



2015 Clinic and Tryouts: Introduction to Parents

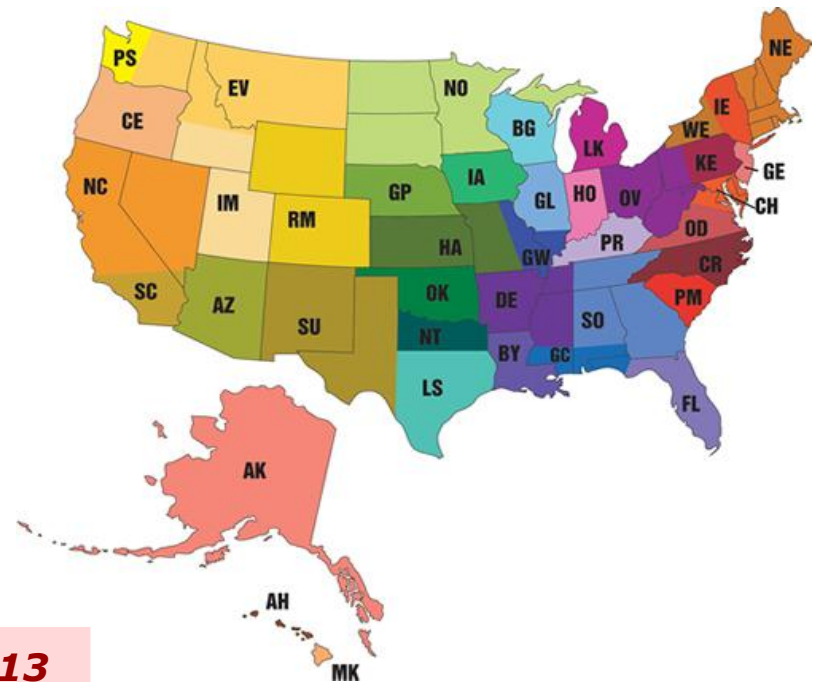
November 8, 2015
and
November 15, 2015

**28th
Year!**



Who Are We?

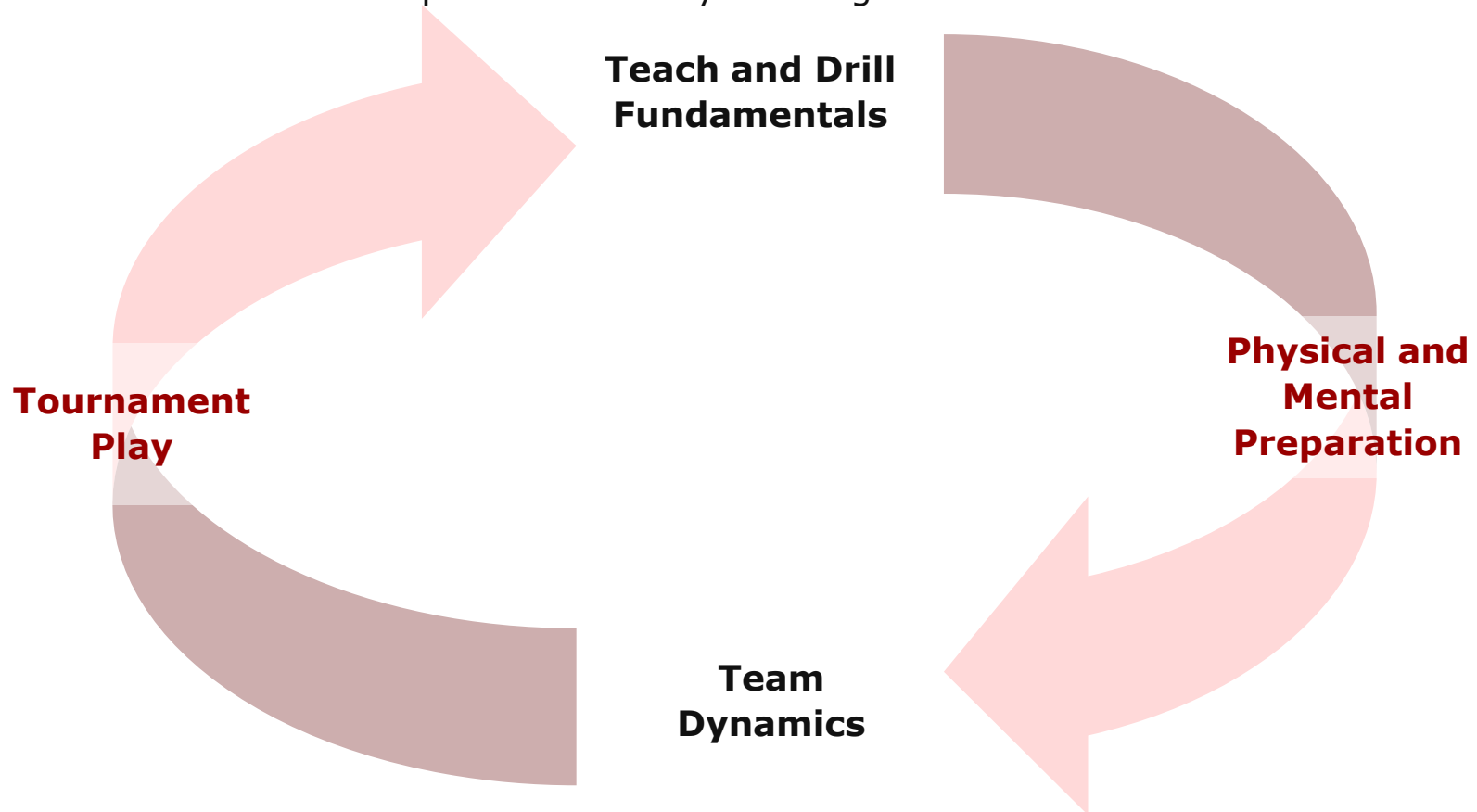
- ▶ DIGS is an athletic club dedicated to the development of the female student athlete
- ▶ DIGS is a not-for-profit organization established in 1987
- ▶ We are a parent-run organization
- ▶ We are a member of the GEVA (Garden Empire Volleyball Association) region for USA Volleyball
- ▶ Our season runs from early December to the end of May



Age	18	17	16	15	14	13
# Teams	1	1/2	2	2/3	2/3	2

Philosophy

Our goal is **NOT** to build "winning teams" per se;
the focus is on building well-rounded, well-trained players who
subsequently come together into smart, dynamic teams
that compete successfully on a regional and national level





Operating Structure

On The Court

Technical Staff

Technical Director Scott Mosé

Head Coaches

18 Red	Rachel Bello
17 Red	Warren Tom
17 White	Allison Butler
16 Red	John Kwon
16 White	Kim Butrico
15 Red	Steven Corn
15 White	Cathy Gould
15 Blue	Samantha Kurtzke
14 Red	Rob Pichardo
14 White	Linda Chu
14 Blue	Kelvin Lo
13 Red	Scott Mose
13 White	Scott Mose

Position Training Coaches

Setters	TBD
Middles	TBD
Hitters	TBD
Liberos	TBD

Athletes

Off The Court

DIGS Officers

President	Bill Lee
1 st Vice President	Susan Jaskot
2 nd Vice President	Linda Chu
Treasurer	Ed Grix
Secretary	Maria Pichardo

Trustees

	Bill Lee	
Ed Grix		Bob Garrett

Operations

Facilities: Mark DeMartini
Business Administrator: Marcie Waldeck

Parents



Athlete Selection

General Guidelines for Athlete Selection

- ▶ Our selection process involves an **athletic assessment** based on the results of generally established **testing methods**. We also factor in athletic ability, skill demonstration, position and court presence during the clinic/tryout period.
- ▶ In general, athletes are placed on a team where their athletic level allows them to learn, contribute, and compete without feeling overwhelmed or out of synch with other players, or unable to participate fully in drills or tournaments.
- ▶ Athlete selection is **not a perfect science**; however, we use our >30 years of experience as a guide and have found that the resultant decisions are almost always for the best, for the player and the team.



Training & Conditioning Schedule

PRACTICE		
Solomon Schechter School	Mondays & Wednesdays	Tuesdays & Thursdays
6:00 – 8:00	13 Red/13 White	14 Blue/15 Blue
The Village School	Mondays & Wednesdays	Tuesdays & Thursdays
6:00 – 8:00	14 Red/15 Red	14 White/15 White
8:00 – 8:30	Setter's Practice	Setter's Practice
8:30 – 10:30	16 White/17 White	16 Red
Wyckoff Family YMCA	Tuesdays	Thursdays
6:30 – 8:30	17 Red/18 Red	
8:00 – 10:00		17 Red/18 Red
STRENGTH & CONDITIONING*		
Freak Strength or Parisi	Day (TBD)	Day (TBD)
Evening (time TBD)		

***Strength and conditioning training fees are not included in basic dues. Strength and conditioning training is strongly suggested for all age groups.**

Tentative Position Specific Training: Saturday/Sunday in January-February, Dates TBD

Practice days and times will change slightly through the season.

Saturday practices will be determined by coach and gym availability. The coaches are NOT paid for extra practices.



Position Training

Philosophy

- ▶ In order to teach, train and develop essential fundamentals, we will conduct specific training for the critical positions on the court.
- ▶ This will allow athletes to learn the important mechanical and tactical responsibilities of their required positions.
- ▶ Volleyball is learned best visually. Our younger athletes will be able to watch and model the actions and movements of our older athletes.
- ▶ This will ensure we have a consistent method of communication and feedback for our athletes as they grow through the club.
- ▶ We are fortunate to attract former collegiate athletes to run these focused sessions at the beginning of the season.

Positions

- ▶ Setters
- ▶ Middle Hitters
- ▶ Outside Hitters
- ▶ Right Side Hitters
- ▶ Libero

What Will We Cover?

- ▶ Technique/Mechanics
- ▶ Key Words and Coaching Points
- ▶ Timing, Reads
- ▶ Defensive Responsibilities
- ▶ Offensive Responsibilities



Special Guest – Kaleena Davidson

Background:

- **Former Assistant Coach for Penn State Women's College Volleyball. Kaleena will be coming to the DIGS facility to run a 2 day position training clinic.**
- **Kaleena will focus on passing and defense. Kaleena had been the Assistant Coach for PSU for the last 5 years including the latest National Champion team. Kaleena was the starting libero for the Nittany Lions from 2002-2005 and still stands as the all-time digs leader with 1,957.**

Benefits:

- **Players**
 - **Provide training on volleyball skills and fundamentals used by world class volleyball athletes**
- **Coaches**
 - **Provide instruction on game & training strategies and tactics employed in high level international competition.**

When:

- **January 2 & January 3, 2016**



Special Guest – Salima Rockwell

Background:

- **Assistant Coach for Penn State Women’s College Volleyball. Salima will be coming to the DIGS facility to run a 2-day position training clinic.**
- **Salima will focus on setting, footwork and critical fundamentals. Salima had been the Assistant Coach for PSU for the last 2 years including the latest National Championship team. During her collegiate career at Penn State, Rockwell was a 3-time All American under Coach Rose from 1991-1994, picking up all 4 All-Big Ten Honors, including 3 first team selections and Big Ten Player of the Year honors in 1993. She also earned back-to-back NCAA Tournament All-Tournament team honors at the 1993 and 1994 National Finals.**
- **Following her time in the Blue & White, Salima played with the US National team from 1995-99, serving as an alternate on the 1996 squad at the Olympic games in Atlanta. She also served as team captain in 1997 and 1998, earning MVP honors at the Montreaux BCV Volley Cup in 1998.**

Benefits:

Players – provide training on volleyball skills and fundamentals used by world class volleyball athletes

Coaches – provide instruction on game & training strategies and tactics employed in high level international competition.

When:

January or February 2016



Tournament Schedule

Event	Dates	Location	Age	13's	14's	15's	16's	17's	18's
			Number of Tournaments						
			5	6	8	9	9	8	
MLK Weekend	Jan 16 – 18	Pennsylvania, PA			X	X	X	X	X
GEVA Tournament 1	TBA	TBA	X	X	X	X	X	X	X
GEVA Tournament 2	TBA	TBA	X	X	X	X	X	X	X
GEVA Tournament 3	TBA	TBA	X	X	X	X	X	X	X
GEVA Tournament 4	TBA	TBA		X	X	X	X	X	X
Capitol Hill Classic	Feb 13 – 15	Washington, DC			X	X	X	X	X
Northeast Qualifier I	March 18-20	Philadelphia, PA							X
Northeast Qualifier II	March 25-27	Philadelphia, PA				X	X		
GEVA Regional's	TBA	TBA	X	X	X	X	X	X	X
Penn State Tournament	May 27– 30	Pennsylvania, PA	X	X	X	X	X	X	

- ▶ Teams can qualify for USA Volleyball Girls National Championships (June/July) or sign-up for AAU Girls National Championships (May) – this is a team decision in conjunction with the coaches. These are not included in the basic dues and would cost extra.
- ▶ Teams can sign up for additional tournaments – this is a team decision in conjunction with the coaches. These are not included in the basic dues and would cost extra.

Tournament Playing Time

Tournament Playing Time is based on:

- ▶ Knowledge and ability
- ▶ Performance in training session
- ▶ Team needs
- ▶ Position requirements and demonstrated commitment.
- ▶ These decisions are the sole discretion of our coaching staff.
- ▶ Playtime is governed by the rules of volleyball. 12-sub limit, player must only exchange for the same rotational position.
- ▶ See Parent reference information





Parent Reference Information

USA Volleyball Rules of Play:

<http://www.teamusa.org/USA-Volleyball/Events/Indoor/Boys-Event-Pages/15-FF/Rules-and-Regulations>

USA Volleyball Grassroots - John Kessel Play Time:

<http://www.teamusa.org/USA-Volleyball/Features/2015/March/30/You-are-Paying-for-Practice-Not-Playing>

Doc Rivers Coach of the Clippers speaking at Positive Coaching:

<http://devzone.positivecoach.org/resource/video/doc-rivers-sports-parents-seeking-moreplaying-time>

Train Ugly - Praise and Midset

<https://youtu.be/NWv1VdDeoRY>

Train Ugly - Learning

<https://youtu.be/u9WpHHJz5Dc>



Expectations

What You Can Expect from DIGS

- ▶ Improvement through structured training, fundamental skill development, and live competition
- ▶ The values of teamwork, sportsmanship, leadership, time management, commitment, and hard work
- ▶ Equal training time for all team members
- ▶ Enjoyment of volleyball through fun times and challenging competition

What DIGS Expects from our Parents/Guardians

- ▶ Parent volunteerism: committees/chaperones/team reps
- ▶ Commitment
- ▶ Flexibility
- ▶ Payment of dues on time
- ▶ An open mind
- ▶ A positive attitude and influence
- ▶ Having FUN



Dues and Fees

TEAM	DUES
13's	\$1,600
14's	\$1,900
15's	\$2,600
16's	\$3,000
17's	\$3,000
18's	\$2,800

What's Included

- ▶ All registration fees
- ▶ Jerseys, spandex pants and socks
- ▶ Two weekly training sessions
- ▶ VB rules training and certification
- ▶ Scheduled monthly tournaments (**numbers vary by age group**)
- ▶ Position specific training

What's not Included

- ▶ Gear: sneakers, knee pads, etc.
- ▶ Strength and conditioning fee (\$150 Dec – March)
- ▶ Warm-up and travel bag
 - ▶ Ages 15 – 17 mandatory – \$150 (approx.)
- ▶ Meals for tournaments
- ▶ Travel for tournaments – airfare or gas
- ▶ Additional tournaments
- ▶ Fan gear!
- ▶ Annual Gala – \$55 (approx.) per family member
 - ▶ *Players "ticket" is included in dues*



This Week's Clinic Schedule

Nov. 9th – 10th - The Village School, Waldwick, NJ

Activity	Session One 14 and Under	Session Two 15's
Clinic Schedule	6:30 PM – 8:00 PM	8:05 PM – 9:35 PM

Nov. 16th – 17th - The Village School, Waldwick, NJ

Activity	Session One 16's	Session Two 17's and 18's
Clinic Schedule	6:30 PM – 8:00 PM	8:05 PM – 9:35 PM



What's Next

- ▶ Complete athletic evaluation & Begin clinic training
- ▶ Team invitations will be sent via e-mail and **posted by number on website**
 - ▶ **13U, 14U and 15U on 11/10 or 11/11** and **16U, 17U and 18U on 11/17**
 - ▶ Acceptances are due within 72 hours by "replying" directly to the email invitation with an "accept" or "decline".
 - ▶ The process will be as follows:
 - Selected players will receive email invitations to a specific team and their corresponding numbers will be posted on the website
 - If a player turns down the invitation, the first player on the wait list based on the needs of the team and the tryout results is called
 - The website will be updated with the new players' number (replacing the one that turned it down)
 - When a team is full with all players having accepted their invitations, the website will be updated to indicate that the team is full.
 - We will not be calling anyone else on the wait list for that team.
 - An email will be sent to everyone not selected or called from the wait list when the rosters for the group of teams is full.
- ▶ Team registration completed via online payment
 - ▶ First installment of 33 1/3rd % due at time of acceptance
 - ▶ Remaining payment schedule (1/3rd increments): 1/1, 2/1
 - If paid by credit card there will be a 3% convenience fee



What's Next (Continued)

Season begins:

Waldwick: begin Monday, November 30th or Tuesday, Dec 1st

Solomon Schechter: begin Monday, November 30th or Tuesday, Dec 1st

Wyckoff YMCA: begin Tuesday, Dec 1st

Strength and conditioning training begins: December 2015

Position Training tentative schedule: TBD

Holiday break in late December

Mandatory parent meeting:

Waldwick: TBD

Solomon Schechter: TBD

Wyckoff YMCA: TBD

Club commitment contracts to be signed

Uniform and warm-up orders taken

Strength and conditioning training fees collected



Questions?