

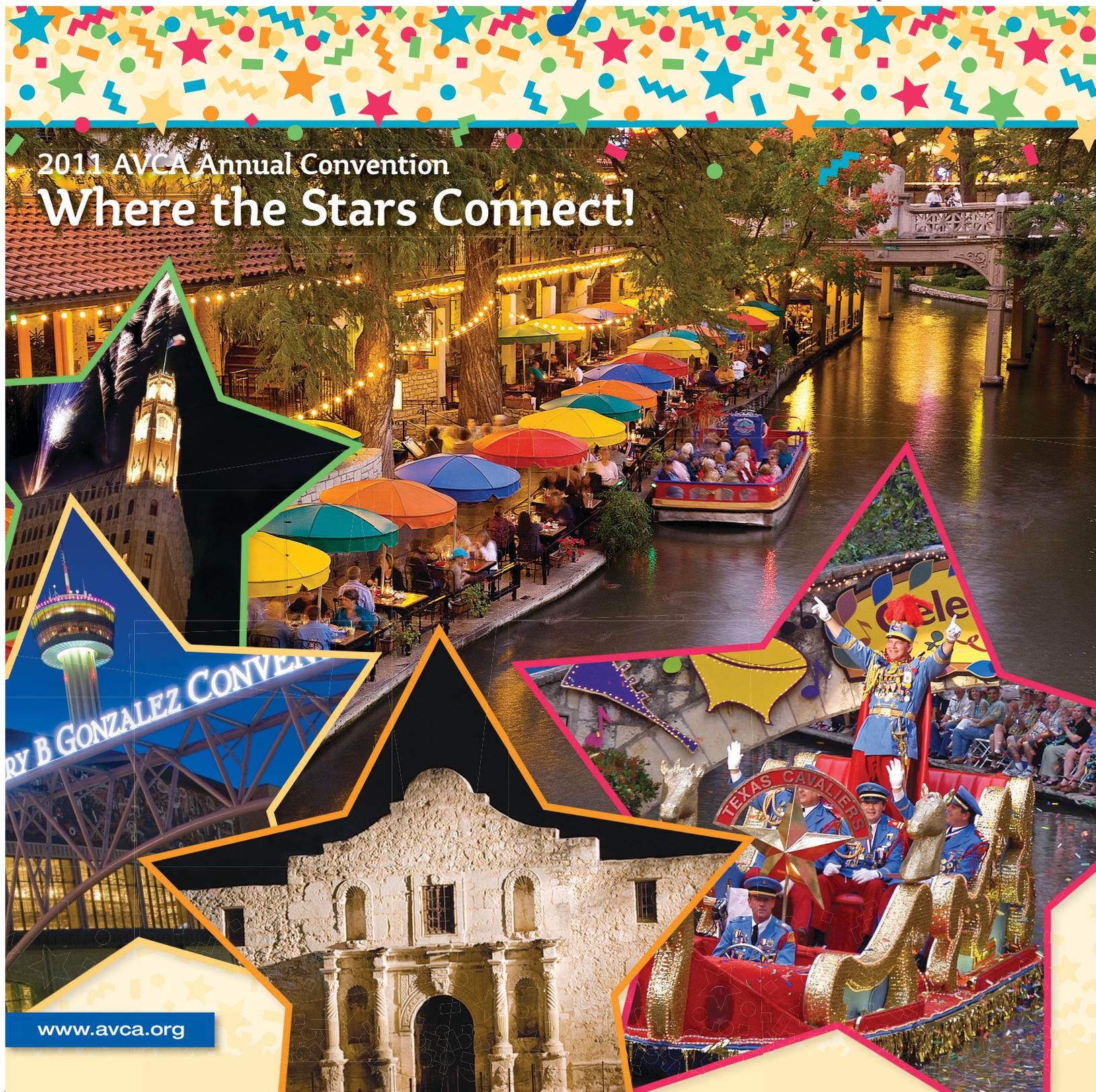
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Volleyball

August/September 2011

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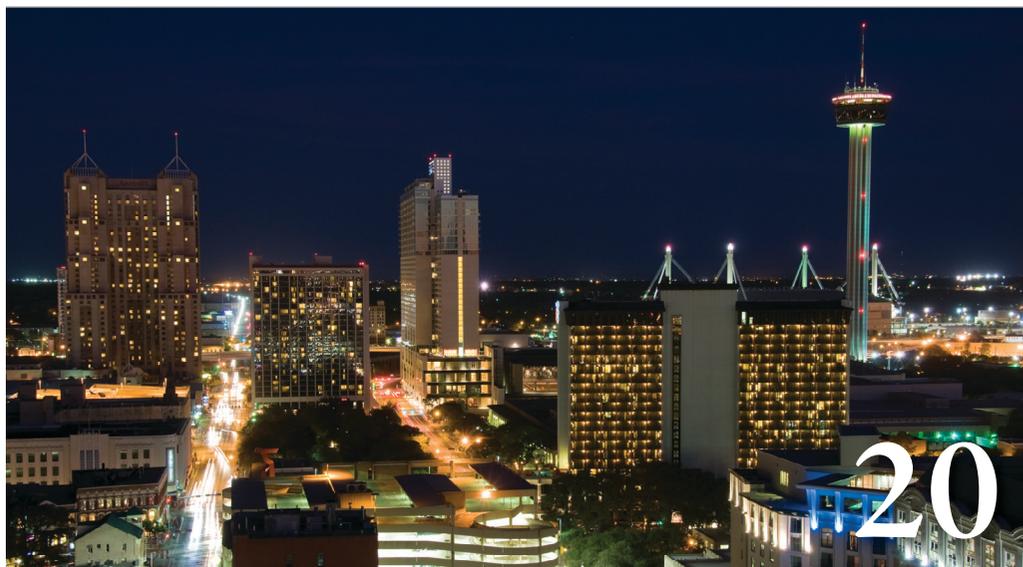
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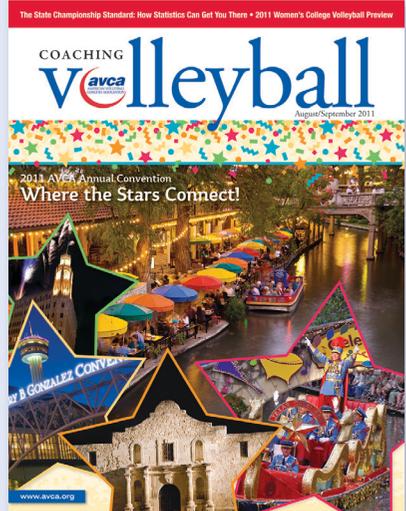
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On the Cover

The AVCA Annual Convention is coming to San Antonio this December! With over 70 educational sessions, numerous networking opportunities, the largest volleyball-specific exhibit show in the country and the NCAA Division I Women's Volleyball Championship, this is definitely an event you don't want to miss!

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1					1.0
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From the Desk of:

By Robert Patrick

A question that I am often asked by my non-volleyball friends is what I do in the off-season. They understand that during the season we are practicing, traveling and competing seven days a week, and that during the months of August through December our free time is just about non-existent. I have missed reunions, weddings and other friend and family events during this time, but it is foreign to people as to what occupies our time from January through August.

Eight months ago we started our off-season practices. Implementing new skills and techniques to our players and teams takes most of our time. This is interspersed with weekend matches to see some interim results. Most of us have just completed our summer volleyball camps at our respective schools and many have also traveled to work at high school and club camps. We also take time to put on high school coaches clinics. Sure, we are compensated for our time and energy for most of these activities, but we are affecting our sport in immeasurable ways.

As important as the time we have spent helping develop young volleyball athletes and spending time mentoring young coaches, we actually have a responsibility



to continue growing our respective collegiate teams. We have spent the first four to five months of this off-season improving our team in the weight room and the gym. I have calculated that my staff and I have flown or driven over 25,000 miles recruiting at club practices and tournaments this year. We have spent hours speaking to club coaches and writing letters and emails to our recruits. Now we get to see the results of all our efforts that we put in this off-season.

Now the summer is over and the women's collegiate volleyball season is here. Many of our players have sacrificed their summers by attending summer school, working out with their respective strength coaches and playing open gym on their campuses.

We just finished traveling from Tampa to Atlanta recruiting, and then jumped right into our summer volleyball camp circuit. Players and coaches have their reasons for putting in the countless hours to get ready for the four-month season. Mostly we are competitive and enjoy the matchups of our team with our opponents. We coaches enjoy the adrenaline rush of matching wits with our coaching brethren.

The question is, did we do enough this off-season to reach our goals? Will our incoming recruits help us in the ways that we envisioned? Are we prepared for the unexpected items that always pop up during our seasons? Was it worth all the effort and sacrifices that the players and coaches have put in this summer? None of us will know this answer for another few months, but I do know that if we did not sacrifice and work hard this off-season, we would have no chance of reaching our dreams.

Ready or not the season has begun ... good luck to everyone!

Our Game

By Kathy DeBoer

August is the time of new beginnings; players transition to new classes and age groups, team roles and chemistry change, coaches hunt to replace stars and look for ways to integrate newcomers.

The nature of competitive work is that the bar for measuring success is always higher than it was the season before: those who won championships must, at minimum, repeat, those who didn't must win this year, those who under-achieved get a new start, but must, at minimum, improve their results.

We sign up for this activity. No one forces us to engage in a competitive event as a livelihood or a hobby. We do it because striving to win exhilarates us and the possibility of failure motivates us. We also do it because it makes us feel as if, in some small yet significant way, we are making a difference in the lives of others.

We look at our work at the AVCA the same way. We consider each year a new season and set higher expectations for success than we met the previous year. Coaching metrics are wins, retention of talent and, if you are in a school system, team GPA and graduation rate. AVCA metrics are membership, event attendance and sponsorship.



The last fiscal year was a championship one for the AVCA: membership topped 5,200, Convention/Spring Conference/Clinic attendance topped 2,500 and sponsorship/advertising topped \$450,000, all record-setting numbers for our association! So, as you know all too well, the question as of July 1 was, "What will you do this year?"



At our spring meeting the AVCA Board of Directors called for several new initiatives:

1. Develop *Understanding Volleyball* teaching videos: the increase in the number of televised matches shown on conference and institutional television networks gives us an opportunity to teach the casual, channel-surfing fan about our game. We must use these new exposures to attract new fans.
2. Expand services and outreach to the club community: the AVCA signed a three-year contract extension with the JVA and will work with them to extend educational programming to AAU volleyball coaches. We will also invite USAV Region Junior representatives to attend the AVCA Convention to evaluate the experience for benefits to club coaches.
3. Create more mobile and online content: we are planning two bonus issues of *Coaching Volleyball*, and increasing the issues of *Phenom* from two to six.
4. Work with the NCAA and USAV to offer a coaches clinic at the first NCAA Men's DIII Championship in 2012.
5. Support the growth of Sand Volleyball by a) developing a Sand Volleyball membership, b) starting an awards program, and c) plan a National Collegiate Sand Championship in May of 2012.

Our challenge continues to be finding the best way to communicate with you in the manner you prefer. Some of you find text messaging easiest, others don't have this option in their data plan; some favor a phone call, others email, and still others printed correspondence. Some of you look up everything on the AVCA website; others can't find the website, much less anything on it. A growing number of you use social media for all communication, yet a significant number of you consider this medium dangerous or a passing fad.



I have a slide that I use when talking to groups about the AVCA. It contains three pictures: Sergeant Schultz, Jerry Seinfeld and Kelly Clarkson. The images represent popular TV shows from the last three decades, all decades which have produced a good number of volleyball coaches who are active members of the AVCA. Your affinity for TV characters does not correspond in a linear fashion with your preferred methods of communication, but the time span and changes in mediums for correspondence during that time give you an appreciation for our dilemma.

All that said, it is an exciting time to be working in volleyball and we, as a staff, are regularly delighted by your generous investment of time, expertise and hard-earned funds in the betterment of our profession.

Best wishes for success, whatever it looks like, in the upcoming season.

On the Court



Father's Story Inspires Tech Volleyball Player

Monique Mead is tired, but she is definitely not complaining.

In February, the junior co-captain of Georgia Tech's women's volleyball team spent a week in Colorado Springs competing against more than 200 of the top collegiate volleyball players in the country.

Her performance there earned her the right to play for the U.S. Volleyball Women's National A2 Program in Dallas during the last week of May. Now that summer has arrived, she's back with her Yellow Jacket teammates, participating in 6 a.m. workouts and taking summer school classes, preparing for the upcoming season and working towards her marketing degree in Tech's Business Management program.

"Playing with the National Team was a lot of fun, and a great experience," said Mead. "But I'm also glad to be back in Atlanta with my teammates. It's tough balancing sports, class work, and a social life at a school like Tech, but it's possible. You just have to stay focused. The members of our team—we're all best friends. We basically spend all of our time together. We're very close, and that should definitely help our team chemistry next season."

Tech's Women's Volleyball Team is coming off an 18-14 season (11-9 in the ACC), and Mead is the top returning starter. She was ACC Freshman of the Year in 2009, an All-ACC player and an AVCA honorable mention All-American. Along with senior Bailey Hunter, Mead gives Tech optimism for the coming season.

"I expect our team to be improved next year," said Mead. "We've worked hard this spring. It has been tough on everyone, mentally and physically, but it should make us better next season. I think we have a chance to win the conference championship, and that is our goal."

As for her personal goals, Mead said she hopes to play pro volleyball overseas after

graduation. "The sport is a lot more popular in Europe than it is here in the States," said Mead. "You can make a living doing it, and it's a great way to travel and see the world."

Mead also said she would love to compete with the U.S. Olympic team, "if the opportunity arose." She wouldn't be the first member of her family to represent her country in international competition. Her father Al Mead won a gold medal in the 1988 Paralympic Games in Seoul, then followed that up with a silver medal at Barcelona in 1992.

"He lost his leg in a childhood accident," said Mead. "But that didn't stop him."

In addition to winning the gold and silver medals, he was a 14-time national champion in long jump and high jump, and also held the world record in the 100 meters from 1982-1988. In 2006 he became the first paralympic athlete to be inducted in the Georgia Sports Hall of Fame.

Monique Mead, a multi-sport athlete as a child, suffered a serious injury of her own at the age of 14. The doctors advised her to limit her activities and select a single sport to focus on. She chose volleyball, and the rest is history.

"My dad always encourages me, always says the right thing," said Mead. "And of course his own story is inspiring. It helps me to know I can overcome anything."

Mead and the Georgia Tech Women's Volleyball Team open the 2011 season at home against Kansas State on August 26, as part of the Georgia Tech Courtyard Classic. The tournament also includes teams from Louisville and Tennessee Tech. The Lady Jackets will begin their quest for an ACC title at Clemson on September 16.

—Article courtesy *MidtownPatch.com*

Ryan Wolf Wins Elite 88 Award for NCAA Division I Men's Volleyball Championship

Penn State men's volleyball player, junior Ryan Wolf (York, Pa.) was the recipient of the Elite 88 award for the 2011 NCAA Division I Men's Volleyball Championship. Wolf, who carries a 3.821 grade point average (GPA), is working towards a master's in accounting.

The Elite 88, an award founded by the NCAA, recognizes the true essence of the student-athlete by honoring the individual



who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The Elite 88 is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's championships.

Eligible student-athletes are sophomores or above who have participated in their sport for at least two years with their school. They must be an active member of the team, traveling and a designated member of the squad size at the championship. All ties are broken by the number of credits completed.

—Article courtesy *Penn State athletics*

Volleyball Star is on the Path to Recovery

Stacy Sykora does not remember the rainy April night when the bus carrying her Vôlei Futuro volleyball team overturned just yards from the gym where the women were to play.

Brazilian news reports from the accident scene just outside São Paulo said the three-time United States Olympian did not appear seriously injured. Though Sykora briefly passed out, she had only a small cut on her face and it looked as if she was being taken to the hospital merely as a precaution.

That outlook quickly changed.

By the time the ambulance reached the Sírío-Libanés Hospital, Sykora's breathing had become labored and she had slipped into critical condition. She was admitted and doctors determined she had a serious head injury, with bleeding and swelling on the left side of her brain. The trauma put her in intensive care for a week and has cast

doubt on whether she will be able to compete at the 2012 London Olympics.

"I am doing better each and every day," said Sykora, now in Southern California continuing her rehabilitation. "I am excited to be alive. I am excited that I am getting stronger physically and mentally, but I know there is still a lot of work to be done."

Sykora's mother and sister flew to Brazil to be with her, and news of her plight spread quickly in the tight-knit international volleyball community. Fans on Twitter and Facebook added "Força Stacy" in their posts about her, using the Portuguese word for strength.

It was an especially tense time for her fellow national team players. The setter Lindsey Berg wrote SYKO on her taped fingers while playing professionally in Italy, and the outside hitter Logan Tom rushed to Sykora's side.

Sykora was captured by a Brazilian television crew smiling and laughing in a rehabilitation center about three weeks after the accident. Her doctors there, who said there

was no sign of permanent brain damage, credited her fitness as an athlete for speeding her recovery.

She was discharged from the hospital on May 6.

Sykora, a 5-foot-10 libero, joined the national team in 1999 and played for the United States at the 2000, 2004 and 2008 Olympics, helping the American women win the silver medal at the Beijing Games.

"I am spending three days a week at the hospital working on specific brain-injury deficits (for example, some of the minor issues I am having with my vision, cognitive memory and so on)," she wrote. "The other days of the week I am with my team in Anaheim and working with the sports medicine staff here. All in all I am getting the gamut of therapy and can tell it is helping every day! I remain patient and optimistic, but as you can imagine as an Olympian, it is hard to be patient and away from the sport that you love so much."

Berg said Sykora was an inspiration to her teammates.

"Even now, she's with us every day even though she can't play — and it's so frustrating to her — but she's still here with us every day in the gym. And I think that just shows who she really is," Berg said. "She's someone I couldn't imagine not having in my life. She's all around an incredible person."

Doug Beal, the USA Volleyball chief executive, released a statement supporting Sykora, calling her "an iconic member" of the national team and "a key member of the team as it competes to qualify for the 2012 Olympic Games."

It is too early to tell whether Sykora will be able to play as her team makes the final push to qualify for next year's London Olympics, and indeed, right now it is the least of her concerns. But an eventual return to the sport she loves remains a key goal.

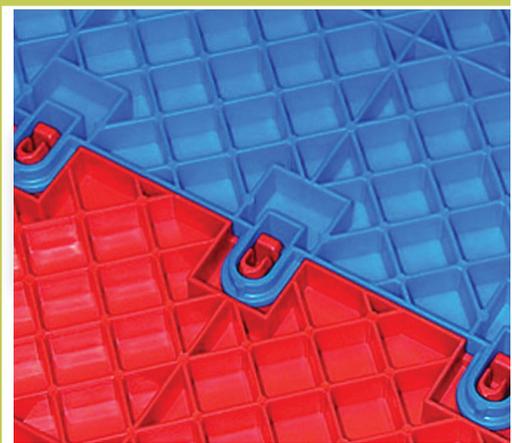
—Article courtesy *New York Times*



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Review of Three Books on Talent

By Kyle Mashima

In my previous review I posed the question: How does Hawai'i produce so many great volleyball players from such a small population? Before I try to answer this question, I'd like to lead with a quick synopsis of three books that I believe get at the answer. They are: *Talent is Overrated*, *The Talent Code* and *Outliers*.

I think of these books as different shades of the same color. They all conclude that hard work and deliberate practice are the keys to success—that “natural talent” is overrated. The “gift” isn't the talent; the talent is perseverance. I think conventional wisdom embraces the notion of the “gift” because it makes it easier to rationalize why we aren't as successful as some world-class so-and-so.

One thought before going further into the review: If you don't own a Kindle, you can download Kindle software to your computer or iPad and quickly get free sample copies of these books. They provide about 30 pages, which is enough to help you decide if you want to buy the book.

Here's a quick summary:

Outliers: The Story of Success by Malcolm Gladwell: 10,000 hours and 10 years of focused practice or training along with being in the right place at the right time leads to outstanding success.

The Talent Code: Greatness Isn't Born. It's Grown. Here's How by Daniel Coyle: Practice is key, combined with being in a training “hot bed”—a place where people live and breathe the activity to master. This book also looks at the neuroscience of “myelination”—the growth of insulating sheaths around nerve bundles that speed the processing of specific skills.

Talent is Overrated: What Really Separates World-Class Performers from Everybody Else

by Geoff Colvin: The common denominator of success is focused, sometimes painful, practice at the edge of our abilities. The Hungarian chess masters is an unforgettable example of practice makes perfect.

These books reinforce the notion of “mindful” repetition—being aware and focused as you train to learn a skill. It's not good enough to do 10,000 repetitions. You must do it correctly by engaging your brain in the process.

In *Talent is Overrated*, Colvin describes how a Hungarian scientist in the '60s decided to do the ultimate test. He put a want ad in the paper saying he wanted to marry a woman who would be willing to have children with him and teach them some specific skill. Surprisingly, a Ukrainian woman answered the ad and the couple had three girls. They decided to teach the girls chess even though neither parent had much expertise. They home schooled the girls and the girls learned chess from a very early age. All three

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girls become world-class chess players. The brightest daughter was the least successful because she had the lowest passion for chess.

But how do you do 10,000 hours of deliberate, focused practice without going crazy? Some possess a “natural” passion but I think as coaches, we have the opportunity to build passion through our own enthusiasm.

Back in Hawai'i, they continue to develop outstanding volleyball players. How? You could pose the same question about the Dominican Republic and MLB players. Does growing up on a tropical island make you want to hit balls hard? In *The Talent Code*, Coyle talks about “hot beds.” Hot beds have enough mentors who create a positive environment for kids to immerse, grow and gain passion for an activity. Both island communities embrace their sport and it's practically a lifestyle.

But here's something even more interesting. Coyle describes how Simon Clifford, a British soccer coach, wanted to discover the secret to Brazil's amazing soccer style and success. Clifford dug deep to discover that kids grew up on a game called futsal—played with a half-sized ball weighing twice as much in a small space with four to five players. The game was fast, in close and unforgiving. Players learned incredible ball-handling skills.

Visualize this game. Instead of playing on a huge field with 11 players on a side, running around waiting to touch the ball, this game goes at warp speed. Players get hundreds of touches per game. Focus, deliberate repetitions, working at the edge of your skill. It's intense and fun. Clifford brought this game home to Leeds and built a soccer school. He has had incredible success using this game as a teaching method.

To review, the secret to success is a passion for the game, many hours of focused, mindful effort, a good mentor and maybe some compressed, intense modified version of the game that accelerates the learning process.

The biggest obstacle we face is how to get better on a limited amount of time? As coaches, we hope that our players develop the passion to work hard on the off-season. But the reality is that players have many commitments including school, so we need to make the most of the limited time we have in our gym. I've come to believe that our biggest adversary is *time*, not the other team.

Do these three books offer a glimpse into how we can better use the limited time we have? The best way to get better is to play games that result in a lot of touches. While playing doubles is an excellent way to get a lot of touches, when you have 12 players and one court, it's not very efficient. I do a lot of split-court doubles where we run a line down the middle of the court so teams

play on the right or left half of the court. You can get eight players this way and even 12 if you force a rotation every time the ball goes over the net. But is there an even better way to utilize the space we have? It seems like futsal might offer us a clue into a fast, challenging game in a tight space with a lot of touches. I don't know what it is but maybe you do. Send us your thoughts.



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THE STATE CHAMPIONSHIP STANDARD: HOW STATISTICS CAN GET YOU THERE

BY ROB BEAM

HEAD VOLLEYBALL COACH, OAKLAND UNIVERSITY

1. INTRODUCTION

Wikipedia defines *statistics* as “a mathematical science pertaining to the collection, analysis, interpretation, explanation and presentation of data.” In describing their use, the website continues, “Statistics provide tools for prediction and forecasting.” Many people will stare blankly at me or perhaps run in the opposite direction when I admit this, but this is exciting news to me! In fact, it is so exciting I think that I can help each of you move closer to a state championship based on understanding statistics.

In this session I will show you how to manipulate the information contained in a basic box score to make it more meaningful. Along the way we will discover the factors or components that most strongly correlate with winning and losing. We will also debunk long perpetuated volleyball myths. And finally, we will take this information and use it to shape 17 different aspects of our program including our drill designs, match evaluations, player interactions and more.

2. A STATISTICAL CAVEAT: THE BEST WE CAN DO IS CORRELATION

a. Definition of Correlation: “A relationship in which two or more things are mutual or complementary. In statistics, the degree to which two or more variables are related and change together.” (Encarta Dictionary)

b. Definition of Causality: “The process of making something happen. It denotes a necessary relationship between one event, cause, and another event, effect.” (Wikipedia)

c. The unfortunate truth is that we cannot create causality. Meaning, if we simply kill more balls, although that would be a good start as we will learn later, it will not cause a win. At best an increase in kills/set would correlate strongly with winning. While this is a small distinction, it is a necessary one.

3. BOX SCORE BASICS

- **K** = Kill (successful attack)
- **E** = Attack Error (unforced or stuffed attack)
- **TA** = Total Attempts (all attack attempts combined)
- **SA** = Service Ace (a serve that leads directly to a point)
- **SE** = Service Error (a serve that leads directly to an error)
- **RE** = Receive Error (a serve reception that leads directly to a point)
- **TTB** = Total Team Blocks (total number of BS (block solo) and BA (block assists))
- **BE** = Block Error (net or centerline violation during a block motion)
- **GEN BHE** = General Ball Handling Error

4. THE STATS INSIDE THE STATS

- a. Positive Points** = $K+SA+TTB$
- b. Negative Points** = $E+SE+RE+BE+BHE$
- c. +Points/Set** = $(K+TTB+A)/\#$ of Sets
- d. -Points/Set** = $(E+SE+RE+BE+BHE)/\#$ of Sets
- e. Differential (Dif.)** = $(K+TTB+A)-(E+SE+RE+BE+BHE)$
- f. Dif./Set** = $(K+TTB+A)-(E+SE+RE+BE+BHE)/\#$ of Sets

CHART A

	CORRELATION TO WINNING		CORRELATION TO LOSING	
	STRONG	ABSOLUTE	STRONG	ABSOLUTE
Kill % (K/TA)	33.30%	42.90%	30.10%	27.70%
Error % (E/TA)	14.20%	10.40%	17.00%	22.40%
Hit. Eff. ((KE)/TA)	0.172	0.281	0.150	0.130
+Pts/Set (K+SA+TTB)	15.50	21.67	14.00	13.00
-Pts/Set (E+SE+RE+BE+BHE)	8.00	5.00	10.25	?
Dif./Set ((K+SA+TTB)/(E+SE+RE+BE+BHE))	+7.00	+11.3	+4.67	+2.50
SA:RE (SA/RE)	+1.50	+3.0	+0.75	+0.33
SA:SE (SA/SE)	+1.50	?	+0.43	+0.20

g. Hitting Efficiency (Hit. Eff.) = $(K-E)/TA$

h. Kill % = K/TA

i. Error % = E/TA

j. SA:SE Ratio = SA/SE (1.00 = the number of SA = the number of SE, >1.00 = more SA than SE, < 1.00 = more SE than SA)

k. SA:RE Ratio = SA/RE (1.00 = the number of SA = the number of RE, >1.00 = more SA than RE, < 1.00 = more RE than SA)

5. THE STATE CHAMPIONSHIP STANDARD

What if I told you that based on what we have already learned we have the information necessary to win a State Championship? While it might be hard to believe, it is all there. In order to accurately prepare this presentation, I evaluated 80 high school matches at the State Semifinal and Finals levels in Michigan, Ohio and Illinois. In Chart A you will find the results of this data collection. The whole spreadsheet is included as well and is sorted by Dif./Set.

In the left column you will see eight critical statistics. There are then four additional columns grouped by either “Correlation to Winning” or “Correlation to Losing.” In the former we find the information that correlates with a team winning a match. This is

easily understood as “if you do this, you tend to win.” In the latter, we find the number that correlates with losing. Meaning, if you are achieving at or below these levels, you are likely to lose.

The “Absolute” number is the threshold number where every team that achieved that level of performance won. While this is interesting information, it would be very difficult to train a team at these levels. (Even the undefeated 2008 Penn State National Championship team barely reached the +11.3 Dif./Set mark.) In two areas you will notice that there are question marks. That means that in that statistic there was no threshold for performance that correlated with an outcome.

The “Strong” number is the more practical number. This is the level of performance at which there was a high correlation with the corresponding outcome. These “Strong” numbers are where I believe we should focus our attention.

6. WHAT STATISTICS MATTER MOST?

Now that we have the standards at which we want to perform, it is important to know which statistics correlate the strongest with winning and losing matches. Chart B lists the three statistics that correlate best with winning. Chart C lists the three statistics that correlate best with losing. Chart D lists in order the statistics and their cumulative strength or importance to winning.

Based on the analysis in Chart D, it turns out that the Dif./Set is the most important number that you can know. It is also interesting to see that the +point side of this ratio finished second overall and is far more significant than the -points side. The third most important number is Hitting Efficiency. And surprisingly, the fourth most important measure of performance is a team’s Ace to Receiving Error Ratio.

7. INTERPRETATIONS AND IMPLICATIONS: HOW DO I APPLY THIS KNOWLEDGE?

a. Basic Losing Factor Analysis: It is of utmost important to understand what factor or factors statistically correlate with a losing outcome. Here is a real example to illustrate the utility of the numbers. In 2008, we averaged a +4.63/set in Dif./Set. When I looked closer at our point production it was clear that we needed to score more points in the attacking component of that number. Further examination revealed a need to increase our Hit. Eff. by increasing the Kill % side of the equation. This led me to look at our set distribution to see if our highest Kill% attackers were receiving enough balls. It turns out that less than 20% of our offense was set to our top two attackers, both middle hitters, in terms of Kill %. In our spring season we worked very hard to correct this and we were able to increase our middle distribution to over 38% of our offense. This led to a direct increase in Dif./Set as we were able to achieve a +7.56/set because of this new focus.

b. Basic Winning Factor Analysis: If you are fortunate enough to lead a team that is winning, it is helpful to understand why

you are winning. By running these numbers you might find the areas of strength or advantage where you are beating your opponents. For instance, in our wins last season we averaged hitting over .241 with 38.5% kills. By using this number I can set a standard in practice for my starting group that will challenge them to rise to the occasion in training.

c. The Serve-Pass Game: The first myth that we are able to debunk is that an ace to service error ratio is important. This particular myth is a favorite of TV broadcasters and I cringe every time I hear it. It turns out that it is not important at all. In fact, it is so unimportant that the team with the best ace to service error ratio lost the match in my study! What really matters is an ace to receiving error ratio. Our teams must be trained so that they produce more points from the service line than they give up in the receive phase. This means you can literally lob the ball in if you are the best passing team in the state. But, if you make a lot of receiving errors, then a tough, point-scoring service game is a necessity if you want to win. And if you are really gunning for a conference or state championship, the combination of high ace numbers and low receive errors is essential.

d. Point Scoring Mentality: The second myth that we can expose as fraudulent is the one that suggests that “the team that makes the fewest errors wins.” This is simply not true. In every way the data suggests that it is the team that produces the most points that will win. While it is true that limiting negative points is helpful, it is much better to focus on kills, blocks and aces. It is also true that attack error % was either last or second to last in each comparison. It simply doesn’t correlate to winning.

e. Feedback Control: Because we understand the factors that correlate most strongly with winning we can choose the feedback that we give our athletes more accurately. For instance, if I have an outside hitter that is struggling with her hitting efficiency, I am much more likely to focus on her finding a way to kill the ball. The reason is simple: the statistics show that limiting errors will not as strongly correlate to winning a match. I want to prepare this athlete to be on the floor and make a contribution so I will teach her a new shot or find a set tempo that works better for her in terms of Kill%.

f. Match Evaluations: Before our staff meets with the team after a match we always run the numbers. When you have a zero-sum situation as we do in volleyball, it is easy to exaggerate a win or a loss. While winning is good, that outcome does not necessarily indicate a strong performance. By way of example we won a match last year while hitting .118. Conversely, all losses do not necessarily indicate a bad performance. For example, we lost a match with a Dif./Set of +8.33 and a Hit. Eff. of .182. I should praise my team for a great performance in this case.

h. Parent Meetings: While parent meetings are rare in the collegiate ranks, they are a reality in high school and club volleyball.

CHART B

	WINNING CORRELATIVE VALUE RANKING	
Data based on "Strong Correlation to Winning" numbers. The percent was determined by dividing the number of wins by the total number of matches present for a given statistical measure.	1. Dif./Set	96.55%
	2. SA:RE	87.50%
	3. Hit. Eff.	84.21%
	4. +Pts./Set	83.34%
	5. -Pts./Set	83.34%
	6. Kill %	81.25%
	7. SA:SE	68.00%
	8. Error %	67.86%

CHART C

	LOSING CORRELATIVE VALUE RANKING	
Data based on "Strong Correlation to Losing" numbers. The percent was determined by dividing the number of wins by the total number of matches present for a given statistical measure.	1. +Pts./Set	96.42%
	2. Dif./Set	90.32%
	3. Hit. Eff.	87.80%
	4. Kill %	87.50%
	5. SA:RE	80.00%
	6. SA:SE	80.00%
	7. Error %	78.26%
	8. -Pts./Set	70.00%

CHART D

	CUMULATIVE CORRELATIVE VALUE RANKING	
Ranking was determined by adding the two ranked finishes of each statistical measure, with the lowest cumulative number being the best.	1. Dif./Set	
	2. +Pts./Set	
	3. Hit. Eff.	
	4. SA:RE	
	5. Kill %	
	6. -Pts./Set	
	7. SA:SE	
	8. Error %	

Imagine having a tool at the ready to review an athlete's performance against the known standard when playing time is being disputed. In this way, we as coaches can soothe the relationship and provide tangible, objective evidence for our choices. Statistics even lend themselves to follow-up conversations, in that you can tell a parent that their daughter has improved her hitting efficiency since your last call. In my experience this new information will recruit a challenging parent to your side.

i. Team Building: In a given season it is our job to get the absolute most out of our players' collective talents. One way to do this is to set goals for a team based on statistical performance. In our program we will deliver a monthly update so the players can see the team's progress toward our ultimate goal. This is a way for the team to rally together and work towards success. Another way to build a team is to make decisions based on the numbers. Perhaps during tryouts we select a player for the varsity team solely because she has the toughest serve. Another example is to track statistical performance by rotation and then start in the best side-out or point score rotation. There are dozens of ways that a team can be optimized and the fun of understanding the numbers is arranging the pieces of the puzzle to earn the desired outcome.

j. Program Building: It could be argued that building a program, meaning creating a lasting tradition that stretches long after a single team has completed its season, is the ultimate in coaching. The New York Yankees, the Pittsburgh Steelers and the Detroit Red Wings are professional examples of this status. By using this data we can track progress over multiple years. We can use it to set expectations and standards for every team. We can use it to develop our JV, freshman and middle school players and coaches. For instance, we know that our Dif./Set has gone up from -.22 in 2006 to +4.13 in 2007 to +5.55 in 2008. That means we are growing and improving. We can also see that our Kill % has increased while we have been able to decrease our E% in the same span. On the down side, we have identified our SA:RE Ratio as an area that needs attention. Therefore, we have worked on developing tougher, more consistent serves for our returning players and recruited incoming athletes to address this specific need. In this way our program is developing from year to year based on our understanding of statistical performance.

k. Practice Planning: When we understand the factors that most highly correlate to winning, we can change the nature of our practice. Perhaps more time should be allocated to certain skill areas. For instance, serving, serve receive, and attack are very important in terms of correlation to winning and could be given more time each day. Another idea would be to always train around the numbers. Instead of just going through a hitting line, have an individual player attempt to kill three of nine tosses against a blocker and a defender.

1. Drill Design: When we design drills we can accurately set goals based on the numbers necessary to correlate with winning. Here are a few of my favorite statistical based drills:

i. "Ace and Replace" (SA:RE Ratio Focus): Because SA:RE is of high importance, we created this fun, simple drill. Three players begin on Side A of the net. The other competitors in the drill are serving on the opposite side of the net. The passers get to stay on if they can successfully receive the ball from the server. If they are aced (we define this as an "unsettable" ball or a "bad miss," meaning a pass that lands outside of the court), they must exchange places with the server. For every successful pass (not an ace) the passer makes, they get a point. For every ace, the server gets one point and they get to become the passer. Because teams will serve away from the best passer once they figure out the game, it is helpful to rotate passers. Another solution to this problem is to award points to all three passers when a successful pass is made. A final solution would be to force the servers to alternate between all three passers.

ii. "4 v 6 FBK" (Kill% Focus): We know that Kill% has a stronger correlation to winning than limiting Error%, so we created this uneven numbers game to work on our First Ball Kill % (FBK). (It could be played 6 v 6, but this is a drill we used during our spring season when we had smaller numbers.) One team of four consisting of an outside or right-side, a middle, a libero, and a setter gets 10 opportunities to receive serve. (Using a free or down ball would make it easier, but would focus on transition percentages.) Their goal is to kill at minimum four balls out of this 10. We allow the four side to cover a blocked ball and continue to play out that rally. Also, we have the team of six transition any ball that is not killed to provide "game-like" scoring repetitions.

iii. "Lambo" (Point Score Differential Focus): If the ratio of +pts./set and -pts./set is examined it is approximately two to one. With that in mind, my friend Chris Lamb, head coach at Wichita State, created this game and I named it after him. For this game the scoreboard starts at 3:3 for each team with the first "3" representing the number of +points and the second "3" representing the number of -points. Each time a team scores a +point, the first "3" moves up. Each time they make earn a -point, the second "3" is moved down. Play begins with a serve, and score is kept for each team based on the result of each play. When a team wins on the +side, they get a BIG POINT and when they lose on the -side a BIG POINT is awarded to the other team. We most often play this game by staying in the same rotation until a team either wins or loses. Once that happens, we award the BIG POINT and then the team that lost rotates. The team that is still playing stays in that rotation until they either win or lose. We play for the most points through

all six rotations. Ties are decided by having each team pick a rotation and play it out.

- iv. **“Mary Jo” (+Point Production Focus):** This game presents two teams of six an opportunity to only focus on +point production. It is best understood as an alteration to the scoring system and not the flow of play. Meaning, each team plays regular rally score volleyball, but only +points in a row are recorded.

The game begins in the “open” state. Any time during the “open” phase there is a positive point scoring action (kill, block or ace), the responsible point-scoring player, or players, becomes “hot.”

The “hot” player(s) must then score a second point in a row in order to earn a BIG POINT (one that is recorded on the scoreboard). Any subsequent point would also result in a BIG POINT for her team. If two or more players were involved in the point scoring action, then they are all “hot.” Once any one of these players scores the next point, they become the only “hot” player and they may continue to try to score points for her team.

If the hot hitter’s opponent makes an error (attack error, block error, receiving error, ball handling error) the

hot hitter remains “hot.” If the hot hitter’s team makes any type of error (the previously mentioned plus service error) the game returns to the “open” phase. If the hot hitter’s opponent scores a point (kill, block, or ace), then that player or players become hot.

- v. **“5-2-15” (Hitting Efficiency Focus):** The numbers in this drill correspond to the number of kills, five, and the number of attack errors, two, out of 15 attempts that a team must earn to win a point. These numbers are one combination of our winning Kill%, 33%, Error%, 14%, and Hitting Efficiency, .172. Obviously if a team meets the standard they will hit .200, so we are training at a higher level than we need to execute in a match. Here is how we run the drill. Team A is trying to earn the “5-2-15.” Team A receives serve from Team B and attempts to side-out. The result of their attack is stated on the scoreboard. At the termination of the rally, they return to the same rotation and try to side-out again until they have a minimum of 15 attack attempts. If at any time Team A exceeds two hitting errors, Team B wins. If Team A earns five kills on the first five swings, we continue playing to see if they can manage their offense. ☺



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Out of the Water Cooler: How Four Guys are Transforming Media Coverage of Volleyball



By David Portney, AVCA Media Relations & Awards Support Specialist

Every Monday at 10 a.m.PT in an obscure, one-room studio located in Redondo Beach, California, something occurs that doesn't happen anywhere else in this country. A rag-tag group consisting of both current and former U.S. National Team players Kevin Barnett and Reid Priddy, alongside former AVP emcee Chris "Geeter" McGee and DJ Jeremy Rouche, bring energy and passion to create a forum to freely discuss the sport of volleyball. They speak their mind, are somewhat controversial and they're not afraid to crack a joke or two along the way. Ladies and gentlemen ...

this is *The Net Live!*

It all started back in December of 2008, when U.S. National Team player Reid Priddy and retired Olympian Kevin Barnett were talking about how to keep the volleyball momentum going fresh off the men's gold medal at the 2008 Beijing Olympics. Since there wasn't any real forum to keep the interest alive until the next Olympics, they decided to start a weekly podcast to continue the discussion. It only made the decision easier when they took a broad look at the landscape and saw there was no other constant volleyball media coverage. Looking at other sports as a reference, they understood that frequency of discussion was key.

"Use the NFL as an example," said Barnett. "It's on 17 weeks of the regular season, but you talk about the NFL during the season the moment it's over on Sunday or Monday to the moment it starts again. It's that continuation of telling stories, personalities and exposing people to what's

happening. That's what volleyball needed. The gold medal was great, but in three weeks who cares?"

Priddy agreed. "Kevin and I were tired of talking at the water cooler. We wanted to move the dialogue from the locker room into a space that can be heard. I didn't want to be someone that complained about how things should be. I wanted to put my money where my mouth was."

No one can accuse them of not doing just that, as a lot of time and money has been spent on getting the 2011 Grant

In the meantime, they haven't stopped improving. Barnett cites adding former AVP emcee and current FOX Sports West reporter Chris "Geeter" McGee about a year ago to the show as vital to its improvement. "Adding Geeter really helped a lot in making the show what it is today because the energy went up. He had his optimistic outlook on things, and I had my pessimistic outlook on a lot of stuff. It's been an interesting evolution over that time period."

And they didn't stop there. In January of 2011, Geeter spoke with Jeremy Rouche about joining the show as a DJ and another voice to the program. Rouche knew Geeter while he was a DJ on the AVP circuit, so "DJ Rouche" didn't hesitate to accept the position once he heard what they were looking for. Even though he doesn't flood the show with his thoughts and opinions, he adds a certain spice that it never had. With catchy beats coming in and out of breaks and his well-placed lines, the element he brings to the show allows the others to focus more on the conversation instead of on the more technical, musically-creative aspect of the show.

If you add it all up, you have the current cast of characters that mix their personalities with credibility in the volleyball community. On any given show, don't be surprised to hear the likes of Misty May-Treanor, Penn State head coach Russ Rose, Nazareth head coach Cal Wickens or any past or present U.S. National Teamer. It is their credibility that separates them from the average fan or media member looking to start a volleyball podcast.



Burger Media Award-winning show started. It wasn't easy in the beginning physically moving the show around quite a bit since its debut in January of 2009. It first started in Priddy's house before moving to Barnett's "studio" in his loft until currently settling into a professional studio in Redondo Beach just a few months ago. The physical move is apropos to the moves they want to make with the show, looking to ramp up revenue dollars to further improve the broadcast and give it a more professional look and feel.

"I think it's because of the access we have," Priddy answered, when asked why he thinks their show has been so successful. "We try to get the people at the heart of the current stories. We're all dying to hear these stories come to life."

Barnett takes it a step further: "It extends from the guests we have that you can't get anywhere else, and I also think it's the people we have in the room. There's some diversity of opinion. There's a lot of expertise and knowledge about the sport and willingness to talk about the sport in a way that is really only present at the AVCA Convention or at a big tournament."

Sometimes the patience to wait until Monday to bring these stories to life isn't easy. Barnett mentioned he's open to the idea in the future to have multiple broadcasts per week focusing on different aspects of the volleyball world. He said it can be regionalized or broken down by conference, but he's open to any suggestions to improve the show. His goal is to create as

many opportunities to talk about the sport as he can, and he's been actively seeking for more revenue streams to help make that dream a reality.

But if it's the volleyball talk and guests that gets people to tune in, it's the likeable hosts that keep them listening. With playful banter and good-natured ribbing, the show certainly has a comedic and entertaining aspect to it. Don't be surprised to hear sarcastic jabs in regards to Barnett's love for Motocross and Geeter wearing women's UGG boots. After tuning in on a weekly basis, you begin to feel like they're sitting in your living room, hanging out talking volleyball. However, that attitude comes with its fair share of critics, something Barnett welcomes with open arms.

"Good or bad. There have been a lot of things on VolleyTalk where people have hated on us for this and that and I'm like, 'Terrific. I know you were listening!' I like interaction. If you don't like what's going on, then tell me about it. I'm about solutions. I

think the sport needs it, and if there's a group of people that can give it to them, it's the people we have in the room right now."

Granted, the guys aren't the only ones responsible to single-handedly catapult volleyball to the next level, but they're trying their best. When Priddy and Barnett first started "TNL," they were doing so just to get the ball moving. For too long that ball's been stagnant, sitting in place waiting for someone to give it that first nudge. Now that it's moving, Barnett hopes the discussions had on the show will be used to help send the ball over the cliff.

"The desire is there for a lot of people to talk about the sport. That's why when you go to the AVCA Convention, people are there all day talking volleyball, being at clinics, trying to sell products, trying to make deals. Then they go out at night, and what do they do? Talk about volleyball. It's interesting to get the discussion going from a different point of view and a different set of circumstances ... and our show is that." C

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2011 AVCA Hall of Fame Class

This year, the AVCA celebrates 30 years of serving its constituents: volleyball coaches at all levels, all across the country. While the association and sport have both evolved over the years, one thing remains constant: those involved have devoted countless hours to our beloved sport to make it their passion and inspire others to do the same.

Throughout the last three decades, there have been “the elites” who will be forever known for their contributions to the sport. Nine years ago, the AVCA created a way to recognize these individuals in the formation of the AVCA Hall of Fame. The inaugural class in 2003 inducted 23 volleyball greats with ranging accomplishments and backgrounds, setting the standard for those to follow. The AVCA Hall of Fame currently holds 52 members, representing four different categories: Coach/

Educator, Player, Administrator and Organization. The current members boast an extensive list of accolades including over 25,000 total wins, nearly 90 National Championships, Olympic Medals, numerous All-America and National Player of the Year honors, 19,000 net systems nation-wide and host events catering to over 9,500 student-athletes. Some are the original founders of the AVCA; many have served on the AVCA Board of Directors and other association committees. Books, articles, journals and drills bulletins have been published by many of its members. Efforts toward the growth of the sport have been a priority for the inductees including developing a training center for the U.S. Women’s National Team, creating net antennas, volleyball statistics and colored panels on volleyballs, training for volleyball officials and concentrating on

the emergence of female minority coaches in the sport.

This year’s class is no different. With a combined 75 years in the sport, John Dunning, Liz Masakayan and Gerald “Gerry” Maticotta continue to build the legacy the other Hall of Fame members have built. “This 2011 AVCA Hall of Fame class epitomizes what our association is all about,” said AVCA Executive Director Kathy DeBoer, “a great coach in John Dunning, a prototype two-sport player in Liz Masakayan and a doggedly determined administrator in Gerry Maticotta. Each, in their own way, changed our thinking about our sport; John modeled for us how elite coaches succeed at every stop and every level, Liz reinforced for us that success is about heart not height, and Gerry showed us that growth is possible in the collegiate men’s game if you understand the economics and demographics of the market.”



JOHN DUNNING

Stanford University’s head coach John Dunning has been in the spotlight of NCAA volleyball since he began his coaching career 26 years ago at the University of the Pacific. Dunning possesses an impressive resume in the NCAA tournament as he’s captured four national titles, taken every team he’s coached to the NCAA Tournament, and led a remarkable

88 percent of them to a round-of-sixteen appearance. Dunning ranks among the top-five coaches of all time with a .827 winning percentage, and among the top-10 active coaches with 726 wins. Dunning boasts a 726-151 career record to date, and he has had 29

athletes earn 58 AVCA All-America honors, while mentoring four AVCA Division I National Players of the Year. 2007 AVCA Hall of Fame inductee and head women’s coach at Penn State University, Russ Rose, says of Dunning, “His teams have always represented their schools and the sport in an exceptional way and it is, in my opinion, a reflection of their leader.”

Dunning has spent time among the club and high school ranks as well as coaching at the national level. He was selected to coach the north squad at the 1995 U.S. Olympic Festival and led the team to a gold medal. The 2001 AVCA National Coach of the Year served as President of the AVCA, Division I Representative on the Board of Directors and on the Division I All-America Selection Committee.



LIZ MASAKAYAN

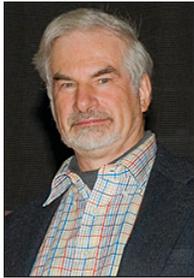
Liz Masakayan has set the bar high for student-athletes striving to excel in two sports. During her time as a UCLA Bruin, Masakayan was a two-time AVCA All-American, three-time all-conference honoree and winner of the Honda Broderick Cup in 1984, designating her as the nation’s premiere collegiate volleyball player. In 1996, Masakayan was inducted into the UCLA Hall of Fame and had her No. 21 jersey retired. She continued her success while competing on the U.S. National Team from 1986-1990 where she played an instrumental part in winning a bronze medal in the 1986 Goodwill Games, a

silver at the 1987 Zone Championships and another bronze at the Pan Am Games.

After a decorated career as an indoor player, Masakayan took her skills to the beach where she is currently ranked No. 8 for all-time wins with 47 and was named the 1994 FIVB Most Outstanding Player. Masakayan’s contributions continued off the court as she was the USA Volleyball Vice President of the Beach Division from 2002-2004 and then served as a USAV Board Member for the following two years. Masakayan entered the coaching ranks in 1991 at UCLA where she helped lead the Bruins to their sixth NCAA National Championship. She again transitioned to the beach where she is currently regarded as one of the top beach coaches. In 2004, she coached the No. 2 ranked U.S. team of Holly McPeak and Elaine Youngs to a

bronze medal in the Athens Olympics. Today she coaches her former partner, Dianne DeNecochea, and Brittany Hochevar. "Liz is truly representative of the complete volleyball player, as evidenced by her

talents both indoors and outdoors, while also achieving championship status at every level," said Andy Banachowski, former UCLA coach and 2003 AVCA Hall of Fame inductee.



GERRY MATAICOTTA

Most of the growth in collegiate men's volleyball in the last twenty years has been at the NCAA Division III level. Gerry Maticotta has been the driving force behind that growth. Maticotta was one of the founders of the Northeast Collegiate Volleyball Association (NECVA), a NCAA Division III men's volleyball conference, and has also

served as the organization's executive director. Maticotta has tirelessly promoted, marketed and engaged collegiate athletic directors in the northeast part of the country to gain their support in adding a men's volleyball program to their list of varsity sports. In 1995,

there were approximately 28 Division III men's volleyball teams in the nation. Today there are nearly 60 programs.

Maticotta was instrumental in the development of the Molten Division III Men's Invitational Championship, the season-ending tournament for Division III men's volleyball, and helped bring the AVCA, USA Volleyball and Molten Inc., aboard as event sponsors. In January 2011, the NCAA voted to create a new men's volleyball Division III National Championship tournament, marking the first men's NCAA National Championship that has been added since 1985. Doug Beal, CEO of USA Volleyball, speaks to Gerry and his work in men's collegiate volleyball, "There is no doubt that no one has more directly impacted the growth of men's NCAA volleyball at the Division III level than Gerry."

The 2011 Hall of Fame class will be inducted in ceremonies December 15 at the Jostens Coaches Honors Luncheon, held in conjunction with the 2011 AVCA Annual Convention in San Antonio, Texas. As these three individuals are officially presented with their awards, the Hall of Fame will add three more stars to its prestigious legacy.

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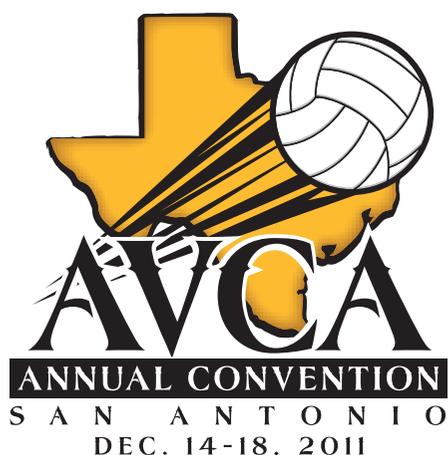


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After back-to-back record-breaking years in Tampa and Kansas City, the AVCA Convention continues to be THE place where the stars of volleyball connect! Deep in the heart of The Lone Star State, San Antonio will serve as this year's host for the 2011 AVCA Annual Convention—and we all know everything is bigger in Texas! As you explore the Convention preview, learn about this year's colorful destination city and get a glimpse into the elements of this event that connect convention veterans and new attendees alike to each other, education and networking opportunities, celebrations of the stars in our sport and much more!

Convention Schedule At-a-Glance

Tuesday, December 13

4:00 p.m. – 7:00 p.m. Registration

Wednesday, December 14

7:15 a.m. – 2:30 p.m. AVCA Golf Tournament

8:00 a.m. – 9:00 p.m. Registration

8:30 a.m. – 4:15 p.m. AVCA Minority Coaches Workshop

8:30 a.m. – 12:00 p.m. Pre-Convention Seminar: A Coaches' Blueprint for Getting Your Team Good and Staying Good – Mike Hebert and Shelton Collier

1:15 p.m. – 4:15 p.m. Pre-Convention Seminar: A Coaches' Blueprint for Getting Your Team Good and Staying Good – Mike Hebert and Shelton Collier

5:30 p.m. – 7:00 p.m. Head Coaches Committee Meetings

5:45 p.m. – 7:30 p.m. Volleyball Business Exchange & Reception

6:45 p.m. – 8:00 p.m. AVCA Mentoring Program Reception

8:00 p.m. – 11:00 p.m. Under Armour® Opening Night Party – featuring casino night presented by 1st Place Volleyball

Thursday, December 15

7:30 a.m. – 6:00 p.m. Registration

8:00 a.m. – 10:30 a.m. General Meetings

10:00 a.m. – Noon Volleyball Marketplace

10:45 a.m. – 4:30 p.m. Educational Sessions

Noon – 2:00 p.m. Jostens Coaches Honors Luncheon

2:00 p.m. – 5:30 p.m. Volleyball Marketplace

4:30 p.m. – 5:45 p.m. AVCA Semifinal Tailgate Party featuring Victory Club honorees **NEW**

Time TBA Semifinal Matches

Friday, December 16

7:30 a.m. – 7:30 p.m. Registration

8:00 a.m. – 8:30 a.m. AVCA Annual Meeting

8:45 a.m. – 10:15 a.m. Super Session Why We Win – Elite Volleyball Coaches Offer Their Strategies for Success **NEW**

10:45 a.m. – 12:45 p.m. AVCA All-America/Players of the Year Banquet presented by Zamst **NEW TIME**

1:00 p.m. – 2:30 p.m. General Meetings

1:15 p.m. – 4:45 p.m. Educational Sessions

5:00 p.m. – 7:30 p.m. Spalding Party & Coaches Tournament

8:00 p.m. – 10:00 p.m. Under Armour® All-America Volleyball Match & Skills Competition **NEW DATE & TIME**

10:00 p.m. – 1:00 a.m. Texas Hold'em Tournament & Party

10:00 p.m. – 1:00 a.m. Nfinity Party

Saturday, December 17

8:00 a.m. – 9:00 a.m. 5K Charity Fun Run **NEW**

8:00 a.m. – 12:30 p.m. Registration

8:00 a.m. – 3:00 p.m. Under Armour®/AVCA Holiday Tournament

8:30 a.m. – 12:30 p.m. Volleyball Marketplace

9:00 a.m. – 5:00 p.m. Educational Sessions

5:00 p.m. – 7:00 p.m. Champions Party

Time TBA Championship Match

Sunday, December 18

8:30 a.m. – 11:30 a.m. NCSA/AVCA Fall Girls' Talent Showcase

12:30 p.m. – 6:00 p.m. Under Armour®/AVCA Holiday Tournament



Pre-Convention Experiences

Enhance your convention experience by arriving on Wednesday morning to attend one of the Pre-Convention Experiences.

A Coaches' Blueprint for Getting Your Team Good and Staying Good

Mike Hebert, former head women's volleyball coach at the University of Minnesota, and Shelton Collier, head women's volleyball coach at Wingate University, will lead a full-day, in-depth session that will outline the tipping points for program development. First you need a breakout season or two, and then you must figure out how to stay in the hunt year in and year out. Learn from these veteran program-builders how to attain early success and then how to sustain it. For more specifics on the program, go to <http://avca.org/saconvention2011>.

AVCA Golf Tournament

The golf tournament at the AVCA Convention is back! Join volleyball coaches from around the country for a day of camaraderie and competition. The Republic



Golf Course, rated "Best New Course" in 2003 by *Avid Golfer* magazine, will serve as host for this year's scramble format tournament. Only 10 minutes from downtown San Antonio, The Republic Golf Course is situated among glorious oak, elm and mesquite trees along scenic Salado Creek.

The tournament cost includes green fees, cart, warm-up range, transportation to and from the golf course and a buffet lunch at the conclusion of play. Prizes will be awarded to the winning team as well as for the longest drive and a closest to the pin contest.

San Antonio Hotels

AVCA Convention rates will be available when convention registration opens on August 17.

Grand Hyatt San Antonio

AVCA Headquarters Hotel
 Located next door to the Henry B. Gonzalez Convention Center
 AVCA Convention Rate: \$129 per night / single and double

Hilton Palacio del Rio

Located across the street from the Henry B. Gonzalez Convention Center
 AVCA Convention Rate: \$109 per night / single and double

Registration

AVCA Convention registration opens on August 17.

Registration Packages

Full Convention Registration

(Aug. 17 – Nov. 4)
 \$359 Member/\$519 Non-Member

Full Convention Registration

(Nov. 5 – Dec. 18)
 \$459 Member/\$619 Non-Member

Pre-Con Seminar & Full Conv. Reg.

(Aug. 17 – Nov. 4)
 \$459 Member/\$619 Non-Member

Pre-Con Seminar & Full Conv. Reg.

(Nov. 5 – Dec. 18)
 \$559 Member/\$719 Non-Member

Golf Tournament & Full Conv. Reg.

(Aug. 17 – Nov. 4)
 \$459 Member/\$619 Non-Member

Golf Tournament & Full Conv. Reg.

(Nov. 5 – Nov. 30)
 \$559 Member/\$719 Non-Member

Weekend Registration Package

(Aug. 17 – Dec. 18)
 \$179 Member/\$289 Non-Member

Pre-Con Seminar Only

(Aug. 17 – Nov. 4)
 \$150 Member/\$310 Non-Member

Pre-Con Seminar Only

(Nov. 5 – Dec. 18)
 \$190 Member/\$350 Non-Member

Miscellaneous Tickets & Events

- Under Armour® Opening Night Party Ticket - \$45
- Spalding Party and Coaches Tournament Ticket - \$45
- Jostens Coaches Honors Luncheon Ticket - \$45
- All-America/Players of the Year Banquet Ticket - \$45
- Texas Hold'em Tournament & Party Ticket - \$70
- Golf Tournament Only - \$100
- Champions Party - \$15
- 5K Fun Run - \$20

Match Tickets

NCAA Match Tickets

\$59 for semifinals and finals
 \$33 for finals only (limited quantity available)



For more information visit
www.avca.org/saconvention2011

Get to Know San Antonio

A colorful city rich with culture, San Antonio has preserved its history while putting a modern twist on its roots making it a destination city that melds old and new. San Antonio, the third largest populated city in Texas and the seventh largest in the United States, averages 300 days of sunshine annually and an average temperature of 70 degrees. With traditionally mild winters, take advantage of the wide array of outdoor activities in San Antonio, which is one of the safest and best “walking” cities in the country. Coaching Volleyball, in cooperation with the San Antonio Convention and Visitors Bureau, gives you the following features of this year’s destination for the 2011 AVCA Convention.



Eclectic Cuisine

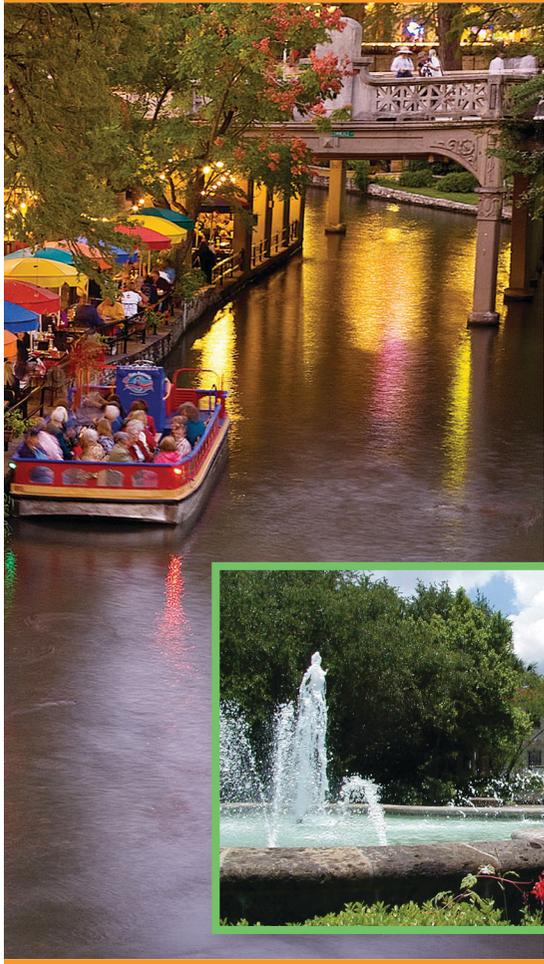
San Antonio’s culinary scene is as diverse as the city itself. From Texas-style barbeque to Tex Mex cuisine and everything in between, San Antonians have put their own spin on flavors from across the border and the world. Local flavor inspired by fresh produce and wild game from the region can be found throughout the city in open air markets, along the River Walk and at street vendor carts.

Along the River Walk

Whether you’re dining along the water’s edge, aboard a guided river tour or shopping on its banks, it’s clear how San Antonio’s River Walk earned the “nation’s coolest” nod from *Travel+Leisure* magazine in 2010. What began as a flood control project in the 1930s, the San Antonio River Walk or Paseo del Rio, is visited by more than 5 million visitors each year. Its four-mile course is home to shops, cafes, hotels and eclectic nightlife, allowing visitors to enjoy nature within an urban environment.

Remember the Alamo

2011 marks the 175th anniversary of the Battle of the Alamo. All that remains of the original fort are the Long Barracks and the chapel, one of the most photographed facades in the United States. Named “One of America’s Top 10 Historic sites” by The History Channel, The Alamo is the number one visitor attraction in Texas. Visit relics and mementos from the Republic of Texas and listen to a narration of the Battle of the Alamo in the Long Barracks Museum and Library.



Deep in the Art

San Antonio is home to some of Texas' best art museums and galleries. The new, hot pink Museo Alameda is nestled in historic Market Square and tells the unique story of the Latino experience in America. Opened in 1954 as Texas' first museum of modern art, the Marion Koogler McNay Art Museum (above) is home to works of modern masters including Vincent Van Gogh, Georgia O'Keeffe, Pablo Picasso and Peirre-Auguste Renoir. The historic Lone Star Brewery, built in 1884, has been transformed into one of Texas' most impressive art museums, the San Antonio Museum of Art. Many of San Antonio's museums offer free days or hours.

Let's Fiesta!

Each April more than 3.5 million people attend San Antonio's celebration of its diverse history and culture at Fiesta. The 11-day festival has over 100 events staffed entirely by volunteers, with all proceeds going to charity. A Night in Old San Antonio, or NIOSA, is a Fiesta favorite, drawing in over 80,000 visitors with elaborate food and drink booths and non-stop live entertainment. The Texas Cavaliers River Parade is one of the most popular processions at Fiesta. Spectators line the banks of the River Walk and watch elaborately decorated river barges float along the water carrying bands, Fiesta's royal court and costumed participants.

Photos Courtesy of the San Antonio Convention & Visitors Bureau



AVCA Convention

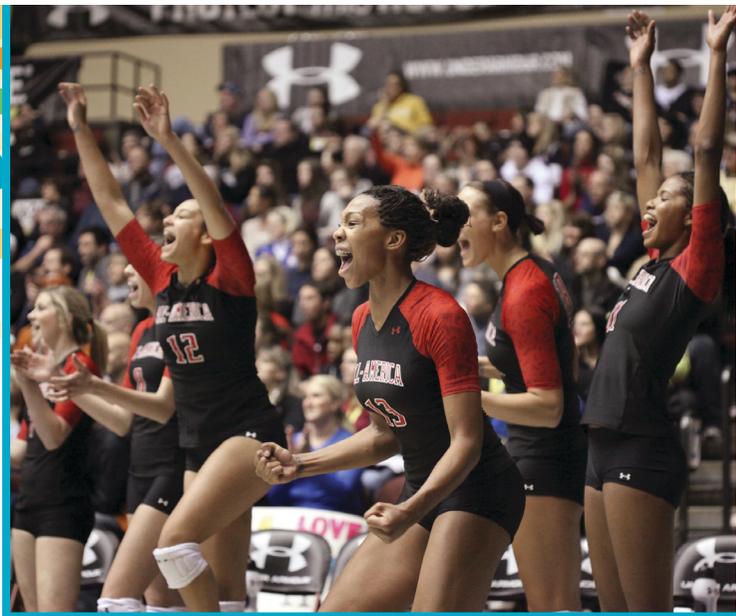
New Features

5K Fun Run

A warm destination in December means more outdoor activities at the AVCA Convention! Kick off your Saturday morning with a scenic 3.1 mile run through downtown San Antonio. Registration for the race is \$20 and all proceeds will go to charity. Walkers are also encouraged to participate.

AVCA Victory Club Tailgate Party

It's a tradition at the AVCA Convention to recognize the stars in our sport and new to this year's Convention schedule is a celebration dedicated to the recipients of the AVCA Victory Club Award. The Victory Club Award was created to honor AVCA member head coaches who have reached milestone victories at their current level of coaching. Join us for a drink on Thursday evening at the Grotto on the famous San Antonio River Walk for some pre-semifinal match festivities and to celebrate this year's AVCA Victory Club Award honorees.



2011 AVCA Convention Super Session – Why We Win

Is it just talent? Is it program culture? Is it preparation or training methods or bench coaching? John Dunning, John Cook, Jim McLaughlin, Mary Wise and Jerritt Elliott will participate in a panel moderated by Kelly Sheffield on the essence of success. NOTE: Any panelist still participating in the NCAA Championship who has team responsibilities at the time of the session will be excused.

Convention Scene

Connecting Coaches to Coaches

The AVCA Annual Convention is the one time each year that college, club and high school coaches will be together in the same location sharing stories, talking shop and teaching each other about the game. Over 1,700 coaches descended on Kansas City at last year's Convention and expectations are even higher for San Antonio. Connect with all types of people at one of the several networking opportunities within the Convention schedule to increase your network or strengthen current relationships. Try your luck at a hand of black jack, place a bet at the roulette wheel or roll to win at the craps table during Wednesday night's Under Armour® Opening Night Reception featuring casino night presented by 1st Place Volleyball. Take part in some pre-semifinal match festivities on Thursday at the Grotto on the famous San Antonio River Walk and celebrate this year's AVCA Victory Club honorees at the AVCA Semifinal Tailgate Party—a new addition to this year's schedule. Show off your playing skills on Friday night at the Spalding Party and Coaches Tournament, an annual favorite, and end the night testing your poker talent at the Texas Hold'em Tournament and dance the night away at the Nfinity Party.



Connecting Coaches to Education

Over 70 educational sessions make the Convention the brightest shining event for the AVCA. The nation's leader in volleyball

coaching education brings you five days of unparalleled educational excellence starting with the Pre-Convention Seminar led by Mike Hebert and Shelton Collier. The rest of the week features a lineup of noteworthy speakers, including Brian Gimmillaro, Al Scates, Bill Neville, Ruth Nelson, Cecile Reynaud, Ping Cao and Liz Masakayan. Check out the Convention website, www.avca.org/saconvention2011, for a full listing of this year's speakers.



Connecting to Volleyball Action

The AVCA Convention is surrounded by elite level volleyball action. On Thursday and Saturday, watch some of the most talented athletes in the country pushing it to the limit as the top four women's volleyball teams in America battle for the NCAA Champion-

ship title! The fourth annual Under Armour® All-America Volleyball Match & Skills Competition moves to Friday night this year as the top 24 high school seniors step onto the championship floor to compete. The event features a three-set match and individual skills competitions that display the abilities of these future standouts. All of this year's volleyball action will take place at the Alamodome.

Connecting to Volleyball Vendors

AVCA Volleyball Marketplace is the largest volleyball-specific exhibit show in the country. Walking around the floor of the Marketplace, you will connect with individuals and groups from all facets of the game—college, high school juniors, beach and international. Volleyball Marketplace is the hub for Convention activity and gives attendees the opportunity to learn about the newest products and services developed specifically for volleyball and volleyball coaches. Visit with over 100 vendors comprised of companies, organizations, innovators and entrepreneurs who have been essential contributors to the volleyball industry. The Marketplace is also home to the AVCA Career Center, Silent Auction, Coaches Zone, and Friday night's Spalding Party and Coaches Tournament. If it's happening in volleyball, it's happening on the floor of Volleyball Marketplace.



Connecting to Celebrate the Stars in the Game

It's a tradition at the AVCA Convention to celebrate the stars of our sport each year at the Jostens Coaches Honors Luncheon and the AVCA All-America/Players of the Year Banquet presented by Zamst. Highlighted by the induction of the 2011 AVCA Hall of Fame class, the Jostens Coaches Honors Luncheon brings convention attendees together to listen to the legends of the game and hear stories from some of the top coaches at every level as they share their wisdom when accepting their Coach of the Year awards. Friday afternoon is dedicated to celebrating the players, as the top talent from around the country comes together to commemorate the year that was in women's volleyball. Elegance, excitement and entertainment resonate at this event, as the AVCA All-Americans from Division I as well as the AVCA Players of the

Year from all collegiate divisions receive their honors for an outstanding season. The Jostens Coaches Honors Luncheon begins at Noon on Thursday, December 15. The AVCA All-America/Players of the Year Banquet presented by Zamst, returning this year as a luncheon, will kick off at 10:45 am on Friday, December 16.

Remember the AVCA ... Celebrating 30 Years



2011 marks the 175th anniversary of the Battle of the Alamo, making San Antonio the perfect destination for the AVCA to celebrate this milestone! Incorporated as a private non-profit educational corporation in 1981, the original members of the Collegiate Volleyball Coaches Association (CVCA) were all intercollegiate coaches who banded together to unite this particular coaching body. In 1986 at the San Francisco convention, the name of the association was changed to reflect the growing high school and club constituencies. The American Volleyball Coaches Association was born with the intent of responding to and serving all volleyball coaches. Today, the AVCA serves over 5,200 members. Join us in celebrating 30 years of being the leader in volleyball coaching education! ☺



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The Delaware serve receive

by **Barbara L. Viera**

Since the USA Olympic teams began using two- or three-person serve receive patterns in 1984, many other American teams have begun to move away from the traditional five-person “W.” I have found that the fewer players you involve in serve reception the better your chances of making a perfect pass—all coaches have despaired at watching a serve fall to the floor between two receivers because each thought the other would receive it.

After our experimentation at the University of Delaware we have decided that a three-person pattern works best for our team. I present here the system that we currently find most efficient. Of course each team must discover what system works best for them, but reviewing systems that have proven successful for others is beneficial to the discovery process. The choice and success of any system depends on your current personnel. A system is usually selected to fit personnel, not vice versa.

Offense

Delaware has used a 6-2 offensive system with specialization of all players. The 6-2 has been effective for us because we often have short setters and have difficulty successfully blocking the opponent’s strong-side hitter. In collegiate women’s play, with 12 substitutions and 3 entries per player, we can substitute for the front row setter if necessary. Short setters are generally disadvantaged on defense unless they are excellent jumpers. Although we are Division I, Delaware has no scholarships and often gives up 1 to 2 inches in height to opponents. We specialize our players so that two always play the left side of the court while in the front row and also while in the back row. We refer to these

players as outside hitters. Two players specialize as setters and always play the right. The other two, middle blockers, play in center positions.

Advantages

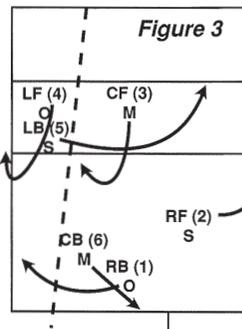
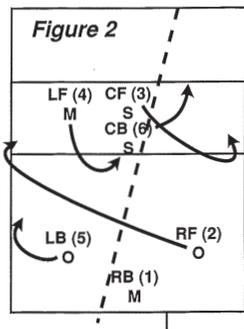
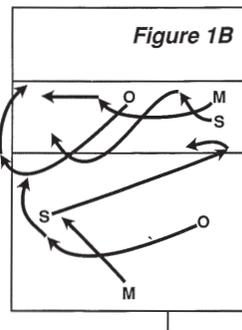
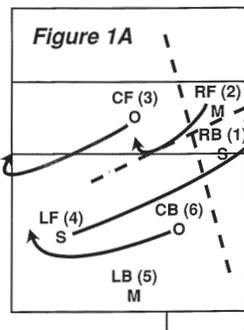
The three-person serve receive has the following advantages:

- Player responsibilities are clearly defined. There is never confusion as to who should play a serve.
- The setter is always close to the net. When a switch is necessary, it is easy for the setter to get to the setting position (in a multiple offense, to the right of the center front of the court and close to the net).
- The middle backs receive in the middle deep position during four of the six rotations. This is the court position most familiar to them in our system of specialization. It also allows a team to take advantage of the middle back’s ability to move laterally with ease, a requirement for all middle players.
- The front row setter receives serve in four of the six rotations. In the five-person W with a multiple offense the setters do not receive serve this frequently. Our setters are usually excellent passers, and this lets us take advantage of their ability.
- The middle hitter is always close to the net and has an easy adjustment to prepare for a quick middle attack.
- The outside hitter is close to the net in four of six rotations and can easily switch to the left in preparation for spiking.
- The right-side hitter (setter) is close to the net in four of six rotations and can easily adjust to the right in preparation for the attack.
- The placement of players in their serve receive positions duplicates itself after three rotations, which allows for easy substitution within the specialties.
- The serve receive pattern consists of

only one line, which eliminates any confusion between the front and back lines as to who should receive the serve.

Disadvantages

- In two of the six rotations the outside hitters have a difficult switch from the right-side receiving position to the left-side hitting position. (I describe plays to ease this problem later.)
 - The right-side hitter has a difficult switch from the left-side receiving position to the right-side hitting position in two of six rotations. This has not proven to be a significant problem for us, however.
 - Although only three players receive in each rotation, every player still participates in the serve receive process. This does not allow teams to hide weak passers. (This system can be adapted for the specialization of three passers, but that is a subject for another article.)
 - Players must be aware of all of the overlap possibilities in each rotation so they can position themselves legally in the most advantageous location.
 - Every serve receive formation has court areas that tend to be vulnerable. In this three-person pattern the deep corners and the short middle section of the court are vulnerable. We have two general rules to help reduce this problem. First, the right-side serve receiver is responsible for all short serves to the center of the court. Second, the left- and right-side receivers should protect the sidelines by receiving any serves between themselves and their sidelines.
- I describe just three rotations of the serve receive patterns for after these the system repeats itself. The only difference in the second three rotations is that opposite players are in the front and back row positions. The diagrams illustrate both the serve receive position (RF, RB, etc.) and the specialized position (setter [S], outside hitter [O],



and middle blocker [M] of each player. Dashed lines (---) indicate potentially dangerous areas for overlap; solid lines (—) indicate the movement of players in preparation for attack.

First rotation

I like to begin with my best serving setter in the right back (1) position and my best blocking setter in the left forward (4) position. If your team does not win the toss you may wish to start the best serving setter in the right forward (2) position and the best blocking setter in the left back (5) position. For the purpose of this article we will begin with setters in the right back and left forward positions.

Figure 1a shows the positioning of the players for Rotation 1. There are two potentially dangerous areas for overlap: between the right forward and the right back and between the center back and the right back. Switches in the forward line are easy for the outside hitter, who must switch from the 2 to the 3 position. The difficult switch is for the setter who must move from 4 to 1. Back row switches are always much easier, because they are made immediately after the serve is received and before the players move to cover the attack. All players must be aware of the switches so

they do not collide. In this rotation the front row setter and middle blocker may collide if they are not careful. The setter must also be aware of the switching patterns to know where the low priority attack position is. In this rotation the right forward attacker would be the lowest priority. The three players who are stacked next to the net during serve receive must stay as close to the net as possible so as not to block the view of the receivers or be tempted to receive short serves.

Figure 1b indicates the movement of all players, after the initial

switch is completed, to cover an attack from the left forward position. The coverage shown is a 3-2. Three players surround the spiker and the other two fill in the spaces between them and cover the rest of the court.

Second rotation

Figure 2 illustrates the serve receive positions for the second rotation. The middle blocker switches from 4 to 3 and the setter from 3 to 2. These are both easy switches but the switch from a deep 2 to 4 for the outside hitter is very difficult to complete. Often in this rotation we use two or three different set plays so that there is less confusion. If the outside hitter is not ready the team is definitely at a disadvantage, because that player is usually a safety when all other options fail.

Play sets in this rotation often find the outside hitter spiking closer to the center of the court (right cross, tandem, etc.). Another excellent play is a back row attack by the left back (5). A third option is to have the outside hitter remain on the right side of the court and the setter remain on the left and to run the first attack in these positions, changing after the ball goes over the net. The potential for overlapping occurs between the center back (6) and right back (1).

Third rotation

In the third rotation no switching is necessary in the front row. All three hitters are in their correct positions on the court. The setter has the most difficult switch, moving from the left back position to right of center front. There is potential for overlap between the setter at 5 and the middle blocker at 6. Figure 3 illustrates this rotation.

In this system the outside hitters receive serve in all three positions, while the setter and middle blocker receive in only two. Thus the middle blockers and setters do not have to practice receiving from that third position. The three players who are not involved in receiving the serve must remain as close to the net as possible. They must not try to receive serve but must be aware of where the ball is so that they do not interfere with the receivers either physically or visually.

Two other hints help make the serve receive efficient. If the ball is served to the short center part of the court, the right-side receiver should be more aggressive than the left-side receiver in playing the ball. If the ball is served between either of the side players and the sidelines, the player should protect the sideline by receiving that serve. Generally, the deep player should be required to receive deep serves only to the center two thirds of the court. As is true in all serve receive formations, the key to success is determining early who will actually receive the ball. A good verbal cue for describing the appropriate timing is for players to call for serve receive before serves cross the net. Players must communicate their intent to receive and must do so as early as possible.

We have used this serve receive pattern at Delaware for 3 years with great success. But it is just one of many options available—the options are limited only by your creativity.

Barbara L. Viera is women's volleyball coach and a physical education professor at the University of Delaware (Newark). Viera coauthored Volleyball: Steps to Success and Teaching Volleyball: Steps to Success. G

2011 Women's College Volleyball Preview

By David Portney
AVCA Media Relations & Awards Support Specialist

*"It's the little details that are vital.
Little things make big things happen."*

~John Wooden

It's those little things that countless teams spanning many divisions from across the country have been meticulously working on all winter in order to reach the top. As the season begins and the autumn leaves change colors, the cold winters will soon take way as the new champions are crowned.

In Division I, all schools will be looking to knock off four-time defending champion Penn State. A few of the teams leading the pack to do so all finished in the top-10 of the AVCA Division I Coaches Top-25 Poll: California, Florida, Nebraska, Southern California and Texas. They will look to take advantage of a Penn State squad that will have to replace two AVCA First-Team All-Americans in Blair Brown and Arielle Wilson, but return Second-Team All-American Deja McClendon. Expect Florida to make a strong bid for that top spot as they return First-Team All-American and 2010 SEC Player of the Year Kelly Murphy.

Moving to Division II, Concordia-St. Paul will also be looking to win their unprecedented fifth consecutive national title, as they return five starters, but will have to do it without four-time AVCA All-American, and the school's all-time leader in kills and points, Emily Palkert. Look for Cal State San Bernardino to give the Golden Bears all they can handle as four starters plus their libero return from last year's team. Indianapolis, returning six starters, also will contend for the title as well as Nebraska-Kearney and national runner-up Tampa.

Calvin will try and defend their Division III championship as they return five starters to help them accomplish that goal. However, national runner-up Emory will have something to say about that, returning six starters including AVCA National Player of the Year Amelia McCall. Juniata is regarded as one of the top Division III programs in the country, and will find a way to contend despite suffering the losses of AVCA All-Americans Stephanie Strauss and Kristin Noetzel. Don't count out Washington-St. Louis either, as they welcome back a veteran team of six starters and a libero from a year ago.

In the NAIA world, Fresno Pacific marks the third program in this article gunning for their fifth consecutive national championship, as the Sunbirds return three starters including AVCA First-Team All-American Martina Gregusova. NAIA powerhouse programs Columbia (Mo.) and Lee (Tenn.) will try their best to dethrone the champs.

Division I



CALIFORNIA

[30-4, 15-3 Pac-10]

2010 Final National Ranking: 2nd

2010 Postseason Finish: National Runner-Up

2010 Conference Finish: T-1st

2010 RKPI: 4th

Returning Starters/Letterwinners: N/A

Top Returners: Tarah Murray (Sr., OH, 6-3, AVCA All-America, Pac-10 All-Conference), Shannon Hawari (Jr., MB, 6-2, AVCA All-Region Honorable Mention), Correy Johnson (Jr., MB/Opp., 6-4, AVCA Honorable Mention All-America, All-Pacific Region Team)

Top Newcomers: Christina Higgins (Fr., OH, 6-2), Michelle Neumayr (Fr., OH, 6-0), Lindsey Parrot (Fr., S/OH, 6-2), Lillian Schonewise (Fr., MB, 6-2)

Top Players Lost: Carli Lloyd (S, 5-11, AVCA National Player of the Year)



UNIVERSITY OF FLORIDA

[29-2, 20-0 SEC]

2010 Final National Ranking: 8th

2010 Postseason Finish: NCAA Regional Semifinals

2010 Conference Finish: 1st

2010 RKPI: 3rd

Returning Starters/Letterwinners: 4/10

Top Returners: Kelly Murphy (Sr., S/Opp., 6-2, 2010 AVCA First-Team All-America, 2010 SEC Player of the Year), Cassandra Anderson (Sr., MB, 6-1, 2010 All-SEC Second-Team), Kristy Jaeckel (Sr., OH, 6-2, 2010 AVCA Honorable Mention All-America, 2010 All-SEC Second-Team), Tangerine Wiggs (Jr., RS/Opp., 6-2), Chanel Brown (So., S, 5-9, 2010 SEC All-Freshman Team)

Top Newcomers: Simone Antwi (Fr., MB, 6-2), Noami Santos (Fr., OH, 5-11)

Top Players Lost: Lauren Bledsoe (MB, 6-1, 2010 AVCA Honorable Mention All-America, 2010 All-SEC First-Team), Erin Fleming (DS/Lib., 5-8), Callie Rivers (OH, 5-11, 2010 AVCA Honorable Mention All-America, 2010 All-SEC First-Team)



NEBRASKA

[29-3, 19-1 Big 12]

2010 Final National Ranking: 7th

2010 Postseason Finish: NCAA Regional

2010 Conference Finish: 1st

2010 RKPI: 4th

Returning Starters/Letterwinners: 5/9

Top Returners: Brooke Delano (Sr., MB, 6-4, two-time AVCA All-American, First-Team All-American in 2010), Hannah Werth (Jr., OH, 6-1, 2010 AVCA Second-Team All-American and Big 12 Defensive Player of the Year), Lauren Cook (Jr., S, 5-8, 2010 Big 12 Newcomer of the Year), Morgan Broekhuis (So., RS, 6-5, 2010 All-Big 12 Freshman Team), Gina Mancuso (Jr., OH, 6-1, 2008 Gatorade National Player of the Year), Jordan Wilberger (Sr., MB, 6-1, 2010 Seattle Regional All-Tournament Team)

Top Newcomers: Lara Dykstra (L, 5-10), Taylor Simpson (OH, 6-3)

Top Players Lost: Sydney Anderson (S, 6-0, Two-Time All-American), Kayla Banwarth (L, 5-10, School-record holder in digs), Lindsey Licht (RS, 6-5, 2010 Second-Team AVCA All-American), Tara Mueller (OH, 6-0, 2008 Second-Team AVCA All-American)



PENN STATE UNIVERSITY

(32-5, 2010 16-4 Big Ten)

2010 Final National Ranking: 1st

2010 Postseason Finish: NCAA Champion

2010 Conference Finish: 1st

2010 RKPI: 1st

Returning Starters/Letterwinners: 5/10

Top Returners: Deja McClendon (So., OH, 6-1, 2010 AVCA Second-Team All-America, 2010 AVCA Division I Freshman of the Year), Kristin Carpenter (Jr., S, 5-7), Darcy Dorton (RS So., OH, 6-2, 2009 AVCA Honorable Mention All-America), Katie Slay (So., MB, 6-6)

Top Newcomers: Lacey Fuller (Fr., DS/Lib., 5-6), Dominique Gonzalez (Fr., DS/Lib., 5-6), Nia Grant (Fr., OH, 6-2), Micha Hancock (Fr., S, 5-11), Aiyana Abukusumo-Whitney (Fr., OH, 6-5)

Top Players Lost: Blair Brown (RS/Opp., 2010 AVCA First-Team All-America, Honda Award Winner), Arielle Wilson (MB, 2010 AVCA First-Team All-America), Alyssa D'Errico (DS/Lib., 2010 Honorable Mention All-Big Ten)



UNIVERSITY OF SOUTHERN CALIFORNIA

(29-5, 14-4 Pac-10)

2010 Final National Ranking: 3rd

2010 Postseason Finish: NCAA Semifinals

2010 Conference Finish: 3rd

2010 RKPI: 7th

Returning Starters/Letterwinners: 6 + Libero/12

Top Returners: Alex Jupiter (Sr., OH, 6-3, 2010 AVCA First-Team All-America), Kendall Bateman (Sr., S, 5-11, 2010 AVCA Second-Team All-America), Lauren Williams (Sr., MB, 6-4, 2010 AVCA Third-Team All-America), Falyon Fonoimoana (So., OH, 6-4, 2010 AVCA Pacific Region Freshman of the Year, 2010 Pac-10 Freshman of the Year)

Top Newcomers: Emily Young (S/Opp., 6-2), Hayley Crone (S, 5-9), Bria Russ (5-9, OH)



THE UNIVERSITY OF TEXAS

(27-6, 18-2 Big 12)

2010 Final National Ranking: 4th

2010 Postseason Finish: NCAA Semifinals

2010 Conference Finish: 2nd

2010 RKPI: 10th

Returning Starters/Letterwinners: 4 + Libero/10

Top Returners: Rachael Adams (Sr., MB, 6-2, 2010 AVCA First-Team All-America), Amber Roberson (Sr. OH, 6-2, 2010 All-Big 12 Honorable Mention), Michelle Kocher (Sr., S, 5-10, 2008 Big 12 Freshman of the Year), Bailey Webster (So., OH, 6-3, 2009 No. 1 national recruit), Hannah Allison (So., S, 5-11)

Top Newcomers: Kat Bell (MB/OH, 6-1), Haley Eckerman (OH, 6-3), Madelyn Hutson (UTIL, 6-6)

Top Players Lost: Juliann Faucette (OH, 6-2, 2010 and 2007 AVCA First-Team All-America, 2009 AVCA Third-Team All-America, 2010 Big 12 Player of the Year, 2007 AVCA National Freshman of the Year), Jen Doris (MB, 6-5, 2010 All-Big 12 Honorable Mention)

Other teams to watch:

Hawai'i, Minnesota, Stanford, UCLA, Washington

Division II



CAL STATE SAN BERNARDINO

(28-3, 21-1 CCAA)

2010 Final National Ranking: 4th

2010 Postseason Finish: NCAA Quarterfinals

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 4 + Libero/17

Top Returners: Samantha Middleborn (Sr., MB, 6-1, 2010 consensus National Player of the Year), Camille Smith (Jr., S, 5-9, AVCA Third-team All-American), Megan Johnson (Sr., MB, 6-1, CCAA All-Conference), Kelcie Tolan (Sr. L, 5-6), Jessica Girgle (Jr., DS, 5-5), Morgan Carty (Sr., OH)

Top Newcomers: Brittney Paino (Fr., OH, 5-10), McKella Williams (Fr., OH, 6-0), Alyssa Heldreth (Fr., MB, 6-0)

Top Players Lost: Jane Chafeh (OH, Two-time All-American), Nicole Moore (OH, 2010 AVCA All-American)



CONCORDIA UNIVERSITY

(32-4, 20-0 NSIC)

2010 Final National Ranking: 1st

2010 Postseason Finish: National Champion

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 5 + Libero/10

Top Returners: Megan Carlson (Sr., OH, 5-9, 2010 AVCA First-Team All-America, 2010 AVCA All-Region, 2010 NCAA All-Tournament Team, 2010 NCAA Central Region All-Tournament Team, 2010 NSIC First-Team), Taylor Fieldsted (Sr., DS/Lib, 5-7), Cassie Haag (Jr., MB, 5-11, 2010 AVCA First-Team All-America, 2010 AVCA All-Central Region, 2010 NCAA All-Tournament Team, 2010 NCAA Central Region All-Tournament Team, 2010 NSIC First-Team), Kara Pioske (Jr. OH, 5-9), Amanda Konetchy (So., 5-7, S, 2010 AVCA National Freshman of the Year, 2010 NCAA Tournament All-Tournament Team, 2010 NCAA Central Region All-Tournament Team, 2010 AVCA Second-Team All-America, 2010 AVCA Regional Freshman of the Year, 2010 AVCA All-Region, 2010 NSIC Freshman of the Year, 2010 NSIC First-Team), Kayla Koencke (So., 5-9, RS/Opp., 2010 AVCA Third-Team All-America, 2010 NCAA All-Tournament Team, 2010 AVCA All-Region, NSIC First-Team)

Top Newcomers: Kaitlyn Habeck (Fr., MB, 6-0), Ashley Murtha (Fr., OH, 5-10), Lisa Atkinson (Fr., DS/Lib., 5-7), Emily McDonough (Fr., OH, 5-10)

Top Players Lost: Emily Palkert (MB, four-time AVCA All-America, four-time All-NSIC), Krista Erickson (DS/Lib.)



UNIVERSITY OF INDIANAPOLIS

(27-9, 11-3 GLVC)

2010 Final National Ranking: 15th

2010 Postseason Finish: NCAA Regional Final

2010 Conference Finish: 2nd

Returning Starters/Letterwinners: 5/9

Top Returners: Kristina Kerrigan (Jr., OH, 5-11, All-GLVC First-Team), Courtney Anglemyer (Sr., MB, 6-0, All-GLVC Third-Team), Kristina Hefferan (Sr., OH, 5-11, NCAA Midwest Region All-Tournament Team), Hannah Kelzer (Sr., MB, 6-1)

Top Newcomers: Arielle Knafel (So., OH, 5-9, Norfolk State transfer), Brittany Anglemyer (So., MB, 6-0, IUPUI transfer), Kim Trojan (Fr., OH, 5-8), Julia Watkins (Fr., MB, 6-0), Camille Cherry (Fr., S, 5-8), Meghan Binkerd (Fr., S, 5-10)

Top Players Lost: Lyndsay Callahan (DS/Lib., AVCA Honorable

Mention All-America, AVCA All-Midwest Region, Second-Team All-GLVC), Cheneta Morrison (S, AVCA Second-Team All-America, AVCA All-Midwest Region, First-Team All-GLVC)



UNIVERSITY OF NEBRASKA-KEARNEY

[31-5, 17-1 RMAC]

2010 Final National Ranking: 5th

2010 Postseason Finish: NCAA Central Regional

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 3/10

Top Returners: Ellie Pesavento (So., MB, 6-0, All-RMAC Third-Team), Ariel Krolkowski (Jr., OH, 5-9), Katie Sokolowski (So., MB/Opp., 6-2), Kaleigh Anderson (Jr., DS/Lib., 5-7)

Top Newcomers: Amanda Bloom (Fr., OH, 6-3.), Liz McGowan (Fr., OH/DS, 5-7) Molly O'Brien (Fr., 5-8, OH/DS)

Top Players Lost: Jeri Walkowiak (Sr., MB, 5-11, AVCA First-Team All-America, RMAC Player of the Year), Cola Svec (Sr., S, 5-8, AVCA Second-Team All-America, RMAC Setter of the Year), Kaitlyn Heiserman (Sr., DS/Lib., 5-5, AVCA Honorable Mention All-America, RMAC Defensive Player of the Year), Kelsey Werner (Sr., OH, 6-1), Setera Michaels (Sr., S/DS, 5-8)



UNIVERSITY OF TAMPA

[31-4, 15-1 SSC]

2010 Final National Ranking: 2nd

2010 Postseason Finish: National Runner-Up

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 2 + Libero/4

Top Returners: Danielle Selkridge (Jr., 6-2, First-Team All-SSC, AVCA Second-Team All-America), Jessica Yingling (Jr., 5-10), Julie Howlett (Sr., 5-4, Second-Team All-SSC, AVCA Honorable Mention All-America), Eva Dupay (Sr., 5-8, OH), Holly Reschke (So., 6-0, OH)

Top Newcomers: Sloane Baby (Jr., S, 5-8, Auburn transfer), Meagan Burke (Fr., MB, 6-2), Jackie Neff (Fr., OH, 6-0), Kahley Patrick (Fr., S, 5-10)

Top Players Lost: Melissa Vanderhall (OH, First-Team All-SSC, AVCA First-Team All-America), Kaleigh Cunningham (OH, Second-Team All-SSC, AVCA Honorable Mention All-America), Meghan Sherman (First-Team All-SSC, AVCA First-Team All-America)

Other teams to watch:

Central Missouri, Clarion, Dowling, Southwest Minnesota State, Wayne State (Neb.), Wingate

Division III



CALVIN COLLEGE

[32-4, 15-1 MIAA]

2010 Final National Ranking: 1st

2010 Postseason Finish: National Champion

2010 Conference Finish: T-1st

Returning Starters/Letterwinners: 5 + Libero/14

Top Returners: Rebecca Kamp (Sr. MB, 6-2, AVCA First-Team All-America), Lizzie Kamp (Jr., OH, 6-0, First-Team All-MIAA, AVCA Honorable Mention All-America), Megan Rietema (So., S, 6-2, AVCA Freshman of the Year, AVCA Honorable Mention All-America)

Top Newcomers: Stacy Kamp (Fr., OH, 6-0), Emily Crowe (Fr., MB, 6-0), Elise Biesboer (Fr., DS/Lib, 5-4), Ellie Diepersloot (Fr., OH, 5-11)

Top Players Lost: None



EMORY UNIVERSITY

[36-4, 10-1 UAA]

2010 Final National Ranking: 2nd

2010 Postseason Finish: National Runner-Up

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 6/14

Top Returners: Amelia McCall (Sr., 5-10, OH, AVCA National Player of the Year), Natalie Schonefeld (Sr., two-time AVCA All-America), Jessica McAlvany (OH, two-time AVCA All-America), Breannah Bourque (MB, 2010 AVCA Second-Team All-America), Ali Wright (Sr. MB, three-time ALL-UAA and AVCA Honorable Mention All-America)

Top Newcomers: Kate Bowman (Corpus Christi, TX), Hannah Everett (Rossville, TN), Dana Holt (Moraga, CA), Leah Jacobs (Linville, VA), Cat McGrath (St. Louis, MO), Cami Silverman (Bellevue, WA), Camden Spade (Raleigh, NC) and Olivia Volarich (St. Louis, MO)

Top Players Lost: None



JUNIATA COLLEGE

[34-6, 6-0 Landmark]

2010 Final National Ranking: 4th

2010 Postseason Finish: NCAA Semifinals

2010 Conference Finish: 1st

Returning Starters: 3 starters + Libero/10

Top Returners: Libby Morrison (DS/Lib., 5-6, AVCA Third-Team All-America), Kelsey Fuller (RS/Opp., 5-10, AVCA Honorable Mention All-America), Amanda Schmidt (MB, 6-0, All-Landmark Conference), Courtney Greenberg (S, 5-8, 2010 Landmark Conference Freshman of the Year)

Top Newcomers: Stephanie Dodson (5-4, DS/Lib), Amelia Kepler (6-1, OH/Opp.), Kelci Scannapieco (MB, 6-0), Catherine Scholl (OH/Opp., 5-11), Christine Sumner (MB, 6-2), Rachel Szezyller (OH, 5-10), Brittani Young (5-3, DS/Lib.)

Top Players Lost: Stephanie Strauss (S, AVCA 2nd Team All-America 2008, 2009, 2010) Kristin Noetzel (MH, AVCA 1st Team All-America 2010)



WASHINGTON UNIVERSITY IN ST. LOUIS

[35-4, 8-3 UAA]

2010 Final National Ranking: 3rd

2010 Postseason Finish: NCAA Semifinals

2010 Conference Finish: 2nd

Returning Starters/Letterwinners: 6 + Libero/14

Top Returners: Kelly Pang (Jr., DS/Lib., 5-1, 2010 AVCA First-Team All-America, 2010 First-Team All-UAA, NCAA Championship All-Tournament Team), Lauren Budde (Sr., MB, 5-9, 2010 AVCA Third-Team All-America, 2010 Second-Team All-UAA), Meghan Byrne (So., OH, 5-11, 2010 AVCA Honorable Mention All-America, 2010 AVCA Central Region Freshman of the Year, 2010 First-Team All-UAA), Marilee Fisher (Jr., S, 5-8, 2010 AVCA First-Team All-America, 2010 First-Team All-UAA), Drew Hargrave (Jr., OH, 6-0, 2010 AVCA Honorable Mention All-America, 2010 Honorable Mention All-UAA)

Top Newcomers: Maddy Morris (Fr., MB, 6-2), Lindsay Juriga (Fr., S, 5-11), Ella Praisner (Fr., MB, 5-9)

Top Players Lost: Ali Hoffman (DS/Lib., 5-2), Marya Kaminski (MB, 6-0)

Other teams to watch:

Carthage, Christopher Newport, Hope, Eastern (Pa.), Wittenberg

NAIA



COLUMBIA COLLEGE

(42-3, 16-0 AMC)

2010 Final National Ranking: 5th

2010 Postseason Finish: National Runner-Up

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 6

Top Returners: Paula Ferreira (Jr., S, 5-10, AVCA/NAIA National Player of the Year), Vesna Trivunovic (Sr., OH, 6-0, AVCA First-Team All-America), Kelly Corkum (Jr., RS/Opp., 6-5, All-AMC), Nicole Murphy (Sr., MB, 6-3, All-AMC), Ola Shawky (Sr., MB, 6-1, All-AMC), Serena Jenkins (Sr., OH, 5-8, All-AMC), Erin Pavlin (So, DS/Lib., 5-7)

Top Newcomers: Aleah Hayes (Jr., DS/Lib., 5-7, Texas Tech transfer), Jordan Reid (Fr, OH, 5-9), Trinity Ojo (So., MB, 6-4)

Top Players Lost: Tally Mattos (DS/Lib., All-AMC, NAIA All-Tournament Team)



FRESNO PACIFIC UNIVERSITY

(35-2, 19-1 GSAC)

2010 Final National Ranking: 3rd

2010 Postseason Finish: National Champion

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 3/8

Top Returners: Martina Gregusova (Sr., OH, 6-1, AVCA First-Team All-

America, NAIA Tournament MVP), Erica Adachi (Jr., S, 5-8, NAIA All-Tournament Team), Kathleen Anderson (So., MB, 6-1)

Top Newcomers: Amy Siemens (Fr., MB, 6-1), Jessie Alcorn (So., OH, 5-10), Lyndsie Peterson (Fr., OH, 5-11)

Top Players Lost: Lisa Shilling (Sr., MB, 6-1, four-time AVCA All-America), Keke Wang (Sr., RS/Opp., 6-2, four-time AVCA All-America), Mariah Mandelbaum (Sr., DS/Lib., 5-7, All-GSAC)



LEE UNIVERSITY

(39-1, 10-0 SSAC)

2010 Final National Ranking: 1st

2010 Postseason Finish: NAIA Semifinals

2010 Conference Finish: 1st

Returning Starters/Letterwinners: 7/11

Top returners: Arlene Ferreira (Sr., OH, 5-8, AVCA First-Team All-America), Val Caboclo (Sr., MB, 5-11, NAIA Honorable Mention All-America), Christa Hutchison (Sr., OH, 5-8, All-SSAC), Stephanie Todd (Sr., OH, 5-10, All-SSAC), Gretchen Higdon (Sr., S, 5-6, All-SSAC East), Kelsey Leffew (Sr., S, 5-6, All-SSAC East)

Top Newcomers: Lauren Williams (Fr., 6-0, MB), Patty Orozco, (Fr., 5-11, OH)

Top Players Lost: Kayla Carlisle (MB, 6-1, NAIA Honorable Mention All-America), Irene Ojukwu (6-1, OH)

Other teams to watch:

Northwestern (Iowa), Texas at Brownsville

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Vollingo

Mike Gawlik, Assistant Coach,
Michigan State University (with
Jason Reed, Assistant Coach,
North Dakota State University)

As I stood quietly behind a row of parents at recent tournament, I was turned on to a new volleyball term. After a middle blocker's successful attempt to reach over the net and block a vertically challenged player's set went uncalled, a father shouted, "C'mon ref! She's roughing the setter!" It was then I began to reflect on the verbiage we use to describe our game. I'm talking about the poetic mastery of capturing the game of volleyball in words not found in rule books. It's an ever-changing and evolving vernacular we affectionately call "Vollingo." For example, I have always thought the traditional "over the net" call should be referred to as "poaching"—after all, the blocker is attempting to kill something illegally. But nevertheless, I like "roughing the setter" much better and have put it into my daily use. Some Vollingo is common: *passing dimes, dishin' the fig, gator, six pack, chicken wing, in a phone booth*. I've always been a fan of referring to your libero as the "bumper." Here are a few you may not have heard just yet:

Rally Rash

[ral-ee rash] noun

1. An affectionate term used to describe the welts and redness that appear on the antecubital area (inside of elbow) as a result of digging/passing a hard driven ball.
2. Rally Rash can be a badge of courage or shame depending on the circumstances surrounding its attainment.
3. The rally rash-ee will pretend it doesn't hurt.
4. It does.

Ballcano

[bawl-kay-noh] noun

also known as *Ball Jenga*

1. An overflowing ball cart resulting from players who refuse to drag multiple carts to the point of shagging origin.
2. The fragile Ballcano will likely result in an avalanche of balls the moment the players leave for water.
3. Ballcanos are unstable and should be avoided at all costs.

Esophablocker

[ih-sof-uh-blok-er] noun

1. A truly rare specimen that can block so high that they expose their esophagus to the mercy of the attack.
2. If you have an Esophablocker, check the height of your net.

Pezzed

[pehzzed] verb

1. This occurs when a defender (Pezzee) gets hit square in the face by an attack, or heaven forbid, a serve. The snap-back action of the head is said to resemble a giant Pez dispenser.
2. While it would be awesome, the Pezzer does not receive any candy.

Knick Knack

[nik-nak] noun

1. Any player that does nothing more for the team than stand there and collect dust.
2. An attacker your team should completely ignore.
3. The 5'3" attacker your middle blocker keeps committing on.

Overcomplicate

[oh-ver-kam-pli-keyt] noun

1. The process of making summer camp more complex than it needs to be.

Grinding Pepper

[grayhn-ding pep-er]

verb, noun

1. The act of peppering the volleyball back and forth.
2. It is acceptable to use the phrase "Grindin' Pepper" or "Let's go grind some pepper."
3. It is *not* acceptable to use the phrase, "Let's go grind."

Ladies Night

[ley-dees nahyt] noun

1. This occurs when every member of your team (male or female) believe they are entitled to have everyone else cover but them.

ABCs of Blocking

[ey-bee-sees uhv blok-ing] noun

1. Very simple: Always Be Closin'
2. May be adjusted for Attacking to *Always Be Crushin'*

Use one or more of these phrases with your players for a laugh during practice or a match. More than likely, you'll have to define it for them, so perhaps you should keep these definitions as a reference. Until then, volley on and stay excellent.

See Jane Run! Run Jane Run!

By Ken Kontor

When I first learned to read in first grade, I was introduced to 'Dick' and 'Jane' and the mantra 'Run, Jane, Run' being drilled into my head over and over. Maybe this is the reason why volleyball coaches still insist on running 'Jane' (here I'm talking about a distance of over 40 yards). Recently, a coach commented to a *Performance Conditioning Volleyball* author in an interview: "We do the two-mile run when we come into camp to see where we are at." Two miles is a long way for a power athlete. This type of thinking and running makes no sense and actually retards the development of volleyball players. Here's why:

First thing to consider is what message does this send to the athlete? Summer or preseason is a time to gain strength and convert that strength into explosive volleyball-specific power; to come into camp in volleyball shape. If athletes know that they are going to be tested when they come to camp to run two miles, what are they going to do to please the coach? They are going to train to be a distance runner and not an explosive athlete. Running distance does nothing to improve vertical jump and court quickness. In fact, it's the wrong thing to do. This issue is complicated by the fact that some athletes use 'jogging' for weight control and/or social enjoyment, making the coach's job more difficult.

Volleyball is a power sport with a rest-to-work ratio of three-to-one. What this means is that for one unit of work there are three units of rest based on the average rally. This rest-to-work ratio of built-in recovery makes it a power sport. So, when the athletes come to camp, they are behind the curve preparation wise. All this leads to what I call 'energy system interference' - aerobic training (distance running) builds slow-twitch muscle fiber, but volleyball is a fast-twitch game. The law of muscle physiology states you can't effectively train both. How high can a marathon runner jump? The time it takes the body to get back to match-fit explosive power is time wasted.



When you come to camp you only have time to advance volleyball skill, not play energy system catch up.

Another consideration of why having Jane run distance is a bad idea is the distance traveled on the court. A player might travel a few strides to make a dig or save, certainly not two miles. So why is Jane running? The thing I hear most is mental toughness. But, what is mental toughness? The best definition I've heard is focus. But, how is running two miles focusing the player to make the

winning play in the fifth set? If Jane must run, make the distance short and allow recovery that mimics the physical demands of the game (three-to-one). This will provide the necessary aerobic recovery base needed to be explosive in the fifth set. Another alternative is circuit training, which by manipulating the rest-to-work ratios, match-fit endurance and strength endurance can be achieved.

The bottom line is: Use short, intense bursts with controlled recovery to be volleyball fit.

I often wonder if in our early formative years, rather than having seen Jane run, what our sport of volleyball and the way we train would have been if we read, 'See Jane Jump! Jump, Jane, Jump!'

More information, please! To enhance your understanding of the rest-to-work ratio of three-to-one, specific to the sport of volleyball, we have posted an informative article by volleyball coach John Speraw on our *Performance Conditioning Volleyball* website that will tell you more. Go to <http://www.performancecondition.com/wp-content/uploads/2008/04/Three-to-One-VB.pdf>

Enjoy!



Looking for Ghosts

By Terry Pettit

Horseteeth Ringen. The phrase sounds like a Russian greeting in translation or perhaps a salute before tossing down a shot of whiskey at an Irish racetrack. It isn't either. It was a boy's name.

When I was a kid in Northwest Indiana, my father stopped the car across from a vacant lot near the Shell Station on the North side of town. "That," he said, "used to be Brown's Field where we played pickup baseball when I was growing up. Horseteeth Ringen hit a home run here one day, touched first, second and third, and then when he touched home plate, collapsed and died of a heart attack."

I was mortified. A little bit because the thought of a twelve-year-old kid having a heart attack was frightening, but mostly because this poor kid, who could be me, had the nickname "Horseteeth." Even with the backlash against political correctness, this couldn't happen today.

But nicknames were still around in the '50s and '60s. There was a kid who played basketball at my college that was called "The Kosiosko County Jumping Jack." My two favorite nicknames are both from baseball, one for one of the greatest first basemen of all time, "Stan the Man Musial," and the other a pun on Musial's nickname given to a relief pitcher named Don Stanhouse whose combination of Harpo Marx hair and primal screams led an ESPN wag to give him the nickname "Stan the Man Unusual."

Today most nicknames are the first letters of a teammate's first and second names; K.D., C.J., T.K., or hybrids of the first name with a couple of letters tacked on, Kimmer, Jimmer, and Emster. I wonder if in the South, "Bigun" is still popular. Horseteeth, Badfeet, Enormous Head, Slowtwitch and Smelly would be snipped off in the first encounter with organized sport, which for most kids is about three.

Some of you are probably wondering if the story about Horseteeth is true. It is, but because it took place in the 1930s you are going to have to take my word for it. If it happened after 1994 you could look it up. Horseteeth would likely be on Facebook or Myspace and possibly have an account with Friendster, LinkedIn, Twitter or Classmates.com. If Horseteeth's last name was Swenson you could possibly find him on Lunar Storm, a networking site in Sweden, and if he had a true disability, not just bad teeth, you might find him on Disaboom, a network for people with MS, cerebral palsy and other health issues.

But of course Horseteeth died before any of this existed. Horseteeth died before television and Pez dispensers. If he collapsed after hitting a home run in 1995, you could Google his name, search for him on pipl.com, and chances are you would find



an archived news story about an unfortunate kid who collapsed on a field in Crown Point, Indiana with an undetected heart defect, while playing an unauthorized game of baseball next to a Pennsylvania Railroad roadbed where the tracks had been ripped up thirty years ago.

* * *

She would be 56 years old now; five foot 10 inches tall, although if she were still wearing the Afro she had when I first met her in 1974, her personality, her presence and her hair would make her seem much taller. Her most distinguishing characteristic besides her skin color would be the fact that she is left-handed.

Carolyn Hawkins was from Henderson, North Carolina - nineteen miles and 45 minutes North of Louisburg College, one of the oldest two-year colleges in the United States. Louisburg College was chartered in 1787, held its first classes in 1805, and became Louisburg Female Academy in 1815.

Carolyn and I both arrived in Louisburg in the fall of 1974; she as one of the first female athletes to be recruited on an athletic scholarship, while I was hired to teach English and coach men's golf and tennis. Neither of us was prepared to be a part of the first women's volleyball team that Louisburg College fielded, and both of us assumed our roles - mine as coach and Carolyn's as player - by happenstance.

Carolyn was recruited to play on Louisburg's first women's basketball team by the head coach, Sam White, a confirmed bachelor who had spent most of his life coaching baseball at multiple levels in small towns throughout the South. I became the volleyball coach one week before practice began when the President of the college overheard a conversation at a dinner party that I had played for a men's team in Chicago.

Both of us assumed our roles because we were asked. Carolyn was encouraged to tryout by her high school basketball teammate, Debbie Tyson, who was also recruited to play basketball at Louisburg, and who would later go on to become the head volleyball coach at the University of Virginia. I said "yes" to the President when asked, although I thought he was talking about a men's team. I was no more aware of the fact that Title IX legislation had been passed the year before, providing opportunity for women in sports, than I was that woods and ponds north of the college were home to copperheads, water moccasins, abandoned tobacco barns and large mouth bass bigger than possums.

Carolyn had two nicknames: Hawk and Turkey. The first was an abbreviation of her last name but also conveyed the change in alertness that came over her in competition. The second was a high school nickname that I assumed referred to her ability to become the center of good-natured kidding about her tendency to be oblivious to whatever was happening whenever she was not in competition.

On a team of 15 players, none of whom had ever played organized volleyball, her number was 18, which was only possible because we made our own uniforms from shirts and cloth bought in Raleigh. The numbers were sewn on by a lady who was a friend of Dr. Ruth Cook, who served as Louisburg College's first senior women's administrator, and who watched women's basketball and volleyball competition from a lawn chair perched on a stage in the gymnasium.

Because we ran a 4-2 with the setter positioned at the net in the middle of the court, Carolyn was both a left side and right side attacker, although using those terms would indicate more tactical preparedness than was actually the case. She was the first player in the history Louisburg volleyball to attack the ball, and by the end of her sophomore season was probably the second-best attacker in a state that has as many Division I schools as any in the country.

Her development as a spiker allowed her to earn a full volleyball scholarship to the University of North Carolina at Chapel Hill when she graduated from Louisburg with her junior college degree. She may have been the first black female athlete to play volleyball for North Carolina, which was located 55 miles and an hour-and-a-half from Louisburg, depending upon which two-lane roads you took and how many men with hats on were driving below the 50 mph speed limit.

She was not the first black athlete. Phil Ford was running the famed "four corners" offense for Dean Smith and Tarheel basketball. Local rival North Carolina State had recently won its first national championship with David Thompsen, whose vertical jump challenged the laws of physics. Duke had not yet become Duke. The ACC was becoming the best men's basketball conference in the country. Women's volleyball, like women's sport in general, was like a small amusement park ride on the edge of the state fair.

If Chapel Hill seemed like a charming, progressive college town that might appear on the cover of the *Saturday Evening Post* to most people, it must have been a culture shock to someone raised in Henderson, North Carolina via Louisburg College. Small towns in the Piedmont were in parallel universe waffling between 1775 and 1955.

Farmers still played marbles at near dusk in Rocky Mount. The owner of a small breakfast café that was my first restaurant meal in Louisburg talked about "darkies" while he was cooking sausage on the grill. Public sanitation did not include the black neighborhood on the other side of the river. White folks vacationed and golfed at Nags Head or drove south to Myrtle Beach. Black folks fished with worms in the Tar River.

1975 marked the second year for integration at the high school. Four drugstores were located at the same intersection on the square in a town of 2,000 people. The movie theater had been closed for several years. Entertainment outside of high school sports was still segregated. People rooted for State or Carolina for different reasons. White people because they were alums, black people because of David Thompson, Charlie Scott and Phil Ford.

The campus that Carolyn Hawkins moved to was bivouacked in the twentieth century. Chapel Hill was actively recruiting black athletes to compete with North Carolina State;

The Carolina Coffee shop on Franklin Street welcomed blacks as did the men's store across the street, which provided the men's basketball staff and players with a as deep a discount as you can get on the dress suits players wore when they traveled. (On most college campuses in the '70s, discrimination was not primarily black and white, but football and men's basketball on one plane and every other sport on another. To some degree this continues at many major institutions.)

1976 was Carolyn's first year at North Carolina and my last year at Louisburg before moving to Nebraska. We competed against each other that fall, with Louisburg winning in straight sets and Carolyn playing well for the Tar Heels. After the match, she was more "Turkey" than "Hawk," mingling with her former teammates; laughing while being both the center of attention and affection.

I could tell she missed the intimacy of Louisburg, but I was also reassured because her head coach at North Carolina, Beth Miller, was a very caring coach who would provide all the support Carolyn needed to succeed in an opportunity that none of us could have dreamed of two years before. Beth told me that while Carolyn faced the challenges that any student does from moving to a major university from a small liberal arts two-year college, she was confident that Carolyn would ultimately succeed and graduate with a degree from one of the most prestigious schools in the country. And she did.

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She played her senior year, but then I lost track of her, partly because I was consumed with my own challenges at my new coaching position at Nebraska, partly because there was no internet, no cell phones, no texting, no Twitter, no Facebook. I would run into some of her former teammates who entered the coaching profession at clinics and conventions, and following hugs and embraces, our first interaction almost always was, "Have you seen Carolyn? Do you know where she is?" And then we would retell stories about how we could get her to perform at a higher level in practice if we had someone come in and pretend to video tape her for the Raleigh evening news.

In the early 1980s one of my best friends, Terry Davis, a former basketball and volleyball coach at Louisburg College, told me he thought he saw her walking down the street in Greensboro, North Carolina but by the time he double-tracked she was gone.

There were reports, with no attribution, that she had joined the military, and then for a year or two there was rumor that she had died, either in an accident or perhaps in military service. With the advent of the Internet, several of us have tried to find her. Her family is gone from Henderson. I phoned the administrative offices at Louisburg College and they do not have any records indicating that she ever attended the school. I was so dumfounded I couldn't speak.

Beth Miller lost track of her as well. There are over 40 Carolyn Hawkins listed in LinkedIn living in North Carolina. There are hundreds on Facebook, none of the images have her countenance or smile. Of course she could be married with a different name. She could be living in Europe. Pipl.com does not list any death records that would correspond to her age, but she could be deceased.

I've explored all the best people search engines: Google, 123 people, Spock and Spokeo. There are pay sites that are probably more thorough, but I have been hesitant to use those resources for a couple of reasons. After two years of searching for a former high school teammate, I finally found a phone number and address and there was a 99 percent chance that it was him. His relatives all matched. The age matched. Everything said it was him. But I hesitated. Why?

Something in me said that perhaps he didn't want to be found. He hadn't checked in at his high school or college website. He hadn't contacted any of our mutual friends. He or anyone from his



Girl's volleyball team: FRONT ROW — J. Siegner, J. Tant, S. Creech, D. Duke, M. Mayes, D. Tyson, L. Capps, M. Person. SECOND ROW — Mrs. Petit, M. Clark, C. Tant, C. Hawkins, D. Rogers, S. Howell, E. Pernel, S. Credle, Mr. Pettit.

family hadn't been seen at class reunions in over 30 years. Two years ago, I called someone that I thought for sure was him based on a picture on Facebook. Same bone structure. Same interests. Same age. The gentleman laughed, appreciated, and understood my passion to find my friend. But it wasn't him. That is one reason. And the other reason ... perhaps she is gone, and as long as I don't know for sure there is hope.

So why do I do this? Am I looking for someone from my past, or am I looking for myself in my past? With a former player it's different. Even when they are 56, it is like looking for a lost child. There is a sense that I should have made more of an effort. That I should have made sure that she was doing ok. I should have been there when she enlisted, got married or disappeared.

To some degree Carolyn Hawkins represents the first generation of young women who had the opportunity to compete. They played before there were accurate statistics or records. They played before there were media guides or YouTube. For the most part, their pictures are not in trophy cases and they are either too busy to attend or not invited to reunions. They are becoming ghosts. But they still live in their coach's mind. If I saw her today coming around the corner, if by chance I am lucky enough to find out that she is alive, healthy and doing well, this is what I would say:

Hawk, how are we doing?

Terry Pettit is the author of Talent and the Secret Life of Teams, available at www.terrypettit.com

YOU HAVE ENOUGH TO WORRY ABOUT...

GAME DAY. ARE WE READY? PREPARATION MEETS OPPOR
SET UP THE CAMERA. WATCH FILMS. WALK THRU'S AT 3:0
BEAT THE BLOCK. ANTICIPATION. HITTING LINES. SERVING
WILL WE SHOW UP TODAY? PASS THE BALL. ATTACK 1
DETERMINATION. COACHES MEETING. PRE-GAME TALK. W
TURN IN LINE UP. NATIONAL ANTHEM. HERE WE GO. GAM

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SNAP!!!
SMACK!
SWOOP

MIKASA
ATHLETE

MISTY MAY-TREANOR
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TO BE CONTINUED...