

Inside hp



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The Challenges and Opportunities of International Sports

Collin Powers, Senior Manager – USA Volleyball National Indoor HP

The year 2012 provides a clear example of how politics and scheduling of international sports can have profound effects on USA Volleyball National Team programs.

On the plus side, USAV's recent hosting of the NORCECA (North America, Central America, Caribbean) Men's Continental Olympic Qualifier in Long Beach, CA, offered the U.S. Men's National Volleyball Team a strong home-court advantage as it took the Gold Medal and earned a qualification berth to the London Olympics.

We hope to repeat this gold medal success in late August when USAV will host the NORCECA Men's Junior Continental Championships (U21) at the U.S. Olympic Training Center in Colorado Springs, CO.

On the other side of the coin, however, the scheduling of NORCECA Continental Championships for the U.S. Women's Junior National Volleyball Team, the U.S. Girls' Youth National Volleyball Team and the Boys' Youth National Volleyball Team range from problematic to completely disruptive. In all three cases, it is possible that USA will be unable to send every top athlete in those age groups to the NORCECA tournaments due to conflicts with Junior National Championships, school or collegiate preparation.

And for all four of these USAV High Performance National Teams (Women's and Men's, Youth and Junior), the NORCECA Continental Championships serve as qualification tournaments for the teams' respective FIVB World Championships to be held in 2013!

So how do these hurdles and disruptions play out for our U.S. National Team pipeline? How do they affect our athletes and coaches? Is there a silver lining here? The answers to these questions speak to the very heart and purpose of USA Volleyball's High Performance program and the opportunities we strive to offer to young volleyball players.

First, we must accept that every country and every other sport federation in the world strives to beat Team USA. They place obstacle after obstacle in our path and try to push our coaches and athletes to the limit, hoping to find a weak spot in the "pampered Americans." The tournament seeding almost always ensures that USA is in the toughest pool. At 11pm, Team USA's practice schedule for the next morning will get changed to 7am. Maintenance activities will take place in Team USA's dorm. And our final practice time will get cut short by the setup for opening ceremonies.

And again, where is the silver lining here? What can we say to this constant, unfair treatment? The answer is simple. On behalf of U.S. Olympic Coaches Hugh McCutcheon and Alan Knipe, we want to say "thank you!" On behalf of USA's three gold medal and two silver medal performances at the Beijing Olympics and Paralympics, "thank you for the opportunity to surmount adversity."

Few experiences bolster the resilience of our USA athletes more than the challenges of international competition. It is somewhat dramatic to say: "That which doesn't kill us makes us stronger." But there is truth in that statement. When a young athlete is forced to dig deeper into his or her strength than ever before, they find a power and confidence that is unmatched. When team members look around at each other's face at 24-24 in the final set to make it to the gold medal match, they see determination and resolve. They know that all of the work they have put into their sport comes together at that moment, creating a synergy they can build upon, depend upon and succeed upon.

That's right, we are Americans. We are USA. Go ahead and give us flat volleyballs for practice. We can take it.

HP COACH SPOTLIGHT: JASON JONES



2011 Boys' and Girls' A3 Camps/2011 HPC Boy's Continental
IMPACT certified, CAP I (CAP II in process)

What led you to become a coach? My younger sisters started to play the game and since I played it just made sense.

What is the best thing about being a coach? Being able to help motivate athletes to achieve their goals.

What has been the biggest influence in your career? The athletes, enjoying the moment each and every day.

What or who has been most inspiring to you, either personally or professionally? Professionally: Jennifer Gahagan. She was a former player of mine. During the club season she was diagnosed with Chrones Disease and almost did not make it. She was in the hospital for weeks. She came back the next season and was hands down one of the best players on the court for our team and in Ohio. She ended up going to Malone University and now is a Physical Therapist. Her perseverance through adversity was epic and reminds me that it's not that bad. Personally, my Mom, hands down the strongest person I know. Raising four kids as a single parent, and being a successful business owner. I would not be where I am today without her support.

What do you do in your free time? Golf, sky diving, base jumping, jumping off anything really, pool side, traveling to new places around the world.

What is your coaching philosophy? Building character through the game in a fun, positive learning environment.

What are your personal career goals? To open my own volleyball facility.

What does the future hold for you - any exciting plans, developments? Working on a volleyball complex here in Las Vegas.

Which is the hardest thing you ever had to do as a coach? We are here to help cultivate better people first and for most, better volleyball players second. Helping young athletes deal with their own personal trials and tribulations is sometimes the biggest challenges but also the most rewarding.

What are you most proud of as a coach? Being able to help support and motivate young athletes in their path in life.

How would your players describe you as a coach? Passionate for the game. Dedicated to their growth and success.

How would your players describe one of your practices? I had to ask them about these questions... Some say that they are fun, positive. Some say very detailed with consistent feedback.

Do you have any pet peeves? Pretty much a go with the flow type of person.

What book is a must-read for all coaches? For players? "The Edge" by Howard E Ferguson if a coach is looking for a starting point for a philosophy, this would be a great start. "The Giving Tree" by Shel Silverstein, for players, be thankful for the people who supported you throughout your life.

Do you have any advice to offer parents? It's just a game.

How do you define success? Happiness, finding what you are truly passionate about in life and doing it.

What motivates you? To better myself each and every day.



Courtesy of Jason Jones

Forsett Set as Keynote Speaker at USAV HP Championships

Deb Stadick, USAV Communications

USA Volleyball is honored to announce that U.S. Women's National Volleyball Team outside hitter Angie Forsett (Lake Mary, Fla.) will be the keynote speaker at the 2012 USA Volleyball High Performance Championships (HPC) opening ceremonies. The tournament, now in its 14th year, will take place June 24-28 at the Iowa Events Center in Des Moines, Iowa. Forsett will be welcomed to the stage by 100-plus teams of young men and women from the USAV Region HP teams, USAV Pipeline teams and international teams.

"Angie is one of the up-and-coming talents in volleyball in the U.S.," USA Volleyball Senior Director Tom Pingel said. "While being an accomplished player who has been involved with USA Volleyball at numerous levels, she is also an engaging, gifted speaker."

Forsett boasts an impressive volleyball career, capitalized by a stand-out collegiate record and an abundance of international experience.

Forsett joined the U.S. Women's National Volleyball Team in 2008. She played her first full season with the team in 2009, seeing action in 34 sets and garnering seven match starts in which she averaged 3.00 points per set. Forsett helped the team earn a fourth-place finish in the 2009 Pan American Cup, followed days later by the gold medal at the FIVB World Championship Qualification Tournament – NORCECA Pool G in Orlando in which she averaged 3.50 points per set. She helped the U.S. claim silver at the 2009 Final Four International Cup as she earned Best Scorer that included 23 points against Peru and 19 points against Brazil.

During the 2010 season, Forsett started in two of three matches on the Tour of China, contributing 1.89 points per set. During the Montreux Volley Masters in 2011, Forsett tallied 3.75 points per set and a .319 hitting efficiency in nine sets of action including three match starts. In the bronze-medal match at the 2011 Pan American Games, she chalked up 17 points in the victory of the Dominican Republic to finish the tournament with a 3.92 scoring average.

Forsett was training with the U.S. Women's National Volleyball Team this spring in hopes of making the 2012 U.S. Women's Olympic Team.

During her time at the University of California, the two-time All-American led her team to their first-ever NCAA Tournament semifinal appearance in 2007. Forsett finished her college career with 307 blocks, 1,725 kills, and 1,174 digs.

Forsett was born in Tulsa, Okla., to parents Paul and Elizabeth Pressey. Her father played college basketball at Tulsa and professional basketball for the Milwaukee Bucks, San Antonio Spurs and the Golden State Warriors. He served as an assistant coach for the Golden State Warriors from 1992-1994 and now with the Cleveland Cavaliers since 2010. Her mother was also a basketball player at Tulsa.

Forsett studied history at the University of California, where she met her husband Justin Forsett. Justin plays football in the NFL, and is currently a running back for the Texans.



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HP REGION SPOTLIGHT: DELTA REGION

The Delta Region consists of the state of Arkansas, most of the state of Mississippi and the western third of Tennessee. “Our Region is about 600 miles across ranging from the Ozark Mountains to Delta farm land, so we have to think differently when it comes to serving our 3,800 members” said Delta Region Commissioner Joe Williams. “We have four major population centers in our Region—Memphis, Little Rock, Northwest Arkansas and Jackson, Mississippi. However, 68% of our membership is from Arkansas with many junior volleyball clubs of only one or two teams.”



With the advent of the High-Performance program, the Delta Region fielded three HP teams for the HP National Championships in three years. “Though effort was made, it was difficult to get our top players to commit to travel necessary distances to make it a true regional team. Regardless of where the program was headquartered, someone would be facing a four-hour drive.” As a result, the Delta Region Board felt High-Performance efforts might payoff better by focusing on an HP training Camp each year.

“It was a ‘shotgun’ approach—we wanted to provide more athletes better training opportunities rather than focusing on only a dozen for an HP competition team.

After experimenting with tryouts and nominations, the decision was made for regional club directors to nominate players for two training camp formats in the 13s/14s and 15s-17s age groups. The top players would attend the Delta Region HP camp while the second-tier selectees would attend the HP Elite Player Camp.



Courtesy of the Delta Region

“I was overwhelmed by the nominations,” said Delta Region Registrar Joanie Williams. “We expected about 40 total athletes, but ended up with over 200 nominations. It was clear we had tapped into some demand for HP training.” The Delta Region then decided to expand to the two-level camp system to allow more athletes to participate. “We doubled our capacity overnight, but we had to assemble our staff.”

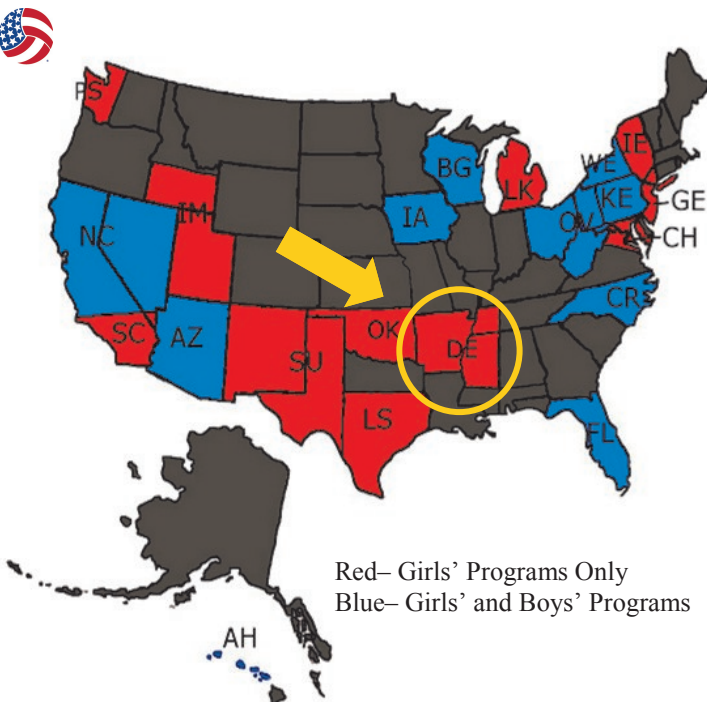
USA Volleyball CAP cadre Todd Dagenais (University of Central Florida) had conducted a 2010 regional CAP course in Memphis and agreed to return to head up the 13s/14s program.



Courtesy of the Delta Region

“Getting Todd back into our Region was a real boost. I think he’s one of the

bright volleyball minds and communicates well with young athletes,” said Commissioner Williams.



Favorite son Chris Poole, an Arkansas native and successful former head coach of three Arkansas college volleyball programs, agreed to return from his post at Florida State University following his team’s Final Four appearance in 2011. “Getting Chris back in our Region was a real coup,” said Commissioner Williams. “He has instant credibility and a track record of success. Many other coaches agreed to work our 15-17 HP Camp for the opportunity to spend time and learn from Coach Poole. “

By the time the coaching staff was assembled, 18 college coaches had been hired to work the Delta Region HP Camps. “There had been a tremendous turnover in the Region’s college coaching

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HP COACH SPOTLIGHT: TED WADE



Assistant Coach, West Virginia University
2012 USAV HP Program: USA Girls' Select A1
IMPACT certified, CAP II

What led you to become a coach? While in college, I played for the University of Texas men's club team and was recruited by then UT Assistant Coach Glen Lietzke to help coach in his girls club (Austin Jrs). I used it as a way to work through college but once I graduated, I realized I like coaching volleyball more than what I got my degree in, so I went full time and the rest is history.

What is the best thing about being a coach? It's a mixture of the people, the competition and the places I get to go. I've worked with some unbelievable athletes (Ashley Engle, Michelle Moriarty, Megan Hodge, Alix Klineman, Nicole Fawcett) and exceptional coaches. I've sat on the bench in countries all over the world wearing USA on my back, coaching the best youth and junior athletes in the nation with Russians, Cubans and Brazilians on the other side of the net. Stands filled with fans who are really into volleyball screaming for you to fail. That is a fun way to make a living.

What or who has been most inspiring to you, either personally or professionally? There are a lot, but Demetria Sance was probably the most inspiring to me. I was the volunteer assistant coach when she was junior and senior at the Univ. of Texas. Every practice she was 100%, never hurt, never too tired. Even the little things, she was the last person shagging balls, cleaning the bench between games, always asking how she could help or how your day has been. She was a four time All American and eventually played in the Olympics. She could have been a diva and no one would have blamed her, but she is one of the best people I've ever met and the most ridiculously good volleyball player I've worked with.

What do you do in your free time? I like to read a lot of history stuff and books my wife wants me to read. She makes good choices for me. Play Skyrim with my son Ethan on Xbox and coach my daughter Cameron's club team.

What is your coaching philosophy? It's hard to pin down a single "statement of philosophy," but I got many ideas from Glen Lietzke at Austin Jrs. It's a mixture of (1) Jump in with both feet, (2) It's easier to ask for forgiveness than permission, (3) What doesn't kill you, makes you stronger and (4) Without velocity, there is no control. I've always loved books on war history and tactics and there is a quote from a WWI general that frequently comes to me when I'm coaching: "Hard pressed on my right; center is yielding; impossible to maneuver. Situation excellent, I shall attack!" I love that mentality and I want my athletes to be that way.

What does the future hold for you - any exciting plans, developments? Right now I'm buying a house so that is fun. I'm also working with the USA Volleyball Select A1 group with Tom Hogan this summer so I'm fired up about being in Iowa for a couple of weeks. Angie Pressey is one of the coaches and I loved watching her play so I can't wait to meet her. And then right after that I roll in to the 2012 NCAA season with WVU. We just moved into the Big 12, so super exciting!



Courtesy of Ted Wade

What are you most proud of as a coach? I think I'm most proud of the team accomplishments. Beating Russia 16-14 in the fifth set of the gold quarterfinals of the 2009 FIVB Girls' Youth World Championships while I was an assistant with the YNT was unforgettable. In a "Hoosiers" like moment Nicole Fawcett said "Give me the ball" and crushed a ball to give us match point. That was a big win. Also, while at Austin Jrs, I coached an exceptional 17 & Under team that won Las Vegas and later Nationals. They were the most fun to work with. It was one of

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HP ATHLETE SPOTLIGHT: HAYLEY SPELMAN

Hometown/School/Club: Las Vegas, Nevada/ Stanford University/ Nevada Juniors and TCA SoCal

Current Position: Opposite

Height/ Block Touch/ Jump Touch: 6'6"/ 9'11"/ 10'3"

Favorite Warm-Up Song: "On top of the World" - Imagine Dragons

Scorekeeping or Line Judging? Why? Line judging! I'd rather make the flag moves.

"Gotta have" snack between matches at a tourney: Apple with crunchy almond butter!

If you could meet any Olympian, who would it be and why? I would love to meet Andre Agassi. He's from my hometown and has done so much for the community there. I have so much respect for how many challenges he's overcome to be the tennis legend and person he is now. He's an inspirational role model.

Other sports/activities/hobbies: I used to play tennis before volleyball and still love playing when I can and watching tennis, too. I love hiking, arts and crafts, thrift shopping and finding the nearest Farmer's Market!

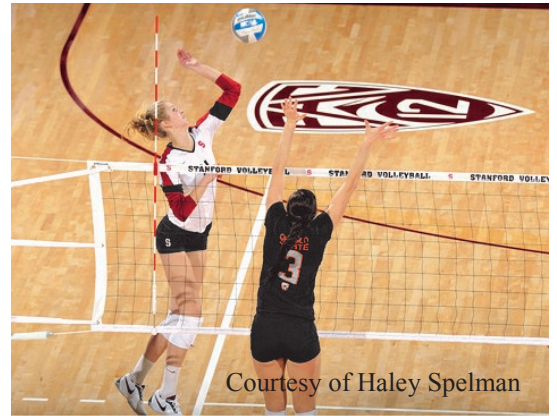
When did you start playing volleyball? I started playing volleyball when I was 13.

Are you from a "volleyball family?" No one in my family played volleyball before me. We were definitely a tennis family. However, my parents have become very familiarized with the whole volleyball scene and now that my sister is playing volleyball as well, we're definitely growing into one.

Who was the most influential person in helping you to develop as a volleyball player? I would have to say my high school/club coach Bob Kelly. He was my first coach and longest coach and I owe so much to him for where I've come and who I am.

What USAV HP Programs have you been involved in?

- 2012 - U.S. Women's National Volleyball A2 Team program
- 2009 - Selected to the U.S. Women's Junior National Team.
- 2008 - Helped the U.S. Women's Junior National Team to the 2008 NORCECA Women's Junior Continental Championship gold medal.
- 2007 - Competed in the USA Volleyball High Performance A2 Camp and Championships with the White Team...Attended the USA Volleyball High Performance Holiday Camp at Chula Vista, Calif.
- 2006 - Participated in the USA Volleyball High Performance Championships on the Blue Team...Attended the USA Volleyball High Performance Holiday Camp at Pomona, Calif.



Courtesy of Haley Spelman

What is the happiest moment in your volleyball career? That's a tough one. I'd have to go back to high school when our team was playing our school rival. We were in our Regional finals, down by two sets to a team we had lost to all season. Miraculously our team rallied together and came back to beat them in five. The faces on our team when we won that match (and the faces on the other side) were priceless. The determination and togetherness of my team in that moment was amazing.

What do you think is critical to being a successful opposite? Being consistent and having a wide range of shots is what I think is huge in the opposite position. If the setter can trust you, it makes a huge difference in spreading the offense and helping out the middle and outside. Blocking is equally important. The opposite block can have a huge effect if it can stop the other team's number 1 outside.



(Delta Region- Continued from page 4)

ranks, so we used our HP Camps as an opportunity to welcome these coaches into our Region, said Joanie Williams. “Getting familiar with volleyball in our Region--and our athletes—will pay big dividends in the future.” she continued. “Their collective attitude was ‘What can I do to help?’ as they all seemed to enjoy the opportunity to work with our athletes.”



The two-day camps began with registration on Saturday morning, May 26 and concluded at 4pm Sunday afternoon. “Our initial surveys from the campers said both the length of the camp and the timing (Memorial Day weekend) was excellent. While a few junior teams were competing, most have either completed their seasons or have taken a break before national championship events.” At only \$125 per athlete, the camps were not designed to produce a profit. “We were more concerned with making this a quality experience for these 160 athletes than watching our pennies” said Joe Williams. “Our Region Board has been very supportive of spending Region money on things that benefit as many athletes as possible.” In addition to the training, athletes received “Growing the Game” camp t-shirts in coordination with USA Volleyball’s theme for 2012.

“Our site hosts made this possible,” said Joanie Williams. “Coaches Sam Lambert at Rhodes College, Ray Green at Lyon College and Dustin Sahlmann at Philander Smith College coordinated the use of their facilities and were exceptional partners in our HP camp efforts. They got the opportunity to get prospective students on campus and our Region was able to take advantage of some excellent facilities. It was a win-win.”

USA Volleyball HP materials and training recommendations were used throughout the camp. “The High Performance program has some great training ideas I would encourage any coach to review,” said Joe Williams. “There is no point to re-inventing the wheel when such groundwork has already been completed.”



(Forsett- Continued from page 3)

In addition to speaking at the event, Forsett will be coaching the USA Volleyball High Performance Select A1/A2 team.

The HPC is slated to begin with opening ceremonies on July 24. The annual event is expected to have a record 102 overall teams, including 31 USAV High Performance teams, 61 Regional High Performance Teams representing 21 USA Volleyball Regions and 10 foreign teams. The HPC hosts seven divisions: Women’s International Junior, Boys’ International Youth, Girls’ International Youth, Girls’ National Youth, Girls’ National Select, Boys’ National, and Boys’ Regional. The largest division, Girls’ National Select, is slated to host 21 teams.

Teams may consist of at most 16 players, a head coach, two assistant coaches, an athletic trainer, and a chaperone. Each team is guaranteed six matches, though in all likelihood will play between seven and ten matches. Each match will be best-of-five sets, with the first four sets played to 25 points and the tiebreaker to 15 points.

First through third place in each age division will receive awards. An All-Tournament team of eight players will be selected in the three international divisions.

For complete information about the 2012 USA Volleyball High Performance Championships, visit the USAV [website](#).



HP ATHLETE SPOTLIGHT: WES BLODIG

Hometown, club and high school: Glenview, Illinois, Vortex VBC, Glenbrook South High School

Position: OPP/OH

Height/ block touch/ jump touch: 6'4" / 9'6" / 10'3"

Favorite Warm-Up Song: Cotton-Eyed Joe by Rednex

Scorekeeping or Line Judging? Why? Line judging. I always want to be as involved as I can in a volleyball game.

What is your "Gotta Have" snack between matches at a tourney? Peanut butter and jelly sandwich, bananas and anything I can grab.

If you could meet any Olympian, who would it be and why? Clay Stanley, he's a beast on the right side and is a good example of what I want to become.

Other sports/activities/hobbies: I enjoy playing most any sport with friends. Spending time with family and friends. Fishing, Lego's, and biking.

When did you start playing volleyball? 1½ years ago at the start of 8th grade. I did not start playing until I moved from Boston to Chicago in 2010. When I got to Chicago, I found out about volleyball and soon realized it was going to be my main sport.

Are you from a "volleyball family"? Do any of your family members play collegiate or professional sports? My mom played volleyball in high school.

Who was the most influential person in helping you to develop as a volleyball player? My coach, Ed Wrather. When I first tried out for club volleyball, I was not the best player, but he saw the potential in me and spent time to train and develop me into the player I am today. In my first club season, I was a fourth string middle. I practiced, trained and worked hard to get better. I was open to being coached and did my job in games. Coach Wrather taught me even more than volleyball though, he taught me to build personal character and confidence.

What part of your background best prepared you for playing at an elite level? Throughout my life, I have always tried to be the best that I can be. Sometimes being a bit of an "underdog" – like being a 4th string middle - has made me work harder to get to the next level.

What are your thoughts on being selected for the Boys' Select National Program? I reached my goal! I learned about the HP program and thought, "That could be me some day," so I set a goal. I focused and worked hard. At HP tryouts, I was nervous, but confident. When I got the results, it felt great.

Describe some improvements you want to make, in the coming year, in the physical or mental side of your game. I always know that there is room for improvement. I want to become smarter in the game. I want to train to jump higher and hit the ball harder.

Why did you start playing volleyball? When I moved to Chicago, it was a way to meet people. Someone told my mom about Coach Wrather and suggested volleyball because of my height. At first, I didn't want to, but I am so glad I did.

Where would you like to travel to someday? Iceland



Summer Volleyball Camps

Amanda Millard, Director of VolleyballRecruits.net



Summer camps can be a great opportunity to further your skills and get a leg up in recruiting. Before you decide on your camp schedule, you must first determine your goals for camp.

USAV High Performance Camps

If you are looking to be trained in the most advanced techniques and systems that our country has to offer, USAV High Performance camps bring together some of the best coaches across the United States. Each HP coach is selected by USA Volleyball and is fluent in the training style of our U.S. National Volleyball Teams as developed by Hugh McCutcheon and Alan Knipe. Because all athletes in the High Performance Pipeline must go through a tryout each year, you'll be training with and competing against more advanced volleyball players who have skills similar to your own. Being involved with the HP Pipeline is also your avenue to the U.S. Youth and Junior National Teams, as well as being the path to one day becoming an Olympian for USA.

To learn more about HP Camps, visit: <http://usavolleyball.org/volleyball-disciplines/high-performance-indoor/hp-camps>

College Camps

If the purpose for your summer camp is to aid in your recruiting process, you might consider a college camp. College summer camps can be a great opportunity to gain some extra exposure among college coaches, but there are some pros and cons to consider before committing to a full camp schedule this summer.

PROS:

1. Visit a campus

Attending a college summer camp can be a nice opportunity to get a feel for a college campus and its facilities. Typically, campers will stay in the dorms, eat in the cafeterias and practice in gym space allocated for varsity volleyball. Take notice of what you like and don't like about the campus. For example, do you like that the campus is in a bustling city, or would you be more comfortable in a rural setting? Even if the camp you attend isn't one of your dream schools, you'll begin to formulate an idea of the types of college settings you prefer.

2. Meet current players

Often, college camp coaches are made up of current players, so attending a camp can be a way for campers to interact with current players on the team. As a camper, you'll want to spend time with the younger players, as they will be your future upperclassmen by the time you arrive on campus.

3. See coaches in action

College coaches are known for having their own individual coaching styles. Going to a camp run by a coach that is recruiting you is a great way to get a feel for what it would be like to play on that team.

4. Practice playing at college speed

Depending on the level of play on your club and high school teams, often the pace of the game is faster and more technically advanced than you may be used to. Attending college camps gives you an opportunity to see what the expectations of play are at the schools you have interest in, and what you need to work on to make an impact on that team right away.

CONS:

1. Costly

As many parents and players have found out through club, volleyball can be a pricey sport. This translates to summer camps as

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(Ted Wade= Continued from page 5)

those teams you are proud to be on the bench coaching. Great personalities and great talent.

Do you have any pet peeves? Parents who fill their kid's water bottles during matches and carry their kid's bag. Bad elevator etiquette. The phrase "let me be the devil's advocate." Anything Kardashian, American Idol, the Voice, Dancing with the Stars or Glee related. TV time outs when you are at the sporting event in person. Liberos who are liberos only because they are the worst athlete on the team and cannot play any other position.

Describe some of your most important career accomplishments. Staying married has been my most important accomplishment. The number of divorces in coaching is startling and I could not have done anything I've done professionally without my family with me. All the other stuff is just fun wins that fades away until the next win.

Do you have any advice to offer parents? First, never talk to a coach about your kid during a tournament. Nothing ever good comes from it. Second, support and enjoy your child's experience, don't live vicariously through them. Pay your club fees and sit in the bleachers and clap. Everything else is a distraction. If you don't like what is going on, next season change clubs and find the best coaching you can. Third, always have your child play at the highest level possible, even if they are not a starter. That is how you grow.

What's the best advice you could give to someone getting into coaching? Steal. If you see something you like, copy it, incorporate it and make your own version. Always keep learning. No matter how good you get, there is always someone out there doing something better than you. Ask questions, watch practices, read books, go to clinics, work with new people.

(Summer Volleyball Camps- Continued from page 9)

well. Most camps run near anywhere from \$300 - \$500, depending on what is included, such as overnight stay and meals. So, it would be best to carefully select a few camps that are the best price option while also coinciding with your top schools list- don't waste time attending camps at colleges you have no interest in attending.

2. Burn-Out

Club season can be long, and between school and practice, many players feel a bit of burn-out as they run into the summer months. Attending a camp every weekend will only accentuate this feeling. It's important to build in some time this summer to relax so that you enter the high school season refreshed.

3. Family Vacation

Over the summer months, it's not uncommon for parents to pack up the family van and head out on that long-awaited road trip or family reunion. This can be problematic when planning for summer camps, and sometimes the camp you want to attend most falls right in the middle of that Mexico family fiesta you had planned. This is the tough part - in college athletics, you will have to put your family travel plans on hold for your sport in order to train. This is a good opportunity to practice balancing your lives, and try as you might not to schedule something during Grandma's 80th birthday, sometimes you have to make tough decisions about how to spend your summer weeks.

Hopefully looking through this list, you as a dedicated volleyball player see the benefits in attending some summer volleyball camps. If you ask current student-athletes or alumni, we would all say that all camps - HP training camps, or college camps - can be challenging to fit in for various reasons, but they are definitely worth it for the advancement of your game and your recruitment.

For more recruiting tips and articles, visit <http://volleyballrecruits.net/vbrarticles.php>

To really kick-start your recruiting process, visit VolleyballRecruits.net site check out the various Recruiting Packages we offer that will streamline your college recruiting process,

Remember, High Performance athletes receive a \$50 discount on all Recruiting Packages, just enter the code "HP2012 and save!

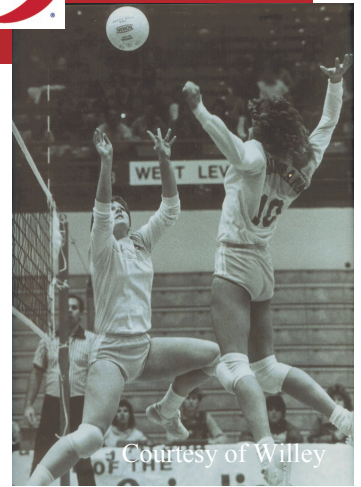
Like Mother, Like Daughter

Becky Murdy, USAV Communications



For over three decades the USA Volleyball High performance (HP) Pipeline has been part of the Willey family's structure, shaping both mother and daughter to be outstanding volleyball players on and off the court.

Cindy Willey, formally Cindy Pitzinger, was a star volleyball player and coach throughout her entire career. She played college ball at the University of Montana as the shortest (5-8) middle blocker in the NCAA and joined the ranks of the best in the world when she made the 1988 U.S. Women's Indoor Volleyball 'B Team' and trained with the 1988 Olympic Team as an outside hitter. In 2005, she was inducted into the Grizzly Sports Hall of Fame and the Tacoma Pierce County Sports Hall of Fame.



Cindy's current role has moved from the court to the stands as she watches her daughter, McKenzie, a 6-1 outside hitter play club ball at Club Utah, verbally commit to Arizona State University on a volleyball scholarship and climb the USAV HP Pipeline to her current spot on the U.S. Women's Junior National Volleyball Training Team.

"Since I was a baby I have been in the gym," McKenzie said. "I would go on road trips when my mom coached and take naps in the ball carts. I lived in the gym and grew up in the gym."

"When Kizzy was eight I coached at Utah State and she thought the players were so cool and she wanted to be just like them, but they didn't make knee pads her size," Cindy said. "My husband would cut the tops off of his crew socks so she could pretend she had knee pads too."

After Cindy concluded her playing career she moved to coaching. She coached at the high school level for a few years and then moved on to coach at her alma mater at the University of Montana. After briefly retiring Cindy coached at Utah State. After a second retirement announcement Cindy started coaching McKenzie's 12-and-under team at Intermountain volleyball. "It was refreshing," Cindy said. "These little girls were so excited to wear a jersey with a number on them. They hadn't lost the fire or drive to learn and improve. They had respect for the game because it was so new and they improved so quickly."

McKenzie has hit almost every notch on the pipeline beginning in 2007 when she was named to the USAV HP Intermountain Region A1 Team and in 2009 when McKenzie made the USAV HP Girls' Select A1 Team and wore Team USA on her back for the first time in major competition. McKenzie made the USAV HP Youth A2 Team in both 2010 and 2011. Now, a senior at Lone Peak High School, McKenzie has made the U.S. Women's Junior National Training Team with hopes on making the team.

"The program is great because every coach is so different, teams are so different and atmospheres are so different," Cindy said. "USAV really strives to instill supporting each other and a 'work hard for me and I'll work hard for you,' type mentality. There were a lot of coaches that taught her how to be mentally tough and respect herself, her team and her country. That was my coaching philosophy and I was taught that from USA Volleyball and now McKenzie is learning the same thing."

She has been fortunate to be coached by Alaina Parker at Snow Canyon High School and Deanna Meyer this past season at Lone Peak High School. Both coaches proved to be outstanding role models and coaches that have taught her to compete at a high level.



At the 2011 USAV HP Championships worlds collided as McKenzie was being coached by Shelton Collier, one of the same coaches that coached her mother in 1988. He was one of the assistant coaches with head coach Terry Liskevych for Cindy's 1988 USA B-team.

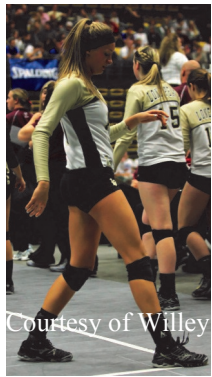
(Continued on page 12)

“It was so ironic,” Cindy recalled. “She had told me who was coaching her and I knew the name sounded familiar. When I got to the tournament I saw him and thought oh my gosh that was my coach. It was a moment that defined, ‘coming full circle.’” Keeping the legacy of what her mother had built, McKenzie chose to wear her mother’s number, number 10, early on and as fate would have it has been able to wear it ever since. The number also serves as inspiration for McKenzie when she is out on the court.

“‘Get up 10’ is our thing,” McKenzie said. “I write it in permanent marker on my wrists before matches. When my mom is in the stands and sees that I am down she will yell ‘get up 10’ from the stands. I will say that in my head if I am not playing up to my level or not getting up high enough on my jumps. I want to represent that number right. I want to play at her level so I look down at my wrist and ‘get up.’”

Her mother’s life has been something to look up to and to strive for. Though Cindy stopped coaching McKenzie three years ago, their rituals, routines and secret messages to each other still happen before, during and after every match. Right before heading off to HPC’s last summer Cindy found her old USAV socks she wore just for games and gave them to McKenzie to wear.

“My mom would always tell her players to leave everything out on the court and that winning battles does not mean that the war has been won,” McKenzie said. “I don’t cut the corners. I make sure that I show that by touching my foot to the side of the corner after each set before walking all the way to the opposite side. I take a deep breath, forget the last set and move on.”



“I try to be mom right now, but if she wants advice or needs help she knows I am always here,” Cindy said.

Throughout their five-year coach-player relationship, the pair made it a point to always keep it business when in the gym.

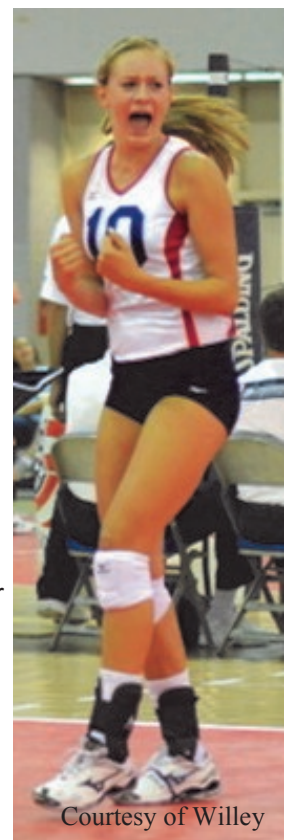
“I would call her ‘coach’ in the gym,” McKenzie said. “It became a habit even outside of the gym. When we were playing I had to work twice as hard to prove that I earned every spot that I got. I was lucky to be able to have endless knowledge from her at my fingertips but I never took that for granted.”

When Cindy was at the age to be part of the USAV HP Pipeline it was not as defined as it is now. There was no club volleyball and when you wanted to play you had to play in high school. McKenzie now plays on her 18s Black team for Club Utah and has gained ample experience from playing for them. Though the pipeline was not the same as it is now the mission of USAV HP has never changed.

“The USAV atmosphere is the same on and off the court,” McKenzie said. “We are taught that this is a privilege earned by hard work and whether you are the first team or the fourth team you are still USA and you still will represent those letters with honor. HP represents the culmination of the top players in the country coming together, adjusting quickly and understanding that everyone there has worked their whole lives for this.”

McKenzie has not reached her goal of playing for the national team yet, but she is well on her way and will continue to work hard at the college level and at the USAV level to obtain that goal. She will graduate from high school early to play spring ball with her college team at Arizona State.

“When you make a select team, you think being an Olympian is so far away and you look at the junior girls and think that you won’t ever be at that level or I look at photos of my mom and think I’ll never get there. Then the years go by and now I am at the junior level and competing alongside the best in the country. With all the small steps, hard work and everyone supporting me, I am exactly where I am supposed to be. I look forward to continuing to represent my family and wear that number 10 proud.”



Post-Exercise Nutrition: Refuel, Recover and Rebuild

By Karen Owoc

Karen Owoc is a human performance specialist and professional member of the American College of Sports Medicine (ACSM) and the International Society of Sports Nutrition. She has a B.S. degree in Human Biodynamics which integrates exercise physiology with the nutritional and health sciences. Karen currently promotes health and fitness through various forms of media and is a long-time volleyball parent. www.TheHealthReporter.tv For questions, please contact Karen at karen.owoc@thehealthreporter.tv.

Recovery nutrition has two primary goals: 1) To replace what's lost during exercise, such as fluid and fuel, and 2) To promote muscle building and repair. As discussed in *Recovery Nutrition: Top 10 Post-Exercise Foods* (Inside HP, May 2012), using specific nutrients and nutrient timing are the keys to amplifying growth and recovery after training.

General Post-Exercise Guidelines

- Consume 1.0-1.5 g per kg body weight during the first 30 minutes after exercise and again every 2 hours for 4-6 hours.
- Consume 15-25 g protein during recovery.
- Drink 16-24 oz of fluid for every pound of weight lost during exercise.

THE WINDOW OF METABOLIC OPPORTUNITY

After exercise, your body is starved for nutrients and quickest at absorbing them **during the first 30 minutes after exercise and at two-hour intervals for four to six hours**. The earlier you eat carbohydrates (CHOs) within this window, the faster you'll replenish your glycogen (energy) stores. Once depleted, it generally takes 24 hours to fully replenish these reserves. Waiting too long to eat can impair your performance and function.

Immediate CHO intake is important if you:

- Work out daily
- Train or compete multiple times a day
- Participate in high intensity or prolonged exercise
- Have defined fitness, muscle mass and performance goals

If you're an occasional exerciser or rest one or more days between intense workouts, nutrient timing isn't critical, but the nutritional components of recovery are still required. Just be sure your intake of CHO is adequate and consumed within a reasonable time after training. **In general, consuming a high CHO snack with some protein during recovery is a good practice for athletes and avid exercisers.**

Planning post-exercise/post-competition snacks and meals to fit within this window will take time at first. You'll need to figure out what, how much and when to eat as well as how to make the food available after your workout.

IMMEDIATE POST-EXERCISE SNACK - Consume within 30 minutes after exercise

During recovery, eat CHOs that are high on the glycemic index to replenish depleted glycogen stores. ACSM and ADA recommend consuming **1.0 - 1.5 g CHO per kg* body mass**. This is when you can indulge in "white" (low fiber) CHO, e.g., white bread, most types of white rice, corn flakes, white potatoes, and pretzels. Doing so will initiate a rapid rise in blood sugar and insulin which enables fluids and nutrients to enter your muscles and cells.

For example, if you weigh 130 lb. and finish your workout at 5:30 p.m., you should consume 59-89 g CHO by 6:00 p.m. (Be sure to count the CHOs you consume from your recovery drink.) At 8:00 p.m., eat a recovery meal that includes another 59-89 g CHO. Then at 10:00 p.m., have another snack with 59-89 g CHO.

*1 kg = 2.2 lb

(Continued on page 14)

High Glycemic Foods	CHO (g)	Protein (g)
Potato, large white, baked	64	7
Cornflakes, 1 cup	24	2
White rice, jasmine, 1 cup	45	4
Potato, instant mashed, 1 cup	34	5
Pretzels, 10 twists	48	5
Rice Krispies, 1 1/4 cup	28	2
Rice cakes, 2 plain	14	2
Waffle, 4" round/square	16	2
White rice, instant, 1 cup	44	4
Cheerios, 1 cup	21	3
White bread, 1 slice	24	4
Kaiser roll	34	7
Bagel, 4 1/2"	56	11



IMMEDIATE POST-EXERCISE DRINK - Consume within 5-60 minutes after exercise

Studies revealed a greater increase in lean body mass and muscle growth in resistance exercisers who drank milk during recovery compared to those who drank commercial sports drinks. Milk is an excellent source of fluid, CHO, protein, and essential vitamins and minerals.

Recovery Drink	CHO (g)	Protein (g)
Milk, nonfat/low-fat (89% water)	12	9
Chocolate milk, nonfat/low-fat	27	9

Drink at least **16-24 ounces of fluid for every pound of body weight lost** during exercise. Get in the routine of weighing yourself before and after your workouts -- especially when environments are hot and humid, cold and/or at high altitudes (>8200 feet).

To achieve optimal rehydration post-exercise, continue to drink water with subsequent meals and snacks. Fruits and vegetables make excellent snacks with their high water content. These foods help replace lost fluids while being a valuable CHO and nutrient source.

POST-EXERCISE MEAL - Eat within two hours after exercise

For optimal recovery, plan a meal that includes:

- Lean protein* to stimulate muscle protein repair and growth
- Carbohydrates to replenish glycogen stores
- Healthy fat (vitamin E) to reduce cell damage
- Unlimited fruits and vegetables for nutrients, antioxidants and hydration

*Consume **15-25 g protein** during recovery. More than this amount has shown to have no significant benefit.

MENU PLANNING

Calculate your recommended CHO needs for optimal recovery. Then mix and match or substitute the following CHO and protein foods (and adjust serving sizes if necessary) to create a customized post-exercise menu of your own preferred meals and snacks.

NOTE: Carbohydrate and protein values (grams) are estimates as they may vary by brand, breed, ripeness, or size.

(Continued from page 14)

Protein Sources	CHO (g)	Protein (g)	Vegetarian Protein Sources	CHO	Protein
Beef patty, 3 oz lean	0	23	Almonds, about 7 whole	2	2
Beef flank steak, 3 oz marinated	0	24	Baked beans, vegetarian, 1/2 cup	29	6
Chicken breast, 1/4 cup diced	0	11	Black beans, 1/4 cup	9	3
Chicken breast, 3 oz grilled	0	27	Black bean salsa, 2 Tbsp	4	1
Chicken teriyaki 6" sub sandwich	59	26	Black bean soup, 1 cup	25	6
Clams, 4 oz	6	6	Cheese, American, 1 slice	1	5
Crab cocktail, 1/4 cup (2 oz) crab	0	12	Cheese, cheddar, 1 slice	0	7
Fish taco (1)	28	11	Cheese, string, 1	1	8
Oysters, smoked, 2 oz	5	9	Cheese, Parmesan, 1 Tbsp	0	2
Pizza, pepperoni, 1 slice of 1 large	38	17	Cheese, shredded, 1/4 cup	1	7
Pork/chicken potstickers (7)	26	11	Cottage cheese, 1%, 1/2 cup	3	14
Salmon, 3.5 oz grilled	0	21	Egg, 1 large	0	6
Shrimp (3), 1.5 oz grilled	0	9	Flax seed, 2 Tbsp	4	3
Tuna, canned, 2 oz	0	14	Hummus dip, 1/4 cup	12	4
Turkey breast 6" sub sandwich	46	18	Lentil soup, 1 cup	16	12
Turkey jerky, 1 oz	3	15	Manhattan clam chowder, 1 cup	19	7
Turkey meatballs (3), 3 oz	5	16	Milk, nonfat/low-fat, 1 cup	12	9
			Milk, chocolate nonfat/low-fat, 1 cup	27	9
			Minestrone soup, 1 cup	11	6
			Miso soup, 1 cup	8	6
			Nut butter, peanut, 1 Tbsp	3	4
			Nut butter, sunflower seed, 1 Tbsp	4	3
			Pinto beans, 1/4 cup	9	3
			Pizza, cheese, 2 slices of 1 large	75	21
			Pumpkin seeds, 1 Tbsp	2	1
			Quinoa, 1 cup	39	8
			Refried beans, vegetarian, 1/4 cup	10	3
			Sunflower seeds, 1 Tbsp	2	1
			Tofu burger, 4 oz	2	8
			Tofu, 2 oz	1	4
			Walnuts, about 7 halves	2	2
			Yogurt, Greek plain, 5.3 oz	6	15
			Yogurt, plain, 6 oz	14	9



**1 oz of walnut halves (14) contains an equivalent amount of omega-3 fatty acids as that in a 5-oz serving of salmon.*

(Continued on page 16)

Carbohydrate Sources

Starches

	CHO	Protein
Bagel, 4 1/2"	56	11
Bread, sandwich white (1 slice), 1 oz	24	4
Bread, baguette (2" slice)	18	4
Cereal, Cheerios, 1 cup	21	3
Cereal, Cornflakes, 1 cup	24	2
Cereal, Rice Krispies, 1 1/4 cup	28	2
Crackers, oyster (14)	11	1
Crackers, table water (5)	12	2
English muffin (1/2)	14	3
Flax seed, 2 Tbsp	4	3
Graham crackers, 4	12	1
Hamburger bun (1)	21	3
Kaiser roll (1)	34	7
Pasta, linguine, 1/2 cup enriched	22	4
Pasta, spaghetti, 1/2 cup enriched	22	4
Pita bread, 4"	16	3
Potato, instant mashed, 1 cup	34	5
Potato wedges, baked, 2 oz	16	1
Pretzels, 10 twists	48	5
Rice cakes, plain (1)	7	1
Rice, jasmine, 1/2 cup	23	2
Rice, white instant, 1 cup	44	4
Soy crispettes (19), 1 oz	16	7
Tortilla, flour, 7"	24	4
Tortilla chips (12)	18	2
Waffle, 4" round/square	16	2

CHO

Protein

Carbohydrate Sources

Fruits and Vegetables

	CHO	Protein
Apple, medium (1)	25	0
Avocado, 1/4 of a whole	4	1
Banana, medium (1)	27	1
Blueberries, 1/2 cup	11	1
Broccoli, 1/2 cup chopped	3	1
Cantaloupe, 1/8 wedge of medium	6	1
Carrot sticks (9)	8	1
Coleslaw, 1/2 cup	8	0
Cucumber, 1/2 cup sliced	2	0
Edamame, 1 cup	16	17
Grapefruit, pink (1/2)	13	1
Guacamole, 1/4 cup	5	1
Pears, canned in juice, 3 oz	12	0
Potatoes, 1/2 cup mashed	18	2
Salad, fruit: strawberries, kiwi, grapes, 1 cup	18	1
Salad, Caesar (lg)	21	23
Salad, green, 1 cup (sm)	5	2
Salad, green (lg)	17	5
Salad, romaine, broccoli, carrots (lg)	12	3
Salsa, 2 Tbsp	2	0
Watermelon, 1/16 wedge	22	2
Zucchini, 1 cup grilled	4	1

CHO

Protein

Miscellaneous

Jam, strawberry, 1 Tbsp	13	0
Olive oil	0	0
Ranch dressing, 2 Tbsp	2	1

CHO

Protein



RECOVERY MEAL AND SNACK IDEAS

The following samples are the foundation for which to build an optimal recovery meal and snack using the CHO and protein sources provided. As you can see, meeting the recommended 15-25 g protein is easily attained with both meat and non-meat protein.

Sample Recovery Meals

Cheese pizza (2 slices), Parmesan cheese; small green salad
Chicken teriyaki 6" sub sandwich; small green salad
Chicken, bean, and cheese quesadilla with salsa
Clam linguine, Parmesan cheese; minestrone soup
Crab cocktail; fish taco with salsa; coleslaw
Eggs: Spinach/cheese omelette; 1/2 English muffin; 1/2 grapefruit
Flank steak, marinated; mashed potatoes; grilled zucchini
Green salad topped w/grilled salmon, black bean salsa, avocado, and vinaigrette dressing
Grilled cheese sandwich; baked beans; small green salad topped w/pumpkin seeds
Grilled chicken breast; chopped broccoli; jasmine rice
Hamburger patty on bun; baked potato wedges
Mediterranean wrap w/chickpeas, lentils, feta cheese
Pepperoni pizza (1 slice), Parmesan cheese; small green salad
Pork/chicken potstickers; jasmine rice; miso soup
Quinoa w/grilled shrimp, black beans, walnuts, and almonds
Spaghetti and turkey meatballs; small green salad
Tofu and cheese quesadilla; small green salad topped w/avocado, pinto beans and sunflower seeds
Tofu burger on bun; lentil soup w/oyster crackers
Tuna salad w/crackers; carrot sticks w/hummus dip; Manhattan clam chowder
Turkey and American cheese 6" sub sandwich; small green salad

CHO (g)	Protein (g)
80	25
64	28
37	25
39	18
38	23
28	22
22	27
25	28
62	20
22	30
37	27
92	22
43	21
57	19
50	22
32	18
46	21
50	24
39	26
52	25



Sample Recovery Snacks

	CHO (g)	Protein (g)
Apple, medium w/1 slice cheddar cheese	25	7
Banana, medium w/1 Tbsp sunflower seed butter	31	4
Black bean soup, 1 cup	25	6
Bruschetta, 1/4 cup on 2 slices baguette	38	8.5
Caesar salad, lg	21	23
Cantaloupe, 1/8 wedge w/6 oz plain yogurt	20	10
Carrot sticks (9) with 2 Tbsp ranch dressing	10	2
Cereal: Honey Nut Cheerios, 3/4 cup w/1/2 cup milk	22	2
Cottage cheese 1%, 1/2 cup topped w/3 oz canned pears in juice, and 7 almonds	17	16
Edamame, 1 cup	16	17
Egg (1), hard-cooked w/toast	14	8
Fruit salad (strawberries, kiwi, green grapes), 1 cup topped w/7 walnut (7 halves)	20	3
Pasta, 1/cup topped w/1 Tbsp Parmesan cheese	22	6
Peanut butter and jelly sandwich, 1/2	40	8
Pita bread (1), 4" w/hummus dip, 1/4 cup	28	12
Salad (romaine lettuce, broccoli, carrots), lg	12	3
Smoked oysters, 2 oz w/5 crackers	15	10
Soy crispettes (19), 1 oz	16	7
Tortilla chips (12) w/black bean salsa, 1/4 cup	26	4
Tortilla chips (12) w/guacamole, 1/4 cup	23	3
Turkey jerky 1 oz, 1/2 cup cucumber slices, 5 crackers	15	16
Watermelon, 1/16 wedge	22	2
Yogurt 5.3 oz, plain Greek, 1/2 cup blueberries, flax seeds	20	18
Yogurt 6 oz, plain, 1/2 cup blueberries, flax seeds	28	12



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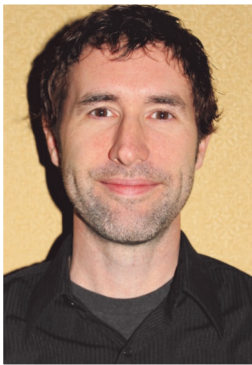
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