwork and systems to defend the advanced offensive system
- Modifying serve receive techniques to handle the high-velocity serve
- Implementing visual cues into skill execution
- Concepts of an advanced offensive system
- Transition attack footwork for the middle hitter
- Other aspects of the game allowing you to view what you are teaching from a different perspective

Advanced Career Education (ACE) Seminar: Competencies Needed to Keep Your College Head Job (GCCC C170 – 172)

Wednesday, December 15, 1 – 4 p.m.

- **Marketing: Build Your Crowd & Make Volleyball Matter in Your Community** (1 – 2:30 p.m.)

Featured Speaker:

Julie Hermann, Former DI volleyball coach & administrator

The key to marketing is relationship building with the people that you want as fans in your community. Join this workshop to learn the strategies that successful programs use to draw fans. Julie will explain how Louisville expanded their crowds for women's sports from a handful to over 10,000 per event.

- **Emotional Intelligence: Understanding Your Strengths and Weaknesses to Coach with Intention** (2:30 – 4 p.m.)

Featured Speakers:

Geoff Carlston, Ohio Head Women's Coach

Dr. Jaime Gordon, Morehead State Director of Athletics & Director of Volleyball

Shelton Collier, Wingate Head Women's Coach

Kirsten Bernthal Booth, Creighton Head Women's Coach

Beth Launiere, Utah Head Women's Coach

Knowing your players is important to overall program success but knowing yourself is key. The social contract between coaches and athletes is always changing so coaches must also know how to change. This workshop will examine how successful coaches have adapted their coaching style to today's athletes. Geoff, Jaime and Shelton will share stories from their career about when they realized they needed to adjust their coaching style and how the change improved their programs.

Club Management Track – presented by JVA (GCCC C160 – 162)

Wednesday, December 15, 1:30 – 5:30 p.m.
Suggested Audience/Level: High School/Club - Intermediate

- **Top Down Culture Breeds Success** (1:30 - 2 p.m.)

Featured Speaker:

Mike Lingenfelter, Munciana Co-Director

Setting the culture in your club starts at the top. Club leadership that outlines a clear vision of values, beliefs, attitudes, and work ethic will position their staff, coaches, and athletes for success. Join Mike as he shares a blueprint of how Munciana has built a culture of support that allows everyone to work together toward a common goal and achieve success.

- **Club Budgeting and Finance – The Big and Small of It** (2:10 - 2:40 p.m.)

Featured Speakers:

Steve Sack, Michigan Elite Owner
Lexi Patton, Virginia Elite Executive Director
Jason Kozak, Virginia Elite President

Budgeting and finance provide the backbone and navigation for operations within organizations year-after-year. In order to properly build your budget, individuals must understand key elements of your program to ensure financial stewardship and stability. This session will work to present a unique perspective from organizations of various sizes and tax classifications to help you navigate what will work best for you. Additionally, we will not only outline key pillars of budgeting and finance, we will also look into how your financial model is affected by what you offer your players, families and local communities.

- **Identifying Your Marketing Strategies** (2:50 - 3:20 p.m.)

Featured Speakers:

Scott Jackson, Minnesota Select Club Director
Kayla Cole, Minnesota Select Associate Director

In this presentation coaches and club administrators will learn marketing tools and strategies to promote their athletes and club. Topics covered include platforms used to streamline marketing processes, campaigns that feature athletes and programming, as well as how Minnesota Select evolved to incorporate the practices they use today.

- **Making Your Facility Work for You: Revenue Opportunities, Court/Asset Management, and Staffing** (3:30 - 4:00 p.m.)

Featured Speaker:

Emily Hawthorne, The Academy Volleyball Executive Director

Make your facility work for you by implementing several of the best practices covered in this session. Whether you have your own facility, rent courts or are considering a facility change, this session will offer ideas to improve your operations. Emily will cover revenue opportunities, how to best manage your courts and other assets, staffing, and more! This is a must-attend session for any club director or administrator.

- **Validating Beach Volleyball through a Consistent Tournament Structure that Utilizes the Club vs. Club Model at the Open, Club, and Future Levels** (4:10 – 4:40 p.m.)

Featured Speakers:

Chris Hannemann, Dakine Volleyball Club Director
Jeff Smith, BVCA Series Owner & 692 Beach Director

This session will dive into an explanation of the history and concept of the BVCA Club vs. Club format and the advantages of learning and growth versus typical juniors' doubles competitions. Chris and

Jeff will discuss how the club challenge format better prepares collegiate bound athletes for their future and the logistical and recruiting advantages of the BVCA series over traditional juniors beach doubles events.

- **The Importance of Multi-Year Program Goals and Coach Evaluation** (4:50 – 5:30 p.m.)

Featured Speaker:

Jim Stone, Jim Stone Consulting & former Ohio State Head Women's Coach

In this session Jim will discuss options for club directors to organize an instructional curriculum and monitor the players' long-term development and skill acquisition. Jim will present a plan to formalize the material an athlete will learn and execute on an annual basis. Each year will build on the skills mastered from the year before. The goal is for club directors to assist the coaches in developing a long-term and daily practice plan based on mastery of fundamental movements and techniques. Similarly, we will also discuss options for assisting the coaching staff in developing their teaching skills and competitive strategies.

AVCA Convention 101: What Every First-Time Attendee Needs to Know (GCCC C170 - 172)

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

Suggested Audience/Level: All - Basic

Featured Speaker:

Chuck Rey, Winthrop Head Women's Coach

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

Opening Session: Olympic Review – Trends from Tokyo that are Changing the Game – presented by USA Volleyball (GCCC Short North Ballroom B)

Wednesday, December 15, 6 – 7:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Erin Virtue, USAV Women's National Team Assistant Coach

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

Members of the USAV Women's and Men's' National Team Staffs

Kick-off the convention by joining the USAV Women's and Men's National Team coaching staffs as they share what they learned from Tokyo. Our speakers will discuss trends in the international game and the potential impact on how the game is played and coached in the United States. Coaches from every level will leave this presentation with new ideas gathered from international play and suggestions for how those ideas could be implemented to improve the performance of your team.

Out-of-System Training and Drill Progressions for Setters and Attackers (Mateflex Court 1)

Thursday, December 16, 11 a.m. – Noon

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Brad Keller, USC Head Women's Coach

Out-of-system play amounts to about 75% of the game for most teams so it's imperative that yours is prepared to play in these situations. How do you maintain ball control and aggressiveness when the pass or set isn't "in-system?" In this session, the USC Coaching staff will showcase how they train their athletes to execute at a high level in out-of-system situations. Coaches will leave this on-court presentation with a tool kit of different progressions to use in their gyms.

Technical and Tactical Components that Lead to a Better Transition Game (Mateflex Court 2)

Thursday, December 16, 11 a.m. – Noon

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

Featured Speaker:

Dave Preston, McMaster University Head Men's Coach (Canada)

Join Dave in this informative presentation as he will discuss intermediate to advanced skills and systems that will lead to a more effective transition game. Dave will share drill ideas to train these techniques and offer suggestions on how to implement those with your team. Coaches will leave this session with a better understanding of the critical components to a defense-to-offense transition system, offense-to-offense transition system, and recognize opportunities to adapt each system based on the level of play and situational circumstance.

Feet to Ball: It's Everything – presented by Beach Nation (Beach Court)

Thursday, December 16, 11 a.m. – Noon

Suggested Audience/Level: Beach – Intermediate

Featured Speakers:

Kristen Rohr, Grand Canyon Head Beach Coach

Pri Piantadosi-Lima, Optimum Beach Club Director

Did you know that the average beach athlete touches the ball between 30-60 seconds an entire match? That's why an athlete's feet-to-ball is essential in passing, setting, and attacking. Coaches will learn why feet to ball is key to first ball side out and how to get your athletes to improve their technique, movement, and finishes.

Brazilian Style: How to Plan Your Entire Season and Execute the Plan through Systems & Drills

(AVCA Theatre – Hall B)

Thursday, December 16, 11 a.m. – Noon

Suggested Audience/Level: All - Advanced

Featured Speakers:

Dega Da Gama, Southern New Hampshire Head Women's Coach

Leandro Dutra, Federal University of Minas Gerais Ph.D. Candidate & Brazilian Volleyball Confederation Instructor

The presentation will focus on the style of the Brazilian volleyball training through drills and systems for an entire season. An entire season can be divided into three phases: Pre-Season (General Preparation), Pre-Competitive (Specific Preparation), and Competitive. Videos will be presented depicting how to design drills for each phase concerning the style of the Brazilian coach.

Maximizing Your Stars and Dealing with Your "C" Performers (GCCC C160 – 162)

Thursday, December 16, 11 a.m. – Noon

Suggested Audience/Level: College - Intermediate

Featured Speakers:

Beth Launiere, Utah Head Women's Coach

Leo Hopf, TeamHopf Management Consultant

Join Beth and Leo as they discuss how to get the most out of your stars and how to minimize the harm from your "C" performers. Think of stars as the top 5-10% of your staff and players and "C" performers as the bottom 5-10%. Stars need to be pushed to failure, and be taught to recover once they do. Failure to do so will turn a potential star into simply a top performer. You only get so many stars, and you must develop them to their fullest potential. The cost of "C" performers (both staff or players) is far higher than you think. The fact that they do their own job poorly is only the tip of the iceberg of their impact on your program and may be many times more damaging than their own poor performance.

Hungering for Paradise: Firsthand Perspectives on Athlete Development from an Olympic Sport High Performance Director, Premier League Academy Director, USAV Chief of Sport, and Parent – presented by USA Volleyball (GCCC C170 - 172)

Thursday, December 16, 11 a.m. – Noon

Suggested Audience/Level: All - Advanced

Featured Speaker:

Peter Vint, USA Volleyball Chief of Sport

Athlete development is a long, complex, and non-linear process. This presentation will share many of the challenges, best and worst practices, and areas of opportunity that have emerged over a 20+ year career in high performance sport. Topics will include the unique roles of family and coaches, growth and maturation, injuries and setbacks, monitoring KPIs and psychological traits, and the critical balance between full-on commitment and athlete wellbeing.

My Mentor & Me (GCCC Short North Ballroom A)

Thursday, December 16, 11 a.m. – Noon

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Ashley Preston, New Orleans Head Women's Coach

Nicky Cannon, Cal State Fullerton Assistant Women's Coach

Mick Haley, MasterCoaches Co-Founder and Former DI Head Coach

Ruth Nelson, MasterCoaches Consultant & BYOP® Bring Your Own Parent – GoKids Youth Sports™ Founder

As a head coach we pour our heart and energy into our staff and student-athletes as well as have to answer to our sport supervisors and athletic directors. Who is providing that same pouring of support to coaches? Having a coaching mentor that your administration invests in for you can make a significant difference to your program. Ashley Preston and Mick Haley will discuss how with the financial support of the California State University Fullerton Administration their 2019 partnership helped contribute to an overall improvement of the volleyball team. Nicky Cannon and Ruth Nelson will discuss how their relationship helped Nicky believe and be prepared to be a Division I assistant coach. Join our speakers and learn from their experiences to benefit yourself and your program.

Advanced Career Education (ACE) Seminar: Competencies Needed to Keep Your College Head

Job (GCCC Short North Ballroom B)

Thursday, December 16, 11 a.m. – Noon

Raise to Rise: A Playbook for Raising Funds to Support Your Program – presented by Coach Raise

Featured Speakers:

Wade Garard, Coach Raise Founder

Julian Moses, Coach Raise Founder

Most volleyball programs aren't funded to the extent we wish we were. More money for road trips, equipment and recruiting would be great, wouldn't it? Fundraising can fill the budget gaps that exist by offering a way for you to systematically identify, evaluate, cultivate, solicit, and steward donors. Join Wade and Julian as they share their playbook on how to raise money to support your volleyball program.

Preparing to Prepare for Tokyo – How We Utilized Data to Inform our Training Priorities Before the Olympics – presented by Jostens & USA Volleyball (GCCC C160 – 162)

Thursday, December 16, 12:15 – 1:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Nate Ngo, USAV Men's National Team Technical Coordinator

In this presentation Nate will discuss how data is presented to the USAV Men's National Team staff, explain the specific metrics we are attempting to measure, and how this information is used to inform our

priorities for the training block. We'll also take a glimpse at how performance compared between the FIVB Volleyball Nations League and the Men's Tournament at the Tokyo Olympic Games, particularly in relation to the areas we emphasized in the training block between the two tournaments.

Exhibitor Showcase Session: Making Uniforms and Spirit Wear Simple and Profitable – presented by Smack Sportswear (GCCC C170 – 172)

Thursday, December 16, 12:15 – 1:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Bill Sigler, Smack Sportswear President

Have you had difficulty with the uniform process or challenges dealing with replacements, backorders, and delays? By using a high tech, automated system, Bill will show you how to make this entire process simple. In addition, this innovative approach incorporates Spirit Wear which can add thousands in revenue to your bank account, as well as get your parents and kids club logoed gear. Make plans to attend this session and learn more about how this system can benefit your team or club.

How to Not Get Fired (in Today's Collegiate Athletics Environment) – presented by Jostens (GCCC Short North Ballroom A)

Thursday, December 16, 12:15 – 1:15 p.m.

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Garry Rosenfield, Coaches Inc. Attorney

We are living in a cancel culture where saying or doing the wrong thing can lead to a quick termination. Join Garry for this informative session as he discusses strategies and steps coaches can take to protect themselves from getting fired.

Building Better Athletes – Finding the Sweet Spot between Court Training and Strength & Conditioning – presented by Jostens (GCCC Short North Ballroom B)

Thursday, December 16, 12:15 – 1:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Jennifer Jacobs, Augustana Head Women's Coach

Andy Stocks, Augustana Assistant Strength & Conditioning Coach

Many contradicting opinions have plagued the sport of volleyball regarding the importance of strength and conditioning and the impact on volleyball on-the-court training. Therefore, the relationship between the head volleyball coach and the strength and conditioning coach is critical. Communication, understanding, balance, and respect for one another's goals can be mutually beneficial for the student-athletes. These factors are essential to the team's overall success. This session explores how the Augustana University head coach and strength and conditioning coach work together to get the most out of the volleyball athletes, on and off the court; physically and socially/emotionally. This presentation will bring attendees through an evolved and integrated strength and conditioning approach that covers the challenges and successes throughout the process.

Statistics for Decision Makers – presented by Hudl (GCCC C160 – 162)

Thursday, December 16, 1:30 – 2:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Eduardo Fiallos, Colorado Women's Technical Coordinator

Modern coaches rely on statistics and analytics to gain valuable insights on their own teams, opponents, and the game itself. And yet, statistics and analytics are not what we commonly think they are. As a result, we position ourselves to misunderstand and misuse these valuable instruments. In this session,

we'll learn how to better manage biases and better interact with statistics and analytics to increase the value of these coaching tools.

Exhibitor Showcase Session: A VOLLEYBALL TEDD TALK – How Technology, Equity, Data & Diversity will Transform Your Coaching Experience – presented by LeagueApps (GCCC C170 – 172)

Thursday, December 16, 1:30 – 2:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Craig McGinn, LeagueApps General Manager

The most impactful volleyball programs successfully use technology, equity, data and diversity to create amazing experiences for athletes, families and communities. Critical programs such as FundPlay support access to volleyball play opportunities for kids in underserved communities by leveraging all four of these pillars in unique ways. In this session, you will learn how these programs are best served through an expanded commitment to communities by helping build successful volleyball organizations. You will leave with a customizable vision for how to be part of a reimagined youth volleyball culture which aims to build a better world for generations to come.

Using Volleyball Performance Index Metrics to Improve Your Recruiting and Training – presented by Jostens (GCCC Short North Ballroom A)

Thursday, December 16, 1:30 – 2:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Kyle Norris, avcaVPI™ Biomechanics & Sports Science Consultant

Rob Rose, TrueAp President

This session will provide information specific to using VPI benchmarks and VPI testing in your own gym to identify strengths and weaknesses in your roster and prioritize recruiting needs. Strategies to incorporate the VPI into your seasonal and long-term roster development will also be discussed. Recruiting and training are on-going and dynamic processes and the VPI can be a useful tool in capturing a real time snapshot of both. This consistent evaluation can assist in creating a pathway to program improvement.

Recruiting International Student-Athletes – presented by Jostens (GCCC Short North Ballroom B)

Thursday, December 16, 1:30 – 2:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Thiago Lopes, Southern New Hampshire Assistant Women's Coach

How do we attract international recruits to our program? What are they looking for? This presentation will discuss the possibilities to make your program attractive to international recruits, and how to build a connection with them during the recruiting process.

Rethinking Feedback in a Practice Setting – presented by USA Volleyball (Mateflex Court 1)

Thursday, December 16, 3 – 4 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

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

Feedback is critical to player skill acquisition and training. Coaches typically think about feedback as simply the coach telling the player how to do something. However, if we rethink how and when we give feedback as coaches we can improve results. In this session, John will discuss his philosophy on giving feedback in a practice setting.

Drills to Develop Championship Standards in Your Gym (Mateflex Court 2)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Chuck Waddington, Angelo State Head Women's Coach

Every team has aspirations of winning championships. League titles, Conference Titles, State Championships and even National Championships. But do those same teams have a gym culture and mentality that supports those goals? Do the standards you set in practice and training match up with the goals you set for your team. In this session we will discuss and demonstrate how to design and implement drills to help you set standards that will help you meet those goals.

Stroke of Genius: The Copy and Paste Arm Swing From Attack to Jump Serve (Beach Court)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: Beach – Intermediate

Featured Speakers:

Anna Collier, Professional Coach and Seven Time National Champion at USC

Megan Burgdorf, Professional Beach Coach

It's quite simple actually and any athlete can have a very effective contact on the ball. As the level of play increases it is essential to hold the defender in place with the attacker showing the same copy and paste look. This session is for coaches looking to understand the technical side of teaching athletes how to stroke the ball offensively and how to integrate the same techniques into the jump serve. Coaches will learn body alignment, stroke mechanics, timing, where the ball should cross the net and how to facilitate drills and give feedback to develop consistency in this on-sand session.

Setting for Dummies – Boiling Down the Setting Skill to the Essentials and how to Train Them

(AVCA Theatre – Hall B)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: College - Advanced

Featured Speaker:

Jamie Morrison, League One Volleyball Master Coach

Great attackers can be rendered ineffective if they don't have a setter who can distribute the ball to them. Coaches must be able to train setters to get the most out of their rosters, but where to begin. In this session Jamie Morrison will dive into setting training and teach coaches what are the essential things to train. He'll provide progressions and examples of how to train every setter in your gym.

One Semester of NIL: Key Issues and Early Trends to Support Your Athletes and Boost Your Recruiting Game (GCCC C160 - 162)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: College - Advanced

Featured Speaker:

Michelle Meyer, NIL Network Founder

With one semester of Name, Image, and Likeness (NIL) reform behind us, this presentation uses relevant statistics and early trends to hypothesize how the NIL industry is likely to develop and the impact on your team. It includes overall trends to watch, monetization themes for volleyball athletes, strategies for utilizing NIL in your recruiting pitches, and tips for keeping your athletes safe and eligible.

What I Wish I Knew about Administration when I was a Coach (GCCC C170 - 172)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Joylynn Brown, Wright State Senior Associate Athletics Director/ Senior Woman Administrator

Kelley Hartley Hutton, Purdue Fort Wayne Athletic Director

How many times have you wondered exactly what your sport administrator does? This session takes a deep dive into the innerworkings of an athletics department and outlines an administrator's daily challenges. We will break down the administrator/coach relationship, offer tips on how to effectively communicate to get what you want, and help you step outside your gym to gain a better understanding of your role within your department.

Moms Who Coach: A Scouting Report to Doing It All (or Almost) - presented by the Diversity Development Team (GCCC Short North Ballroom A)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Christy Johnson-Lynch, Iowa State Head Women's Coach

Marie Zidek, DePaul Head Women's Coach

Nickie Sanlin, McKendree Head Men's and Women's Coach

Leslie Gabriel, Washington Associate Head Women's Coach

Lauren Flowers, Texas A&M University – Commerce Assistant Women's Coach

Emily Kohan, Colorado State Associate Head Women's Coach - moderator

While volleyball has grown to be one of the most popular sports for females to play, the struggle to manage coaching and "momming" continues to be an obstacle in our sport. A panel of powerful moms offer advice and tips to help navigate the overwhelming duality of parenting and coaching, each with their own style and role within their programs. Topics include childcare, planning/office organization, HR tips, contract details, conversations with staff/admin, products to make you more efficient, and time management tips.

Take Control of your Financial Future - "Principles of Long-Term Investing Resilience" (GCCC Short North Ballroom B)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: College - Advanced

Featured Speaker:

Rob Patrick, Edward Jones Investments Financial Advisor & Former Division I Head Women's Coach

Market Volatility may lead to anxiety and poor investment decisions. This seminar can help keep you on track to work toward your goals, control your emotions and understand market volatility by focusing on the features and potential benefits of a long-term view, diversification and proper allocation.

JVA Annual Gathering Keynote Presentation: Becoming a Learning Leader (GCCC Short North Ballroom B)

Thursday, December 16, 3 - 4 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Ryan Hawk, The Learning Leader Show

My mission is to have deep conversations with the world's most thoughtful leaders and share their useful life stories and leadership wisdom. I've recorded more than 450 episodes with CEOs, Special Forces Operators, Entrepreneurs, Best-Selling Authors, Professional Athletes, Coaches, and more. In this speech, I will distill what I've found to be the most useful and practical tools, routines, and habits to help you become a more effective leader. The goal for this presentation is to help shift your mind from a "know it all" leader to a "learn it all" leader. Thus, a LEARNING LEADER.

The Learning Leader Show has been listened to by millions of people and was chosen by Apple Podcasts as an "all-time best-seller" in 2020. Forbes called it, "the most dynamic leadership podcast out there." Inc Magazine said, "It's one of the five podcasts to make you a smarter leader."

The 4 Cs to Planning an Effective Practice (Mateflex Court 1)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Lindsey Walton, Oklahoma Head Women's Coach

Ciara Jones, Oklahoma Assistant Women's Coach

Kyle Walton, Oklahoma Volunteer Women's Assistant Coach

Communication - Contacts - Competition – Consistency. These four elements are crucial to planning effective team practice/programming. This session will examine how to implement each C to create a productive practice from the club to college levels. Topics covered will include setting the “sound standard” in your gym, maximizing player contacts on a single court, and developing your 'skill drill' bank.

Controlled Variations of Live Play: How to Challenge your Starting Side to Prepare for Game Day

(Mateflex Court 2)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Allie Matters, Wright State Head Women's Coach

Dan O'Keefe, Wright State Assistant Women's Coach

Depending on the depth of your program, preparing for a match and asking your non-starter side to simulate game-like situations can be difficult. We have found that it can be challenging to prepare our team for an athlete that we don't necessarily have in our own gym. Through a drill called “Serve Receive Wave,” we have come up with a series of “challenges” for our starters within their rotations. Instead of allowing them to go on cruise control during 6 v 6, we change the challenge throughout the drill.

Beating Giants Part I - Controlling Momentum: Managing Serve Pressure and the Six Side Changes (Beach Court)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: Beach - Intermediate

Featured Speaker:

Steve Anderson, Olympic Gold Medal Winning Coach

Controlling momentum is controlling the score. When you can consistently group points together and simultaneously prevent your opponents from grouping points, you score more points more often and win. Teams have a tendency to give up as many points as they score with unforced errors, low urgency, and lack of concentration. Learning to control momentum allows teams to minimize errors, create a gap in the score and hold it. This session is for coaches who want to know how to manage unforced errors, keep their opponents under pressure, and finish with a strong close. Coaches will learn how to disrupt the opponents passing and setting, protect yourself against unforced errors, and be introduced to successfully managing the six side changes.

The Head/Assistant Coach Relationship (AVCA Theatre – Hall B)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Christy Johnson-Lynch, Iowa State Head Women's Coach

Jen Malcom, Iowa State Associate Head Women's Coach

Tom Hilbert, Colorado State Head Women's Coach

Emily Kohan, Colorado State Associate Head Women's Coach

Ryan Theis, Marquette Head Women's Coach – moderator

How do co-workers handle their working relationships in our ultra-competitive industry? Three Head/Assistant Coach combinations will discuss the ins and outs of their coaching relationships, which includes changes in styles, staff roles, and organization as well as some disagreements and mistakes along the way.

Rallies, Rotations and Racism: An Intersectional Perspective of People of Color in Volleyball
(GCCC C160 - 162)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Karen Weatherington, UNC Charlotte Head Women's Coach

Ray Gooden, Northern Illinois Head Women's Coach

Ashley Preston, New Orleans Head Women's Coach

Verna Julaton, UNC Charlotte Associate Head Women's Coach

Real People, Real Talk! If you have people of color in your life, program, or on your team, join us for this conversation.

Understanding intersectionality is essential to combatting the interwoven prejudices people face in their daily lives. Intersectionality is a framework for conceptualizing a person, group of people, or social problem as affected by situation of discrimination and disadvantages. In this seminar we want to give an account of people's experiences while acknowledging overlapping identities and experiences, to understand the complexity of prejudices they face.

**Back-to-Back National Championships & Four Straight NCAA Championships Appearances:
Culture is Key** (GCCC C170 - 172)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: Mens/Boys - Intermediate

Featured Speaker:

Alan Knipe, Long Beach State Head Men's Coach

The Long Beach State Men's Team put together back to back National Championships in 2018 and 2019, NCAA Semi Finalists in 2016 & 2017. Obviously, they had a talented roster from top to bottom, but ask Alan Knipe what really put them over the edge and he'll say the culture in their gym. In this session Coach Knipe will explain the impact of a good culture on a season and what coaches can do to put their teams in a position to succeed.

**Women in Coaching: A Conversation with Olympic & Paralympic Gold-Medal Winning Coaches -
presented by WeCOACH** (GCCC Short North Ballroom A)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Tama Miyashiro, USAV Women's National Team Assistant Coach

Erin Virtue, USAV Women's National Team Assistant Coach

Michelle Goodall, USAV Women's National Sitting Team Assistant Coach

Cecile Reynaud, WeCOACH Board President - moderator

This will be a discussion of women coaching at various levels. They will explain how each of these three women got their positions with the USA National Teams and what that life has been like over the past Quad.

**Using the Athletes Unlimited Scoring System in your Training Program – presented by Athletes
Unlimited** (GCCC Short North Ballroom B)

Thursday, December 16, 4:15 – 5:15 p.m.

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Cassidy Lichtman, Athletes Unlimited Player Executive Committee Chair

Tayyiba Haneef-Park, Athletes Unlimited Player

Professional volleyball finally made a return to the United States with the premiere of Athletes Unlimited last March. The innovative format of the league includes an athlete-led approach, a weekly re-draft of teams, and a unique scoring system that calculates individual player points based on team wins and individual performances. Some coaches immediately put that system into practice in their own gyms to highlight the ways in which their own players contribute to the team's success.

In this session, players and coaches from Athletes Unlimited's first season, including Cassidy Lichtman and Tayyiba Haneef-Park, will break down how the scoring system was created and what coaches can take away to use with their own teams. They will answer other questions around lessons learned and the future of professional volleyball in the United States.

Super Session: Why We Win & Teammateship Analytics: Measuring What We Value - presented by United States Marine Corps (Hyatt Regency Ballroom – 3rd Floor)

Friday, December 17, 8:30 – 10:30 a.m.

Suggested Audience/Level: All - Intermediate

- **Why We Win** (8:45 – 9:30 a.m.)

Featured Speakers:

Dain Blanton, USC Head Beach Coach

Jen Flynn Oldenburg, Ohio State Head Women's Coach

Dan Friend, Lewis Head Men's Coach

Marie Zidek, DePaul Head Women's Coach

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 across the disciplines of our sport today: Dain Blanton (Beach), Jen Flynn Oldenburg (Women's Indoor) and Dan Friend (Men's Indoor). 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.

- **Teammateship Analytics: Measuring What we Value** (9:45 – 10:30 a.m.)

Featured Speakers:

Sue Enquist, USAV Women's National Team Consultant

Kim Hill, USAV Women's National Team Gold Medalist

Kathy DeBoer, AVCA Executive Director - moderator

Sue Enquist, 11-time NCAA Softball Champion & Consultant to the Gold Medal winning USA Women's Volleyball Team, will share her experiences and what can make a good team great. She will explore relationships between teammates and how to give players ownership.

Organizing and Executing Productive Team and Individual Meetings - presented by the Art of Coaching Volleyball (GCCC C160 - 162)

Friday, December 17, 10:30 – 11:30 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Terry Liskevych, Art of Coaching Founder

Time tested "dos and don'ts" based on 50 years of conducting meetings. This session will discuss: How to organize and conduct successful meetings with your team, staff, parents and with individual players and how best to use a virtual setting (Zoom, Google Hangouts, Skype) to conduct your meeting.

Exhibitor Showcase Session: The Advantage in Modern Recruiting at All Levels - presented by Hudl (GCCC C170 - 172)

Friday, December 17, 10:30 – 11:30 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jalen Reyes, Nebraska Assistant Women's Coach & Recruiting Coordinator

Glenna Bianchin, Carolina Union Volleyball Club Girls National Team Recruiting Coordinator

Cat Dailey Minyard, Northeast Volleyball Club Director

Jess Knecht, Hudl Account Executive - moderator

Jess Knecht, account executive at Hudl, moderates this panel of club and collegiate volleyball personnel discussing how technology separates top organizations on the recruiting trail.

Hit it Hard: Performance Nutrition (GCCC Short North Ballroom A)

Friday, December 17, 10:30 – 11:30 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jackie Buell, PhD, RDN, LDN, CSSD, ATC, LAT, Ohio State Wexner Medical Center Sports Dietician

This presentation aims to help coaches brush up on their knowledge of current evidence-based sports nutrition practices to benefit their athletes. Objectives include:

- 1) Review or expose coaches to the role of energy balance, carbohydrates, protein, and fat in the volleyball athlete's diet.
- 2) Cover testing and appropriate laboratory values of vitamins and minerals of concern in most performance diets.
- 3) Cover educational and athlete trends in nutritional supplementation.

Transgender Student-Athletes: Creating an Inclusive Environment that Helps Student-Athletes be Well to do Well - presented by the Diversity Development Team (GCCC Short North Ballroom B)

Friday, December 17, 10:30 – 11:30 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Molly Peirano, Ohio State Office of Institutional Equity Director of Education and Engagement

Promoting the well-being and inclusion of student-athletes is critical to their success and the success of the program. This session invites you to discuss how we can cultivate a community where coaches, student-athletes, and other program staff of all identities treat one another with dignity and respect. This session will highlight considerations for supporting a student-athlete who is transgender. In discussing the considerations, the attendees will explore an example of Guidelines Regarding Transgender Student-Athlete Participation from The Ohio State University and brainstorm how they may partner with their department of athletics to establish their own guidelines. Attendees will also learn techniques to intervene when a student-athlete is experiencing harm related to any part of their identity and how to respond to student-athletes with care when they seek support.

Mental Fitness: How Skilling Up with Mental Health First Aid Supports a Culture of Well-Being - presented by JVA (GCCC Union Station Ballroom B)

Friday, December 17, 10:30 – 11:30 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Dr. Katie Kilty, Ed.D. | Leadership and Performance Coach | YMHFA Instructor, former college athlete, Co-Founder, WholeHealth Sport

Lynn Hennighausen, MS, National Trainer, Mental Health First Aid, former 2-sport college athlete, Co-Founder, WholeHealth Sport

This season in particular brings unprecedented challenges when it comes to supporting athletes who are commonly dealing with fear, uncertainty, anxiety and the effects of isolation. As coaches, creating a culture of athlete mental wellbeing has never been more important. It isn't about adding one more thing to an already packed plate; it's about learning how to respond to what's already there.

Curated Reality: Or How to Leverage Social Media for Recruiting and NIL (GCCC C160 - 162)

Friday, December 17, 11:45 a.m. – 12:45 p.m.
Suggested Audience/Level: College - Intermediate
Featured Speaker:

Andy Wenstrand, Illinois Director of Volleyball Operations

As recruiting legislation tightens, budgets shrink, and dead-periods last for years at a time, the ability to sell yourself digitally continues to grow. Through this presentation, we will explore ways to turn your program's brand from a news feed to an influencer. Using some of the same tactics and strategies top companies and celebrities use to increase their reach, we'll develop ways to curate reality to increase your exposure to the audience that you need to see it. We will also share how to use these strategies to allow your student-athletes to leverage themselves as brands, boosting their Name Image Likeness (NIL) potential.

Exhibitor Showcase Session: How Brain Training Elevates Skill Training: Neuroscience Secrets to Better Performance - presented by NeuroTrainer (GCCC C170 - 172)

Friday, December 17, 11:45 a.m. – 12:45 p.m.
Suggested Audience/Level: All - Intermediate
Featured Speakers:

Noah Rolland, NeuroTrainer CEO

Renee Saunders, Skutt Catholic High School Head Women's Coach

You've heard that volleyball is 80% mental. You know from experience that it requires mental toughness, and that poor mental performance can derail even the most physically talented.

You spend hours helping your players learn the skills and condition the body, but what about conditioning the mind? Beyond visualization and self-talk, what can you do to give your players an edge? Why has getting players to focus become more challenging in recent years, and what can you do about it?

Neuroscientists and human performance experts have been tackling these questions head on, and there are now tools you can use to dramatically boost focus and give you players an edge "above the neck".

Join 2020 AVCA Co-Coach of the Year and 6-time consecutive state champion coach, Renee Saunders, and Noah Rolland, CEO of NeuroTrainer, as they explore how modern technology is changing the way we learn, and what you can do to improve your team's chances of success in an environment where focus is on the decline. You'll learn what tools you can use right now to start training focus in your athletes, and how to start incorporating brain training seamlessly into your routines.

Coaches from every level will leave this presentation with a better understanding of the impact that improving focus can have on your team's results, and strategies to incorporate brain training into your practice.

Beating Giants Part II - Breaking Into the Next Level: Being the Underdog AND the Team That Plays the Best on the Day (GCCC Short North Ballroom A)

Friday, December 17, 11:45 a.m. – 12:45 p.m.
Suggested Audience/Level: Beach - Intermediate
Featured Speaker:

Steve Anderson, Olympic Gold Medal Winning Coach

Most people believe that the better team always wins. The reality is that the team that plays the best on that day wins. This session explores how to create the mindset, culture, and skills to compete at the highest level and win. Fear, history, biases, and ignorance prevent us from doing the critical work that leads to real results. Breaking into the next level usually has less to do with our opponents and more to do with our limiting beliefs and habits. Once you know the journey, your preparation is more efficient and effective. When your effective preparation meets the opportunity for success, performance flows. This session is for coaches who want their athletes to master their inner game. You will learn the benefits of

being the underdog, and how to manage the mental and emotional game when you are the underdog and become the favorite.

What I Learned about Serving in the Olympics and How We're Translating that to the College Gym - presented by USA Volleyball & Hudl (GCCC Short North Ballroom B)

Friday, December 17, 11:45 a.m. – 12:45 p.m.

Suggested Audience/Level: College - Advanced

Featured Speakers:

Jeff Liu, USAV Women's National Team Performance Analyst & Grand Canyon Assistant Women's Coach

In this session, you will hear about the various serving strategies of Olympic teams, what is applicable to college volleyball, and a few suggested metrics you can use to track the success of your team or individual athletes. Don't miss the opportunity to learn from the coach that was tracking on this live on the sidelines in Tokyo.

Planning and Facilitating a Week of Practice Drills (Mateflex Court 1)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Lauren Steinbrecher, James Madison Head Women's Coach

Mike Henchy, James Madison Associate Head Women's Coach

Charlie Condron, James Madison Assistant Women's Coach

Time is valuable in every coach's life, and training is a priority when it comes to building a program. When developing a training plan, we want to allow time for accumulated action on the most important skills to deliver our desired payoff while also being able to respond to pressing needs from the weekend and find ways to build some fun into practice. We also want to make sure our players know when we are focusing on learning so they can build skill, and when we are focusing on executing so they can compete. In this session, we are going to talk about how we plan our practices throughout the season in about 15 minutes a day and show you some of our favorite drills in 2021.

Skill Training & Correction Part I – Developing a Repeatable Practice Sequence - presented by MasterCoaches (Mateflex Court 2)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Mick Haley, MasterCoaches Co-Founder

Ruth Nelson, MasterCoaches Consultant

Bob Bertucci, MasterCoaches Co-Founder

The first session will be an on court simulated practice. We will demonstrate a condensed typical practice. We will define key terms for learning, develop a sequence that can be used repeatedly, and help coaches develop technical skill knowledge.

Skills Not Drills: Designing an Efficient Practice for Juniors - presented by Beach Nation (Beach Court)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: Beach - Beginner

Featured Speakers:

Kristen Rohr, Grand Canyon Head Beach Coach

Pri Piantadosi-Lima, Optimum Beach Club Director

It's easy to get into the routine of using your go to drills with set objectives and outcomes, especially when you have a large group of athletes or different participants per sessions. When attention is given from the coach on teaching and enhancing the technical skills, the ability to fast-track development independent of

who is on court happens. Coaches will learn how to develop better players through evolving teaching methods, using effective communication and pace of feedback, and designing an efficient practice for juniors from this on-sand session.

An Athlete's Perspective of Coaches: What Helps – What Hurts - presented by USA Volleyball

(AVCA Theatre – Hall B)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Kim Hill, USAV Olympic Gold Medalist

This session will explore the inner workings of athletes and how they perceive coaches. Kim Hill, USAV Olympic Gold Medalist, will discuss her experiences as a player. She will explain how to motivate athletes to get the desired results, and what to avoid.

The Pursuit of Excellence (GCCC C160 - 162)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: All - Advanced

Featured Speakers:

Ryan Hawk, The Learning Leader Show

Over the past five years, Ryan Hawk has published 400+ episodes of his acclaimed podcast, The Learning Leader Show, generating millions of listeners in 156 countries worldwide. Forbes called it “The most dynamic leadership podcast out there.” In each show, Ryan interviews stellar leaders from sports to business, learning best practices about pursuing excellence from the most forward-thinking, successful people around the world.

The most common question Ryan gets is, “What are the commonalities you’ve found in people who sustain excellence? What do they do?” In this speech, Ryan will share the rituals, routines, and behaviors of the world’s most effective leaders.

A Look at the Challenge Review System - presented by PAVO (GCCC C170 - 172)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Kelly Sheffield, Wisconsin Head Women’s Coach

Ray Bechard, Kansas Head Women’s Coach

Katy Meyer, Professional Association of Volleyball Officials Executive Director

Katy Meyer, the Executive Director of Professional Association of Volleyball Officials, will discuss the Challenge Review System and how it is being used at the college level with her panel of coaches. She will break down what can and can’t be challenged, what officials are looking for when they are reviewing footage and what it takes for an official to reverse a call. Katy and the panel will discuss the future of the challenge review system and welcome dialog on how the CRS can work for both coaches and officials.

Our Journey in Volleyball and What we’ve Learned Along the Way (we don’t have it all figured out, FYI) (GCCC Short North Ballroom A)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Erin Virtue, USAV Women’s National Team Assistant Coach

Brad Keller, USC Head Women’s Coach

Nickie Sanlin, McKendree Head Men’s and Women’s Coach

Craig Dyer, Creighton Women’s Assistant Coach

Kevin Hambly, Stanford Head Women’s Coach

Salima Rockwell, Former DI Women’s Assistant Coach - moderator

This will be a panel discussion on the panelists' journey through their coaching careers. Rather than just being a resume review, they will discuss what the individuals on the panel have learned along the way during their coaching career, and how that has shaped their professional and personal lives.

Major Gifts Fundraising Workshop - presented by Coach Raise (GCCC Short North Ballroom B)

Friday, December 17, 1:15 – 2:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Wade Garard, Coach Raise Founder

Julian Moses, Coach Raise Founder

Create meaningful donor relationships that last, by pursuing major gifts in your fundraising process. Learn why Major Gifts are the secret to effective fundraising and developing your programs. We will draw parallels between fundraising and recruiting that make the process more approachable.

Bolstering your Attackers' Toolkit - presented by USA Volleyball (Mateflex Court 1)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Erin Virtue, USAV Women's National Team Assistant Coach

Tama Miyashiro, USAV Women's National Team Assistant Coach

Alfee Reft, USAV Women's National Team Assistant Coach

Fresh off their team's gold medal winning trip to Tokyo, the USA Women's National Team Staff will demonstrate how coaches can maximize the shots that their attackers have in their toolkit. They'll break down the variety of swings and locations that their hitters utilized in Tokyo and how coaches at all levels can train their athletes to diversify their offensive attempts and translate those attempts to kills.

Training Offense and Terminal Attackers in Pressure Situations - presented by JVA (Mateflex Court 2)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: High School/Club - Intermediate

Featured Speaker:

Dan Mader, VCNebraska Associate Director

This session will cover some intermediate to advanced approaches to training attackers to be terminal in pressure situations. It will begin by previewing an offensive system that sets up attackers to be successful, followed by "What If" strategies for individuals when that are faced with troublesome attacking scenarios. The remainder of the session will be drills and themes to prepare the attacker in a practice setting.

Lots of Ways to Slice an Apple: How to Create an Environment that Teaches Athletes on Their Own Terms (Beach Court)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: Beach - Intermediate

Featured Speaker:

Andrew Fuller, Stanford Head Beach Coach

Designing a practice that allows for flexible interpretation and exploration of solving problems within beach volleyball is essential. There are so many ways to be successful in beach volleyball, and in order to celebrate each athlete's individuality, we want to create an environment that gives ownership over their process. Coaches at all levels will learn real world activities and games that will engage athletes in a fun, loose, and upbeat manner from this on-sand session.

Skill Training & Correction Part II – Breaking Down Communication Techniques & Keys for Learning - presented by MasterCoaches (AVCA Theatre – Hall B)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Mick Haley, MasterCoaches Co-Founder

Ruth Nelson, MasterCoaches Consultant

Bob Bertucci, MasterCoaches Co-Founder

Following the on-court session with these four MasterCoaches, they will head to the classroom to explain the rationale for the practical experience. This session will explore communication techniques, keys for learning, developmental training, and maximizing learning with limited time. This session will help provide an explanation of any questions from the on-court session.

Match Management: Preparation, Adjustments & Using Data (GCCC C160 - 162)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Melissa Wolter, West Florida Head Women's Coach

Haley Kindall, West Florida Assistant Women's Coach

This presentation will cover preparing for match day with the practices and meetings leading up to the big day. We will also go over choosing a lineup, in game personnel changes, when to call timeouts and how and when to use data to make decisions about adjustments. We are a brand-new staff, only having worked together since August of 2021. We have had to learn about each other and our team, quickly. This year has presented a lot of unique challenges in needing to be prepared for the unthinkable. We have embraced this and are excited to share some of our processes at the convention.

Winning On and Off the Court: Developing Critical Life Skills With Your Student-Athletes (GCCC C170 - 172)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Cassidy Lichtman, P/ATH Founder & Executive Director

Great coaches have always known that their job requires coaching the human as much as the athlete. As coaches we're trying to navigate that with our student-athletes in an increasingly complicated world with a lot of noise, and most of us have little training in how to do so.

Cassidy Lichtman is a former Stanford All-American, USA National Team member, and member of the USAV board of directors. She is currently the director of P/ATH, a non-profit organization that creates content using the voices of some of the best athletes and coaches across sports to help break down the skills that make us better athletes AND better people. We start with the simple idea that there are two questions all athletes have to ask themselves: How can I be better? How can I help the person next to me be better?

The intangible skills that answer those questions will help our kids succeed both in their sport and when they go out into the world. You will leave this interactive session with a range of ideas and an initial plan around intentionally developing your student-athletes as people both in season and out of season...without taking up too much of your training time.

Growing the Men's Game from Youth to Collegiate (GCCC Short North Ballroom A)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: Mens/Boys - Intermediate

Featured Speakers:

Matt Mihelic, Mount Union Head Men's Coach

Matt Snyder, Everest Volleyball Club Director
Craig Erford, Ohio State Men's Volunteer Assistant

Multiple institutions and athletes nationwide would benefit from the expansion and inclusion of men's volleyball as a varsity sport within their offerings in their Athletic Institutions at all levels: collegiate, high school, and youth. At each level, the game's growth is coming in a big way, and the expansion of opportunities needs to happen at a steady pace at all levels. Attendees will feel inspired and better equipped to launch new programs at all levels after attending this session.

Lessons Learned from a Mid-Major Program After Losing an All-American (GCCC Short North Ballroom B)

Friday, December 17, 2:30 – 3:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Abbey Sutherland, Wisconsin Green Bay Head Women's Coach

Few mid-major programs can sustain a consistent, high level of national success. Most mid-majors are more likely to be on a rollercoaster in regard to being nationally competitive. Generational players can carry a mid-major team to new heights, but in reality, it's hard to recover after their departure. The Green Bay Staff will discuss their journey of finding their new team in spring 2021. They will present their story of what they considered to be a rebuild season, and share the good, the bad, and the ugly.

Training your Team to be Efficient Out-of-System (Mateflex Court 1)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jamie Morrison, League One Volleyball Master Coach

In an ideal world every pass would go to target and every set would be on tempo and on location. That's just not reality though. It's impossible to be in system every time the ball's on your side of the court so training your team to be efficient out-of-system is imperative to winning. In this session Jamie Morrison will demonstrate how he trains his teams to be great setters and attackers in out-of-system situations. Coaches will leave this session understanding the principles of out-of-system offense and how to maximize every touch.

Tier Training in Mass Numbers - presented by JVA (Mateflex Court 2)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: High School/Club - Intermediate

Featured Speaker:

Max Miller, Mintonette Sports Owner & Director

Just because you have a lot of athletes in the gym does not mean you can't have an efficient and effective practice. In this presentation Max Miller will share how his club trains a large number of athletes on a day-to-day basis with 16 teams over 8 courts. He'll highlight typical warm-ups, ball handling series, position training and game-like situations that will maximize touches and keep the energy level high.

Setting: The Better You Set, The Higher Level You Will Play (Beach Court)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: Beach - Intermediate

Featured Speaker:

Pri Piantadosi-Lima, Optimum Beach Club Director & Founder of Beach Volleyball Women's Coaches Alliance

Nicole Christner, S3 Club Coach Director & Founder of Beach Volleyball Women's Coaches Alliance

Karolina Marciniak, Altitude Training Director & Founder of Beach Volleyball Women's Coaches Alliance

Setting is the one skill that can neutralize the game by turning medium hitters into better hitters and good hitters into terminators. The ability to set a ball consistently in location, tempo, height, and transitioning into in-system play determines what level player you are and how much you will solely contribute to your team's offensive success. Coaches will learn the importance of how to contact the ball slowly, set from anywhere on the court with bump or hand setting, and multiple ways on where to face to open up hitting options from this on-sand session.

Semifinal Match Analysis - presented by Hudl (AVCA Theatre – Hall B)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Todd Dagenais, Central Florida Head Women's Coach

Nicki Holmes, Former DI Head Women's Coach

Who is going to win the NCAA championship match? How did they get there? This session will provide an analysis of the two semifinal matches including a review of the strengths and weaknesses of the four semifinal teams as well as a discussion on what to look for when scouting. Based on this analysis, our speakers will then make a prediction of which team will win the championship.

Great Mentors, Key Takeaways, and Gold! - presented by USA Volleyball (GCCC C160 - 162)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Erin Virtue, USAV Women's National Team Assistant Coach + National Team Development Program Director

Over the course of this five year Olympic "quadrennial", I have been lucky to be surrounded by four of the best mentors on the planet: Marv Dunphy, Sue Enquist, Karch Kiraly, and Peter Vint. In this session, I will share some of the key takeaways that not only made me a better person/coach but helped develop our new National Team Development Program AND propel our U.S. Women's National Team toward its first Olympic Gold Medal in history.

Volleyball Family: Comfortable Being Uncomfortable - presented by the Diversity Development Team (GCCC C170 - 172)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Larry Wrather, Fort Valley State Head Men's and Women's Coach

Ed Wrather, Fort Valley State Assistant Men's and Women's Coach

Kenny Rogers, First Point Volleyball Foundation Board Member

In Volleyball, getting comfortable being uncomfortable refers to the growth potential athletes and teams can unlock by going outside their comfort zone and pushing themselves through transitory feelings of being tired, awkward, or out of place.

Learn the compelling story of a two-generation volleyball family and a father and son's unique journeys navigating relationships, race and sport that led them to embrace this powerful coaching technique. Gain insights on how to apply this coaching technique in your gym.

NeuroFuel Mental Training App – Mental Training for your Athletes to Succeed When It Matters

Most (GCCC Short North Ballroom A)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Kirsten Bernthal Booth, Creighton Head Women's Coach

Kim Maroon, NeuroFuel Chief Growth Officer/Head Outreach Team

Dr. Larry Widman, Performance Mountain Co-Founder

When athletes are asked the question “How much of the game is mental?” Usually, they answer something like 40-50%. When asked how much is mental when they are at the service line when the score is 25-26, most will say “95% or more.” But what are you doing as a coach to mentally prepare your players for these big moments? Creighton volleyball aggressively started training the mind in the spring of 2012 with Sports Psychiatrist, Dr. Larry Widman. This included culture training, how to communicate, visualization, meditation, self-talk among other things. When Covid hit, without the ability to do this on their own, they started making recordings for their players—and thus NeuroFuel was born. Come learn about how mental training has impacted the Creighton Bluejays program, ideas for your team, and how NeuroFuel may enhance your program.

Evolution of the Serve/Pass Battle: Passing Strategies and Tactics (GCCC Short North Ballroom B)

Friday, December 17, 3:45 – 4:45 p.m.

Suggested Audience/Level: Mens/Boys - Advanced

Featured Speaker:

JW Kieckhefer, Carthage Head Men’s Coach

As coaches we always talk about the most important skills in volleyball being serving and passing. In this seminar, we will take a quick look into the modern serving trends in men’s volleyball and discuss how they have evolved over the last decade. Then we will take a more in depth look at different passing techniques, strategies and tactics that international and collegiate coaches have developed to stay in system. We all know that the team that serves and passes at a higher level tends to win the match. This seminar will give coaches the right toolbox to adjust their passing formations in their scouting reports and in match situations.

Serve Receive with USAV Women’s National Team - presented by USA Volleyball (Mateflex Court 1)

Saturday, December 18, 9 – 10 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Tama Miyashiro, USAV Women’s National Team Assistant Coach

Covering the USAV WNT serve receive philosophy, technical aspects, systems, and ideas for training. Will discuss the power of good and what that looks like and share some aspects of training that we include daily.

Adaptive Creativity – The Importance of Customizing Drills to Enhance & Excite your Players

(Mateflex Court 2)

Saturday, December 18, 9 – 10 a.m.

Suggested Audience/Level: Mens/Boys - Intermediate

Featured Speaker:

Eric Snyder, Campbellsville Head Men’s Coach

How to use your God given creativity, innovation and fearlessness to customize drills and reduce boredom and repetitiveness. Creating better and more productive drills. Ask; “*What if we change that?*”

This session is designed to help encourage coaches to look at any drill is a different light. And use their creativity and innovation to change an older drill that has been collecting dust on the shelves. Or take a new drill you stole from your friend or saw online...and adapt it to your team & players. My hope is that this demonstration will inspire you to look at every drill in a new light and to never be scared to try something different and unique. Your program will benefit, and your players will certainly appreciate the excitement.

Defense: Understanding and Developing a Blocked Base Defensive System - presented by JVA & Beach Nation (Beach Court)

Saturday, December 18, 9 – 10 a.m.

Suggested Audience/Level: Beach - Beginner

Featured Speakers:

Cameron Sittler, Houston Baptist Head Beach Coach & Assistant Women's Coach

Patty Dodd, Beach Nation Founder

There are plenty of times your blocker will pull from the net and your team is in a two-defender situation. Learn how to better use a two-defender defense. The pros do it, why shouldn't you? Coaches will learn the job of a beach blocker, when and how to switch into a two rear defender defense, and how to maximize this system from this on-sand session.

Where does the Back Row Attack Fit into the Women's Game - presented by Hudl (AVCA Theatre – Hall B)

Saturday, December 18, 9 – 10 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Giuseppe Vinci, Hudl Market Director & BYU Men's Volunteer Assistant Coach

The BIC has been a tried and true offensive option in the men's game for many years, but it's gaining momentum in the women's game. In this session Giuseppe Vinci will break down how coaches can add the back row attack into their offensive system. He'll look at statistics and trends in the women's game to provide coaches with tangible information to use in their gyms.

Max Out Mindset for Volleyball: Preparing the Mind and Your Team for Battle (GCCC C160 - 162)

Saturday, December 18, 9 – 10 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Dr. Larry Widman, MD, Sport Psychiatrist and Elite Mindset Coach

If an individual or team wants to be elite there has to be a solid foundation built. High performers are quick to acknowledge the importance that mindset plays in becoming elite in any endeavor, yet most admit that they don't spend sufficient time working on their mental game. In this seminar I combine the science with personal expertise forged over 20 years in working with the best in the world, to teach you the power of the space, positive psychology and the four legs of elite performance. I will discuss the core mental skills-what I call the building blocks of an elite mindset. We will wrap up by introducing the 4 C's which are the most important ingredients necessary in the development of an elite mindset. Now an individual and a team can put themselves in the best position to max out when it matters the most.

The Enneagram: A Coaches' Guide (GCCC Short North Ballroom A)

Saturday, December 18, 9 – 10 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Meredith Fear, Harding Head Women's Coach

The Enneagram is a great tool for coaches. It can help you get to know yourself, your recruits and your athletes on a deeper level quicker than ever before. The Enneagram helps you understand core motivations, fears, stances, conflict styles and so much more! As coaches, most of us believe we can't treat every athlete the same but sometimes it takes years of relationship building to fully understand what makes an athlete tick. The Enneagram will help you have a fuller understanding of your athletes on a much faster timetable.

Accelerating Culture: What was Learned Creating Culture in 8 Days with the U18 National Team

(GCCC Short North Ballroom B)

Saturday, December 18, 9 – 10 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jamie Morrison, League One Volleyball Master Coach

Jamie Morrison recently led the USA U18 National Team to a bronze medal finish at the FIVB U18 World Championship. The team was selected and practiced for just over a week in July prior to competing against the best in the world. Morrison was tasked with taking players from across the country that hadn't played together and make them a team. Listen in to this session where Morrison will break down how he approached creating a healthy and competitive culture with his team. Coaches will leave this session with insights into how to get their teams to work together to accomplish their goals.

Coaching Using Storytelling – External Feedback in Action (Mateflex Court 1)

Saturday, December 18, 10:15 – 11:15 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jamie Morrison, League One Volleyball Master Coach

Running drills is only a small part of training your team. Coaches need to set up the drill, but then spend the bulk of their time providing actionable feedback. In this session Jamie Morrison will break down how coaches can provide external feedback to their athletes that will help them get quality touches and improve with every practice.

Practice Pyramids: Growth through the Climb (Mateflex Court 2)

Saturday, December 18, 10:15 – 11:15 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Chad Willis, Georgia Southern Head Women's Coach

In this presentation we will discuss the advantages of incorporating pyramid practices into your team's gym. Based on a 3-5 skill focus, we can rep and teach student-athletes how to embrace and accept struggle as a natural prerequisite for mastery and success.

Drills For Your Toolbox: Getting the Most From Your Athletes (Beach Court)

Saturday, December 18, 10:15 – 11:15 a.m.

Suggested Audience/Level: Beach - Intermediate

Featured Speaker:

David Fischer, UNC Wilmington

Make sure you are prepared to quickly evolve your drills and practice plans to suit groups of all sizes at evaluations, camps, clinics or weekly trainings. New drills are great for coaches to spice things up and for athletes to engage in something that is refreshing and challenging. Coaches will learn multiple drills that keep groups active and not waiting in lines, that are athlete-led, and that progress in difficulty from this on-sand session.

Growing Unrest of Student-Athletes Post COVID and How we Move Forward (AVCA Theatre – Hall B)

Saturday, December 18, 10:15 – 11:15 a.m.

Suggested Audience/Level: College - Intermediate

Featured Speakers:

Chelsi Day, Ohio State Sport Psychologist

Heather Olmstead, BYU Head Women's Coach

Laura "Bird" Kuhn, Texas A&M Head Women's Coach

Matt Ulmer, Oregon Head Women's Coach

Todd Dagenais, Central Florida Head Women's Coach - moderator

For nearly two years our athletes have been tried and tested and expected to roll with all the punches COVID threw their way. It's only natural that they are experiencing burnout and frustration which can lead to tension in your program. How do we move forward to help our student athletes while maintaining our own sanity? In this session a panel of coaches along with an Ohio State Sport Psychologist will dive into

their experiences with athletes and in their own friendships and relationships over the past 2 seasons and provide ideas to help your program recalibrate after a tumultuous few years.

Improve Your Drills: Think enhancement rather than addition - presented by Art of Coaching Volleyball (GCCC C160 - 162)

Saturday, December 18, 10:15 – 11:15 a.m.

Suggested Audience/Level: High School/Club - Intermediate

Featured Speakers:

Tod Mattox, The Bishop's School Head Women's Coach

Rather than adding drills to your practice plan menu, it may be both more efficient and effective to make subtle changes that improve your core group of drills. After reviewing the rationale for enhancing rather than adding to your drill menu, this session will identify sixteen ways to improve your favorite drills and games. It will explore adjustments for drills that focus on skill development, as well as changes to your favorite competitive games that you play in practice.

An Aligned Mission: The USMC Influencer Program - presented by the United States Marine Corps (GCCC Short North Ballroom A)

Saturday, December 18, 10:15 – 11:15 a.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Laureen Lokash, Slippery Rock Head Women's Coach

Jim Giacomazzi, Wayland Baptist Head Women's Coach

TBD

Coaches, Educators, and the United States Marine Corps have the development of our nation's youth in common. We are engaged in an aligned mission. During this presentation, the presenting Marine will speak with a panel of coaches about the USMC leadership principles, the USMC Coaches Workshops, and how the United States Marine Corps can be utilized by coaches and educators nationwide.

Just as you make every effort to help the youth of our nation succeed, the Marine Corps strives to help every Marine reach his or her potential. During this panel, the Marines will speak with coaches about the aligned mission of both coaches and the United States Marine Corps. While sharing an overview of the USMC Influencer program, and how with the support of AVCA and its coaches, we will continue to work together to ensure the success of our youth.

Flourishing or Surviving? How to Successfully Navigate your Athletes through the Recruiting Process - presented by JVA (GCCC Short North Ballroom B)

Saturday, December 18, 10:15 – 11:15 a.m.

Suggested Audience/Level: High School/Club - Intermediate

Featured Speaker:

Glenna Bianchin, Carolina Union Volleyball Club Girls National Team Recruiting Coordinator

How is your club handling the recruiting process with your athletes through many challenges and changes in the recruiting landscape? We will be discussing the last two years and the variables that have changed the process for the next few years. These variable include COVID, NCAA Eligibility waivers, transfer portal and no communication with sophomores until June 15th of sophomore year.

Each club is going to have its own process for each athlete. We all have different types and levels of players so this is not a one size fits all discussion. By discussing some scenarios, we hope to guide and provide ideas that clubs can apply to their process and hopefully help their athletes navigate recruiting today. We all want our recruitable athletes to have this opportunity so let's discuss how can we guide them in their path.

Training and Incorporating Defensive Tactics (Mateflex Court 1)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Dave Shondell, Purdue Head Women's Coach

John Shondell, Purdue Associate Head Women's Coach

In this session the Purdue University staff will dive into how coaches can develop a defensive system to fit their team. They will explain different defensive systems and the criteria needed to choose. Then Dave and John will showcase defensive drills that coaches can use to get their defense performing at the highest level.

Training Youth for the FUTURE – Utilizing an Innovative Kidz-Centered Approach (Mateflex Court 2)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: Youth - Beginner

Featured Speaker:

Ruth Nelson, BYOP® Bring Your Own Parent – GoKids Youth Sports™ Founder

This on-court demonstration will provide not only a unique and successful methodology for teaching but also ways to assist kidz 10-and-under to experience how learning can be FUN ... even though it may be challenging at times. As teachers and coaches, our mission is to help kidz develop the basic fundamental volleyball skills and movement patterns for immediate success. An effective learning environment with our passion and love for the sport will lead to quicker and more positive results. This creative and innovative approach to teaching our kidz also includes engaging their parents in the journey.

Come see this successful kidz-centered approach in action and how it assists each player and their parents to develop not only their skills but also their relationships. BYOP® (Bring Your Own Parent) and GoKidz Youth Sports™ will be introduced as well as how BYOP® 101 and the Home Training Program Series™ online courses that enhance these programs. The virtual RNN Sports Gym™ will also be presented which provides information, videos, equipment, and history for anyone teaching this age group.

Indoor to Beach: How Do We Create an Environment for Success and Enjoyment for Players

(Beach Court)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: Beach - Beginner

Featured Speaker:

Cameron Sitler, Houston Baptist Head Beach Coach & Assistant Women's Coach

To retain players in beach volleyball, strategies must be found to help them overcome these obstacles. Quicker success leads to greater retention. The subtleties and sophistication will come with experience, but first they need strong fundamentals, better conditioning, and to be shown how to make good decisions.

Many of the players who transition to beach volleyball have an in-depth background in indoor volleyball. We do not have to reinvent the wheel. We only need subtle shifts away from their indoor habits to enable a quicker transition. Examples of this are spacing on the court, the targets for sets and first contact, and small, but significant tweaks to their indoor skills.

Coaches will learn about the challenges players will face transitioning to beach, issues you can expect most players to face right away, and keys to quick success in the sand.

Maximizing Your Stars and Dealing with Your "C" Performers (GCCC C160 – 162)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: College - Intermediate

Featured Speakers:

Beth Launiere, Utah Head Women's Coach

Leo Hopf, TeamHopf Management Consultant

Join Beth and Leo as they discuss how to get the most out of your stars and how to minimize the harm from your “C” performers. Think of stars as the top 5-10% of your staff and players and “C” performers as the bottom 5-10%. Stars need to be pushed to failure, and be taught to recover once they do. Failure to do so will turn a potential star into simply a top performer. You only get so many stars, and you must develop them to their fullest potential. The cost of “C” performers (both staff or players) is far higher than you think. The fact that they do their own job poorly is only the tip of the iceberg of their impact on your program and may be many times more damaging than their own poor performance.

Good Execution – Knowledge, Skills & Sound Decisions (GCCC C160 - 162)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All - Advanced

Featured Speakers:

Jim McLaughlin, AVCA Hall of Fame & Former Washington Women’s Head Coach

What is good execution? In this session AVCA Hall of Famer Jim McLaughlin will break down the importance of athletes and coaches being able to execute. He’ll discuss how to train your athletes to make the good decisions that lead to executing when it matters most.

McLaughlin holds the distinction of being the only coach to win both Division I men’s and women’s volleyball championships. He won a title on the men’s side with the University of Southern California in 1990 and reached the pinnacle with the Washington women’s team in 2005. In this session coaches will learn how good execution was a key in his path to win.

10 Lessons from the Greatest Minds in the Game (GCCC C170 - 172)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Emily Hawthorne, The Academy Volleyball Club Executive Director

In this session, coaches will gain insight into the minds of some of volleyball’s top coaches. With decades of experience, these leaders have proven themselves in the volleyball industry and have shared what has made their programs, teams, and careers successful. Learn how to implement these lessons, as you take your game to the next level.

How to Transfer the Love of the Game: A Panel on Developing Volleyball in Urban Areas (GCCC Short North Ballroom A)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All - Beginner

Featured Speakers:

Jason Demas, Queensborough Community College Head Women’s Coach

Gerry Mattacota, AVCA Hall of Fame

Ray Bello, NJIT Assistant Women’s Coach

Terry Lynch, Bayside Volleyball Club Director

Marco Altieri, Wagner High School Head Women’s Coach & Richmond VBC

In this session attendees will get to be a part of a discussion on how to grow the game of volleyball in urban areas. Panelists will discuss growth on all levels and how to create opportunities for under privileged athletes. Participants will receive a blueprint on how to grow the game in urban areas on multiple levels. They will learn about techniques on expanding with limited funds. Plus, there will be time to network and discuss what is and what is not working in different parts of the country.

Making Coaching Evaluations Productive (GCCC Short North Ballroom B)

Saturday, December 18, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Becky Schmidt, Hope Head Women’s Coach

Many athletic departments utilize a formal method of collecting student-athlete feedback to evaluate their coaches at their end of the season. Very few coaches that I know enjoy the process of reviewing those evaluations – even after successful seasons. This session will provide coaches with perspectives on coaching evaluations that make them feel less threatening and more constructive, strategies for addressing the most common concerns voiced by student-athletes, and recommendations for developing tools that measure what is most important. This presentation will, in large part, draw from personal experience with unproductive interpretations of student-athlete feedback and how dealing with it constructively led to an improved team culture.

Developing Championship Culture – presented by 431 Sports (GCCC C160 - 162)

Saturday, December 18, 12:45 – 1:45 p.m.

Suggested Audience/Level: High School/Club - Advanced

Featured Speaker:

Greg Dale, Duke Director of Sport Psychology and Leadership

Most people have heard some variation of the quote, "Culture will eat strategy for lunch every day." The reality is that culture is likely to eat strategy for dinner and breakfast as well. Unfortunately, some coaches don't buy into it and miss an opportunity to help teams reach their full potential. This workshop is designed to provide coaches with specific strategies to establish and maintain a consistently healthy and high performing culture.

Blocking Systems of the Tokyo Olympics: Analyzing How Teams Attempted to Contain the World's Most Potent Offense (GCCC C170 - 172)

Saturday, December 18, 12:45 – 1:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Nick Vogel, DePaul Assistant Women's Coach

Kaitlin Nielsen, Kansas Assistant Women's Coach

In this seminar, we will take a deep dive into the various blocking systems of several women's national teams as they faced off against Team USA during the Tokyo 2020 Olympics. Throughout this panel, we'll identify the different blocking systems that each team utilized against Team USA and discuss the pros and cons of each. Furthermore, we will delve into the application of these systems to a variety of different levels of play ranging from high school to club to college and beyond.

So You are Coaching a Beach Volleyball Team! - presented by Beach Nation (GCCC Short North Ballroom A)

Saturday, December 18, 12:45 – 1:45 p.m.

Suggested Audience/Level: Beach - Advanced

Featured Speakers:

David Fischer, Associate Head Beach & Indoor Coach at UNC Wilmington

Whether you are new or have been coaching for some time there is always something to learn or explore about managing your team. This is an open discussion and Q&A session where coaches will learn about practice planning, recruiting, creating and managing partnerships, scheduling and anything else that goes into coaching a beach volleyball team.

Coaching Youth Sports - Guidelines to Ensure the Development of High School Athletes (GCCC Short North Ballroom B)

Saturday, December 18, 12:45 – 1:45 p.m.

Suggested Audience/Level: High School/Club - Intermediate

Featured Speaker:

Charlie Sullivan, Springfield College Head Men's Coach

Charlie Sullivan has written a book geared toward educating youth sport coaches. In this session he'll dive into what coaches need to know to get their youth players set up to succeed! He'll provide a blueprint that club directors can use to train their coaches to get the most out of their athletes. Coaches will leave this session with an understanding of how to most effectively and efficiently train and what makes the most impact.

Exhibitor Showcase Session: How to Win More, Play Better & Recover Faster with Yoga, Breathwork and Meditation – presented by Yoga Athletix (GCCC Union Station Ballroom C)

Saturday, December 18, 12:45 – 1:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Kalynn Evans, Yoga Athletix Co-Founder

Patricia Bomar, Yoga Athletix Co-Founder

Fewer injuries means more playing time for your players and more wins for your team. Incorporating recovery designed specifically for athletes can prevent injuries, keeping your team healthy and winning. In this session coaches will:

- Learn how yoga benefits athletes physically and mentally and why you need to incorporate it into your team's training to increase performance and prevent injury.
- Learn how best to incorporate recovery methods into your team's training schedule based on periodization.
- Learn how to easily incorporate recovery into your current training program without losing court space, wasting time scheduling, hiring extra staff, or creating additional programming.
- Leave with a new outlook on the possibilities that yoga provides your team.

Former Olympic Coaches Analyze Trends from Tokyo and How Coaches can Apply these Lessons in their Gyms - presented by MasterCoaches (GCCC C160 - 162)

Saturday, December 18, 2 – 3 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Jamie Morrison, League One Volleyball Master Coach

Erin Virtue, USAV Women's National Team Assistant Coach

Nate Ngo, USAV Men's National Team Technical Coordinator

Mick Haley, MasterCoaches Co-Founder

Ruth Nelson, MasterCoaches Consultant

Bob Bertucci, MasterCoaches Co-Founder

Doug Beal, Former USAV CEO - moderator

There are lessons to be learned from the Tokyo Olympics. In this session a panel of former Olympic coaches will break down what they thought about the performances of the Olympic teams as they watched from the comfort of their homes. They will discuss what trends they think translate to college and high school programs and how coaches can train their athletes to compete like Olympians.

Building and Maintaining a Successful Program (GCCC C170 - 172)

Saturday, December 18, 2 – 3 p.m.

Suggested Audience/Level: High School/Club - Intermediate

Featured Speakers:

Renee Saunders, Skutt Catholic High School Head Women's Coach

Culture is a buzz word these days, but what does it look like and how do we foster it? This presentation explores ways to cultivate culture in your program. You will define success then explore your vision, expectations, and methodology to achieve your goals.

Stay in the Game: Improve Your Player's Body Power Production to Improve Their Performance (GCCC Short North Ballroom A)

Saturday, December 18, 2 – 3 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Charlie Domnisch, Ohio State University Wexner Medical Center Sports Medicine Physical Therapist
Meghan Hubbell, Ohio State University Wexner Medical Center Physical Therapy Assistant/Athletic Trainer

Lower extremity and core power are integral to success for volleyball athletes. Athletes who lack overall leg and core drive rely on compensatory movements, potentially leading to decreased performance and increased injury risk. We will dive into performance principles central to strength and power development, and layout framework for an effective starter program which can be implemented in your gym.

Simplify Your System: How Breaking Down Your Defense and Skill Work Prevent Them from Breaking Down (GCCC Short North Ballroom B)

Saturday, December 18, 2 – 3 p.m.

Suggested Audience/Level: Mens/Boys - Intermediate

Featured Speaker:

Kyle Shondell, Indiana Tech Head Men's Coach (2021 WHAC Coach of the Year)

Will Dowdy, Trine Head Men's Volleyball Coach (2021 AVCA NAIA Assistant Coach of the Year)

Volleyball athletes are capable of incredible things, but over-complicated systems and training methods tend to distract from a player's abilities. From youth training through college, a simplified and broken-down progression-style training method may be the best for your gym.

In skill development, overloading a player with too much information or too many tasks at a time doesn't allow for a lot of skill growth. Often-times, a player sees a skill like serve receive as complicated and difficult. When training it in a broken-down progression, not only will you see real improvement in your player, but you'll see their confidence grow as they identify the simplistic nature of every skill.

In offensive and defensive systems, while you should always cater a system to your personnel, the same is generally true – the less complicated the better. Hear how Kyle and Will employed a basic defensive system in creating the best defense in the NAIA, statistically speaking, and how it could work for you.

Exhibitor Showcase Session: Connecting the Dots: How VolleyStation is Changing the Way Elite College and International Teams Scout and Analyze - presented by Volley Station (GCCC Union Station Ballroom C)

Saturday, December 18, 2 – 3 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Brian Hurler, Stanford Women's Technical Coordinator

Iwo Wagner, Volley Station Head of Sales

In this presentation, we will analyze a single team by using statistical reports, diagrams, and videos. We will walk through workflows that leverage location data which allow coaches to see more than ever before using heat maps and plotting. This will include looking at an individual player, position-based, and team analysis. Additionally, we will talk about the power of using setter calls to analyze distribution and setter tendencies.

Taking Ownership of your Practice (GCCC C160 - 162)

Saturday, December 18, 3:15 – 4:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Michelle Jakubowski, Barrington High School Head Women's Coach

This presentation will discuss how coaches can get their players to take ownership of their own practice plans and team rules. It will show different ways to practice plan to promote player and coach involvement.

The 5 Set Practice Plan (GCCC C170 - 172)

Saturday, December 18, 3:15 – 4:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Tamika Newman, Grit and Grind Athletics LLC CEO

Coaches will learn how to recognize trends in a set or match as well as KPI (Key Performance Indicators). Coaches will learn how to help Players improve risk management in their decision making and staying present in a set. Coaches will gain valuable information from my research and be able to develop their own version of this plan which will help their athletes reach optimal performance.

The Rise of Girls Clubs and the Journey Through College - presented by JVA & Beach Nation

(GCCC Short North Ballroom A)

Saturday, December 18, 3:15 – 4:15 p.m.

Suggested Audience/Level: Beach - Intermediate

Featured Speakers:

Jeff Smith, BVCA Series Owner & 692 Beach Director

Patty Dodd, Beach Nation Founder

Cameron Sitler, Houston Baptist Head Beach Coach & Assistant Women's Coach

It's our job as coaches to prepare athletes for the next level and the collegiate journey. Girls' clubs have continued to develop at a rapid pace across the country. Learn the benefits of the club versus club model, how to evolve your players in different tiers, and what is essential for the collegiate journey from this classroom session.

It's a Mental Thing: Strategies for Helping your Players Improve their Mental Toughness (GCCC Short North Ballroom B)

Saturday, December 18, 3:15 – 4:15 p.m.

Suggested Audience/Level: All - Advanced

Featured Speaker:

Greg Dale, Duke Director of Sport Psychology and Leadership

When asked, volleyball players say their success or failure often comes down to their mental game. This workshop is designed to provide coaches with specific strategies they can use to help players have a more consistent approach to their mental game. In particular, topics to be covered include quality practice, moving on from failure, managing pressure and stress and being a good teammate.

Closing Session - The Art of Coaching: Strategies for Developing More Confident and Coachable Athletes (GCCC Short North Ballroom B)

Saturday, December 18, 4:30 – 5:30 p.m.

Suggested Audience/Level: All - Advanced

Featured Speaker:

Greg Dale, Duke Director of Sport Psychology and Leadership

The science of coaching is critical and coaches must have a solid understanding of the technical aspects of volleyball. However, much of coaching success lies in the areas outside of x's and o's and on the court execution. It involves the art of coaching. This workshop will provide coaches the strategies they need to improve in this area of coaching. Specific topics to be addressed include strategies for establishing credibility as a coach, effective communication and motivation techniques, sound practices for handling disciplinary situations and the ability to balance accountability and empathy.