

Delta Region High Performance News

Delta Region High Performance Program

Delta Region High Performance Camp will be held this summer for players who have been identified as having the potential to travel up the Athlete Pipeline as their careers progress. This year's Delta Region HP Camp will feature High Performance training modeled after our U.S. National Team's practice sessions, which will include some of the country & region's top coaches, and camp teammates from diverse areas of the region.

The 2013 Delta Region High Performance Camp will be held the weekend of June 1 & 2, 2013 in Conway, AR (a central location for region members). Head coaches for the camp will be Chris Poole, Florida State, Todd Dagenais, University of Central Florida and Justin

Dee, former Delta Region HP Director.

Participants for the 2013 Delta Region High Performance Camp will be selected based on HP tryout results. Through the HP tryout process, selected athletes will be placed in the region HP Camp Program at their highest evaluated level. This means that the region HP camp will be for more experienced players and will not be diluted with beginning players. Comparably-skilled players will be invited to attend the 2-day camp providing the optimal environment for learning and improvement. This is so important for a volleyball player at a camp. This makes for a very advanced volleyball camp experience and will ensure rapid improvement by all players. Selected athletes attending the camp

are offered an opportunity for diverse new friendships and relationships with players they may eventually play against in club.

Not all who tryout will be selected for the camp. The camp is by invitation only—through the tryout process. Athletes who are selected will be notified from the Delta Region office by April 15. Twenty-four athletes will be chosen for each camp level (72 athletes in total). Cost for the 2013 Delta Region High Performance Camp will be \$150 per player. The camp fee includes a camp shirt. Housing accommodations are not included and are the responsibility of the parent.



The Tryout Process

During the tryout process each athlete will be tested on the shuttle run, block jump and approach jump. We will also take a picture of the athlete for future reference.

12-13s will be evaluated on their overall skills. We feel at this age players are still developing their volleyball skills and are subject to learning new skills.

Players ages 14-17 will be evaluated on all skills pertinent to their playing position. Each player will need to decide before the tryout begins as to which position she would like to be considered; i.e.: setter, hitter,

libero, middles, etc. Several of the drills that she will do at the tryout will depend completely on the position for which she is trying out.



2012 HP Camp

Selecting players by position will strengthen the camp experience, since each position will be covered by someone who excels in their position...this will allow for more game-like activities during the

camp.

Unfortunately, not all athletes will be chosen to attend the Delta Region High Performance Camp. The camp is limited to a 1:8 coach to athlete ratio so that players will receive hours of personal instruction during the training sessions.

Camp selection will be posted on April 15 on the Delta Region website at www.deltavolleyball.net. Selected players will have until April 30 to register for the camp. After this date, any non-filled spots will be offered to an alternate player. There will be no refunds issued for payment of the camp or the tryouts.

SO, WHAT ABOUT THE COACHES?

Delta Region High Performance Camp coaches are current college and top club coaches. All Delta Region HP coaches are experienced, knowledgeable, and highly-trained teachers of the game of volleyball. The Delta Region HP Program will feature a 1:8 coach to athlete ratio, meaning that players will receive hours of personal instruction during training sessions.

2013 Delta Region High Performance coaches will teach the systems and techniques used by

our USA Volleyball National Teams created by Head Coaches Karch Kiraly and Alan Knipe. In addition, the drills and games used at the camp will be modeled directly from the daily training sessions of our National Team players. Participants at the Delta Region HP Camp will often be learning the same drill as what the National

Team members are doing in their practice the very same day in Anaheim, California. While the Delta Region HP camp plan is identical for each camp level, it is geared towards the skill level of the players at each camp. The Delta Region High Performance Program is a regional branch of USA Volleyball's National HP Program. The 2-day training camp is operated to provide junior athletes with high-level training and skill development with some of the top coaches in the country.



2012 HP Campers Ages 12-13-14

Meet Your Delta Region High Performance Directors

"Delta Region Volleyball is proud to announce Ray Green, Sean Burdette & Rhonda Qualls as the 2013 High Performance Directors" states Delta Region commissioner, Joe Williams. *"Ray, Sean and Rhonda are great ambassadors for the sport of volleyball and the Delta Region. Their duties will include but are not limited to, the organization of this year's HP Program as well as head-up the coach selection & player tryout process. We are fortunate to have individuals like Ray, Sean and Rhonda who are willing to volunteer their time to the young athletes in our region."*

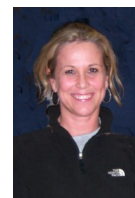


Ray Green has just completed his sixth season as the Head Volleyball Coach at Lyon College. He is the Founder and Club Director of Club Verde and was a 2012 recipient of the Robert L. Lindsay Meritorious Service Award for his outstanding service to

the sport of volleyball. He is CAP I certified.



Sean Burdette is in his second year as an assistant coach with the Ole Miss volleyball program. He joined the Rebels as an assistant coach in 2011 following a three year stint as the head coach at Bradley University and brings a wealth of coaching experience with him to the program. Burdette has coached at many different levels and stops throughout his career. Prior to his most recent time as the head coach at Bradley, he served as a top assistant at Ohio State. He also has made coaching stops at Towson, Pittsburgh and Ohio-Dominican. A member of the Ohio State men's club team for four years, Burdette was team captain his final season. He helped the Buckeyes to a No. 2 national ranking, a MI-VA Championship and Big Ten title in 1993 He is the founder and Club Director of Lady Rebel Volleyball Academy juniors club.



Rhonda Qualls is the head coach of Jonesboro Storm Volleyball Club and has been involved in youth volleyball for several years. She is CAP I certified and is a Regional Official. She brings enthusiasm and the love of kids and sport of volleyball to our HP Program.

Ray and Rhonda attended the annual HP Coaches' Clinic this past February at the Olympic Training Center in Colorado Springs to get an opportunity to *jump head first* into the world of High Performance. The HP Coaches' Clinic gave them the opportunity to learn from some of the world's best coaches as they discussed and explained High Performance and National Team techniques, systems, and training.



Lead Coaches Announced!



**Lead Coach
For 16-17s
Chris Poole**

Chris Poole, Florida State Head Coach (and Arkansas native) will be leading the 2013 coaching staff. When Chris Poole inherited the Florida State volleyball program in the summer of 2008, he took over a team that had failed to reach the 20-win plateau in 5-straight seasons and hadn't been to the NCAA Tournament since 2002. Five years later, Poole has made his mark and revitalized a program that has built itself into a national contender. In Poole's first five seasons he has guided the Seminoles to an NCAA National Semifinal, an NCAA Regional Final and two trips to the NCAA second round. In 2012, the Seminoles won their third Atlantic Coast Conference title under Poole and the program's fourth overall. Florida State finished with a remarkable 28-4 overall record, earning back-to-back conference crowns. In Poole's fifth season Florida State obliterated the school record for consecutive wins at home, reaching 27 matches before falling to Purdue in the NCAA Second Round. Florida State also achieved a 16-match win streak and won 19 consecutive sets overall in the 2012 season to reflect its stellar play. The Seminoles finished 18th in the final AVCA Poll and 12th in the final RPI. Poole's most memorable year thus far came in 2011, when he led the Seminoles to their first-ever NCAA National Semifinal appearance. Coach Poole led the Seminoles to the NCAA Final Four in 2012, where they eventually lost to NCAA champion UCLA in the national semifinal. Prior to Florida State, Coach Poole had head coaching stints at Arkansas, Arkansas State and Arkansas Tech. Poole earned a 550-230 career record in 21 seasons, was named con-

ference coach of the year seven times and was pegged the South Region Coach of the Year in 1997. During his 14 seasons at Arkansas, in which he compiled a 316-161 record, Poole produced two AVCA All-Americans, three AVCA honorable mention All-Americans, 24 players with 44 All-SEC honors, three SEC Freshmen of the Year and 25 AVCA All-District/All-Region honorees.



**Lead Coach
for 14-15s
Todd Dagenais**

Heading into his fifth season at University of Central Florida with a 63-62 overall record, head coach Todd Dagenais has the Knights on the cusp of someplace they have not been since 2003; the NCAA Tournament. Since arriving on campus in 2008, the program has been trending upward under Dagenais, topping out at 20-11 last season. It was also a record-breaking season for the program in Conference USA and outside of league play. The Knights tallied an 8-3 non-conference record that included sweeps of No. 3 Southern California and future BIG EAST opponent Pittsburgh. While in C-USA, the Knights totaled a program-best 12 wins to finish tied for fourth in the league. UCF topped Houston for the first time in school history and notched wins on the road at Rice and at SMU for the first time as well. Despite putting endless hours to help UCF volleyball take the next step, Dagenais stays active while working with USA Volleyball. In 2011 and 2012, he coached the U.S. Women's Junior A2 Programs. At the 2011 USA Volleyball H P Championships, Dagenais directed the USA Women's Junior A2 Team to the bronze medal of the Women's Junior Championship Division. Adding to his HP coaching accomplishments, Dagenais

was the head coach for the 2007 USA White Select National Team that won the silver medal at the USA Volleyball HP Championships. In the summer of 2009, Dagenais served as a member of the staff at the U.S. Women's National Team Open Tryout at the U.S. Olympic Training Center in Colorado Springs, Colo. Dagenais was a court coach and evaluator at the event, putting the players through physical testing, drills and match play. Dagenais was also part of the U.S. Volleyball Women's National Team coaching delegation to the 2004 Olympic Games in Athens. He also spent time as a volunteer assistant coach with the U.S. Women's National Team where he joined the team on domestic and foreign tours. Since his involvement in the 2004 Olympics, Dagenais has continued his work with USA volleyball as a lead court coach and director of USA High Performance tryouts. Dagenais was also selected by Championship Productions, one of the country's leading sports instructional video companies, to make an instructional video on how to train a libero.



**Lead Coach
for 12-13s
Justin Dee**

Coach Dee comes back to the Delta Region HP program after directing it from 2004-2008. He has seven years of collegiate coaching experience from NAIA all the way up to NCAA division I. He coached at Lyon College from 2004-2007. He currently lives in Orlando, FL and coaches the University of Central Florida Women's club team. He also helped in leading the First Academy High School team to its fourth consecutive Florida State Championship. He brings a vast amount of knowledge, energy, and enthusiasm to this year's camp.



HP CAMP 2012



Look Who Else Is Coming!!!

- UNIVERSITY OF ARKANSAS ASST. COACH CAROL PRICE-TOROK
- ARKANSAS STATE HEAD COACH DAVID REHR
- ARKANSAS STATE ASSISTANT COACH SUSIE JANGADA
- UNIVERSITY OF CENTRAL ARKANSAS HEAD COACH DAVID MCFATRICH
- MISSISSIPPI STATE ASSISTANT COACH SAMANTHA LAMBERT
- UNIVERSITY OF MISSISSIPPI ASSISTANT COACH SEAN BURDETT
- UNIVERSITY OF ARKANSAS/FT. SMITH ASSISTANT COACH MATT WAACK
- HARDING UNIVERSITY HEAD COACH MEREDITH FEAR
- PHILANDER SMITH HEAD COACH DUSTIN SAHLMANN
- UNION UNIVERSITY HEAD COACH CHRISTINE MOOBERRY
- HENDRIX COLLEGE HEAD COACH RYAN MEEK
- HENDRIX ASSISTANT COACH BEN WHITCRAFT
- CHRISTIAN BROTHERS UNIVERSITY HEAD COACH IN-SIK HWANG
- CROWLEY RIDGE COLLEGE HEAD COACH CINDY HENRY
- JACKSON STATE HEAD COACH ROSE WASHINGTON
- JACSKON STATE ASSISTANT COACH JOELLE MAFO
- MISSOURI SOUTHERN STATE UNIVERSITY HEAD COACH TRISH KNIGHT
- STEVENS COLLEGE HEAD COACH & FORMER KENYA NATIONAL PLAYER ROSE OBU-NAGA
- FORMER USA NATIONAL TEAM MEMBER SCOTT LINDBERG
- FORMER KENYA NATIONAL TEAM MEMBER & CLUB DIRECTOR JACKSON JUNIORS PHYLLIS ANYANGO
- OZARK JUNIOR CLUB DIRECTOR JENNY KIRK
- VALLEY VIEW HIGH SCHOOL & ARKANSAS JUNIORS COACH MARGIE MCGEE
- TUPELO JUNIORS CLUB DIRECTOR KEITH HANEY
- MEMPHIS JUNIORS COACH CARLA ANDERTON
- CLUB VERDE COACH JENNIFER GREEN

Just to Name a Few....