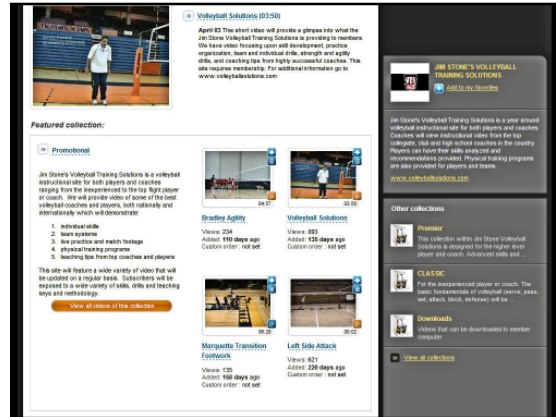
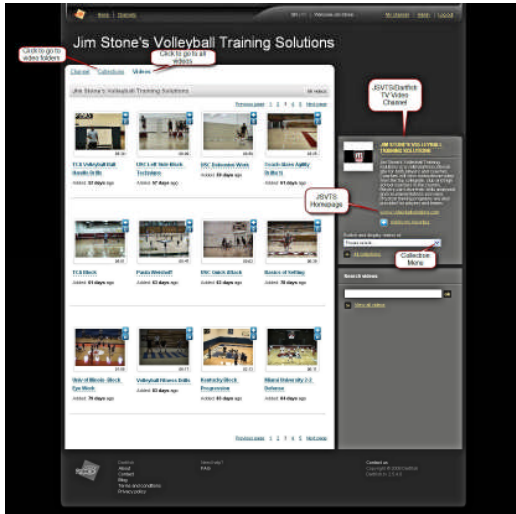
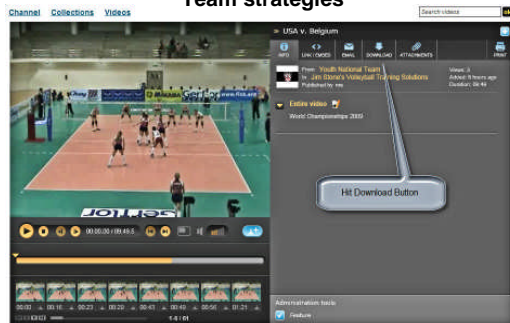


A huge coaching video library at your fingertips

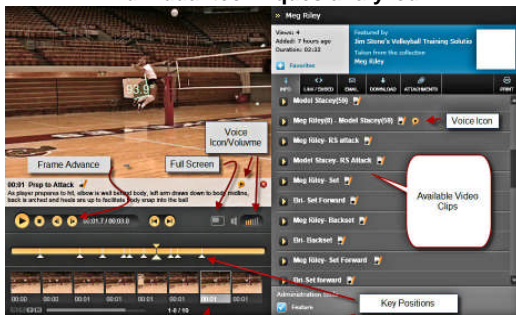


Some of USA's leading volleyball minds brought direct to your PC with Jim Stone's Volleyball Training Solutions!

Team strategies



Individual techniques analyzed





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Volleyball Training Solutions
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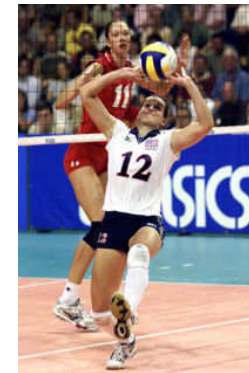
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WE BRING THE INSTRUCTION TO YOU!

Pre Season Club Coaches Symposium

Clinic 1
 12-5 PM Saturday
 December 12th 2009
 at Buckeye Volleyball Center
 or
Clinic 2
 12-5 PM Sunday
 December 13th 2009
 at University of Akron



Clinic 1 hosted at:
Buckeye Volleyball Center
 6810 Oak Creek Drive
 Columbus, OH 43229

Clinic 2 hosted at:
University of Akron
 Memorial Hall
 373 Carroll Street
 Akron, OH 44325

Clinicians



Jim Stone. 2008-2011 USA National Youth Team Head Coach. Previously Head coach at The Ohio State University for 26 years before retiring after the 2007 collegiate season.



Steve Colpus. Co-owner of Matchpoint Volleyball. Previously Head Coach of English National Team and a member of The Ohio State University coaching staff 2003-07.



Anthony Glass. Director of strength & conditioning for Olympic sports at Ohio State since 2000. He oversees strength and conditioning for all sports at Ohio State except football.



Jeanne Colpus. Co-owner of Matchpoint Volleyball. CAP & VCAP Cadre for USA Volleyball. Jeanne specializes in sport specific strength and conditioning for volleyball.

Purpose of Symposium

To provide volleyball club directors and their age group coaches an informational resource of coaching information both on the day of the symposium and throughout the club season.

Format

The participants will observe during the clinic the latest in skill development, practice organization, drill development and demonstration, jump training drills and video analysis of skills.

Symposium Agenda

- A program to develop vertical jump with Anthony Glass / Jeanne Colpus
- Taking your setter to the next level. Build on the basics to focus on deception, tempo, attack from the setter position
- Video Analysis of skills from the Youth World Championships
- Serving with intent. How to cause maximum disruption to your opponents serve receive
- Coaching Skills- what does it take to run your practice with efficiency and good tempo
- Defensive drills to increase court coverage
- Teaching quick attack and slide attack
- Movement skills essential to skill development

All attending club coaches will receive a one year membership with Volleyball Training Solutions Video Coaching Library valued at \$250!!.

This is a web based coaching resource of drills, strategies, techniques used by the nation's top coaches. To access sample video go to: www.volleyballsolutions.com and click on "coaches".

Contributing Coaches on the Site:

- **Russ Rose:** Penn State
- **Kathy George:** Michigan State
- **Paula Weishoff:** UC-Irvine
- **Pete Waite:** Wisconsin
- **Mark Rosen:** Michigan
- **Kevin Hambly:** Illinois
- **Mike Hebert:** Minnesota
- **Steve Shondell:** Muncie Burriss HS (Indiana)
- many other top collegiate, club and high school coaches

Bond Shymansky- Marquette University "This site is a great way to actually see how coaches train, how their practices move, how they communicate and what makes them successful"

Mark Rosen-University of Michigan "This site is a great tool to advance your coaching skills"

Kelly Sheffield-University of Dayton "This site is going to have a huge influence on how people coach...very impressive in scope and breakdown"

Tuition and Enrolment

\$300 for per club. This fee will grant admission to every coach within a registered club and will provide a one year membership to Volleyball Training Solutions coaching library. (Normal annual membership is \$250.00).

Each participating coach **MUST** be registered with their club, and club directors will be asked to provide proof of this prior to the start of the symposium.

Individuals not attached to a club may attend the symposium for a fee of \$50. If they wish to take out a membership to Volleyball Training Solutions coaching library they may do so for an additional \$250.

Registration and Payment

Payments may be made by using the PayPal option that can be found on the Volleyball Training Solutions Website. Alternatively mail a check payable to VTS to the address below to arrive by Dec 4th.

Club Directors can register their club by email to volleyballsolutions@mac.com and must do so by December 4th at the latest. Please specify which clinic you are registering for. A list of their coaches attending together with their USAV registration numbers should also be provided by that date.

Individual registrations must also be made by email no later than December 4th.



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