

# Volleyball News

August 10, 2010

**Special Interest:**

- **TAV Wins Record 7th Straight Year!**
- **Latest Dates for 2011 Qualifiers Posted**
- **North Texas Region Posts Tryout Dates**
- **VolleyTotz Clinic Dates Posted**
- **Why TAV**
- **2011 Coaches List**
- **TAV Picnic**
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- **Parents Meeting**

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## Lone Star Volleyball Names TAV 2010 Club of the Year for a Record 7th Straight Year!

Texas Advantage Volleyball (TAV) with a record 5 medals at Girls Junior Nationals Championships including a National Championship in 17 Open Division, leads the state in the final 2010 Lone Star Volleyball Club Ranking. Congratulations to players earning All-Tournament Honors including:

- 18 Club—TAV VBR Blue (Bronze Medal) Erin McNorton and Krystal Wunderlich
- 17 Open—TAV VBR Black (Gold Medal) Caylin Mahoney (MVP), Lizzie Theesfeld and Jayma Mickler
- 17 Club—TAV VBR Blue (Bronze Medal) Alesha Wilson and Katie Neisler
- 15 Open—TAV VBR Black (Bronze Medal) Ebony Nwanebu, Cassidy Pickrell
- 14 Open—TAV VBR Black (Bronze Medal) No All-Tournament Team

AAU Championships

- TAV 13Advantage won a gold medal in 13 Club at AAU's in Orlando Florida
- 13 Club—TAV 13 Advantage (Gold Medal) Alex Janek S MVP, Kylah Allison, Tobi-Rae Barker

## Probable Dates for 2011 Qualifiers (as of August 10th)

Mar 18-20 (12's-15's) Hoosier MEQ St. Louis	April 15-18 (13's to 15's) Lone Star Dallas
April 8-10 (16's to 18's) Hoosier MEQ Indianapolis	April 22-24 (11, 12, 16-18) Lone Star Dallas
March 12-14 (no ages yet) Col Crossroads Denver	April 8-10 (unconfirmed) Northern Lites Minn.
March 18-20 (no ages yet) Col Crossroads Denver	April 15-17 (unconfirmed) Northern Lites Minn.
March 18-20 (no ages yet) Pac NW Spokane	April 1-3 (unconfirmed) Big South Atlanta
March 25-27 (no ages yet) Pac NW Spokane	April 15-17 (unconfirmed) ShowMe Kansas City
April 1-3 (no ages yet) SoCal Los Angeles	April 22-24 (unconfirmed) ShowMe Kansas City
April 9-11 (12-15 Club/14 Open) Far Western Reno	April 16-18 (no ages yet) NEQ Baltimore
April 15-17 (16,17 Club/15-18 Open) Far Western Reno	April 22-24 (no ages yet) NEQ Baltimore
GJNC Nationals in Atlanta, Georgia	April 15-17 (no ages yet) SoCal Los Angeles

## TAV 2011 Club Tryouts Announced

<u>11's and 12's Tryouts</u>		<u>15's Tryouts</u>		<u>11/13</u>	
10/30	Registration 11:30	11/6	Registration 10:30am	11/13	11am-12:30pm S/OH
10/30	12pm-2pm		S/OH only	11/13	Registration 12pm MB/L
10/31	1pm-3pm	11/6	11am-12:30pm S/OH	11/13	12:30pm-2pm MB/L
<u>13s Tryouts</u>			Registration 12pm (MB/L)	11/13	5:30-8pm All Positions
10/30	Registration 7:30am	11/6	12:30pm-2pm MB/L	11/14	12pm-2pm All Positions
10/30	8am-11am	11/6	5:30-8pm All Positions	11/15	6:30pm-8:30pm All Pos.
10/30	4pm-7pm	11/7	10am-1pm All Positions		
10/31	9am-11:30am	11/7	6:30-9pm All Positions		
11/1	6pm-8:30pm	11/8	<u>16's Tryouts</u>		
11/6	Registration 7:30 S/OH only	11/13	Registration 7:30am S/OH		
11/6	8am-9:30am S/OH Only	11/13	8am-9:30am S/OH		
11/6	Registration 9:00am MB/Liberos only	11/13	Registration 9am (MB/L)		
11/6	9:30-11am MB/Liberos only	11/13	9:30am-11am MB & L		
11/6	2:30-5pm All Positions	11/13	2:30-5pm All Positions		
11/7	1pm-4pm All Positions	11/14	8am-11am All Positions		
11/8	6:30pm-9pm All	11/15	6:30-8:30pm All Position		
			<u>17s/18s Tryouts</u>		
			Registration 10:30am (S/OH)		

We are modifying our tryout process to allow our coaches a better look at players by position. By focusing our coaches on smaller groups by position for the first session, we can better evaluate players. It also allows players more time for rest or other tryouts. We are aware of junior high tournaments and high school playoffs, so please attend as many tryouts as possible. Notify us if you won't be able attend any of the tryouts, and we encourage you to attend as many positional clinics as possible.



@TXADV

*“Don’t Practice till  
you get it right.  
Practice until you  
can’t get it wrong.”*

*Unknown*

*Tune Up for Tryouts!*

*Work on*

*Technique!*

For a comprehensive look at the national volleyball scene, join [PrepVolleyball.com](http://PrepVolleyball.com)



## TAV 2010 Fall Schedule Information

This year’s Jump Start Fall Schedule includes three tournament dates for all participants. We will separate players into teams and provide TAV coaches for each tournament. Teams play a minimum of 4 games each tournament. The Jump Start schedule is listed below with sign ups beginning immediately by bring-

ing the form to TAV; registering on-line at [ascvb.com](http://ascvb.com); or emailing LJ Sariego at [lsariego@ascvb.com](mailto:lsariego@ascvb.com).

The cost for all 6 sessions is \$200 for 4th through 6th grade and \$250 for 7th and 8th grade. Individual sessions will be \$35 for 4th–6th and \$45 for the 7th and 8th grades. We have com-

bined the 7th and 8th grades this year for all clinics.

Coaches for the Jump Start Fall Schedule include Ping Cao, Joe Jablonski, Whitney Sample, Amanda Martin, Ami Sariego, Larry Smith, Kristi Hopkins, Alyson Jennings, Joe Morris, Kira Batura, Arthur Stanfield, Ryan Mitchell and LJ Sariego.

Jump Start	Jump Start		Clinics	Length	Times	Cost	Day
	Start Date	End Date					
4th, 5th, 6th Graders	12-Sep	Oct 24th	Season Price	1:30-3:00	\$200	Sunday	
7th & 8th Graders	12-Sep	Oct 24th	Season Price	3:00-5:00	\$250	Sunday	
4th, 5th, 6th Graders	12-Sep	Per Week	Session Price	1:30-3:00	\$35	Sunday	
7th & 8th Graders	12-Sep	Per Week	Session Price	3:00-5:00	\$45	Sunday	
<b>Sunday Dates</b>	9/12	9/19	9/26	10/3	10/17	10/24	

### 2010 Jump Start Tournaments (Free with Jump Start Registration)

DATES: 9/25, 10/16, and 10/23 (times to be announced)

TAV will begin this fall with Jump Start Tournaments for each of our Jump Start attendees. For all players participating in the season sessions the tournaments will be included in the fees. For those players signing up for fewer than three sessions will be charged \$15 each for every tournament date attended. Coaches will be provided for each team and each team will be comprised of all positions.

### 2010 TAV Positional Clinics \$10 per clinic

September Positional Clinics (Grades 6-12)		Date	Time
9/13	6:30-8pm Setters/Middles/Liberos (Ball Control)	10/6	8pm-9:30pm Outside Hitters
9/13	8pm-9:30pm Outside Hitters	10/11	6:30-8pm Setters/Middles/Liberos (Ball Control)
9/15	6:30-8pm Outside Hitters	10/11	8pm-9:30pm Outside Hitters
9/15	8pm-9:30pm Setters/Middles/Liberos (Ball Control)	10/13	6:30-8pm Outside Hitters
9/20	6:30-8pm Outside Hitters	10/13	8pm-9:30pm Setters/Middles/Liberos (Ball Control)
9/20	8pm-9:30pm Setters/Middles/Liberos (Ball Control)	10/18	6:30-8pm Outside Hitters
9/22	6:30-8pm Setters/Middles/Liberos (Ball Control)	10/18	8pm-9:30pm Setters/Middles/Liberos (Ball Control)
9/22	8pm-9:30pm Outside Hitters	10/20	6:30-8pm Setters/Middles/Liberos (Ball Control)
9/27	6:30-8pm Setters/Middles/Liberos (Ball Control)	10/20	8pm-9:30pm Outside Hitters
9/27	8pm-9:30pm Outside Hitters	10/25	6:30-8pm Setters/Middles/Liberos (Ball Control)
9/29	6:30-8pm Outside Hitters	10/25	8pm-9:30pm Outside Hitters
9/29	8pm-9:30pm Setters/Middles/Liberos (Ball Control)	10/27	6:30-8pm Outside Hitters
		10/27	8pm-9:30pm Setters/Middles/Liberos (Ball Control)
October Positional Clinics (Grades 6-12)		Date	Time
10/4	6:30-8pm Outside Hitters	11/3	6:30-8pm Outside Hitters
10/4	8pm-9:30pm Setters/Middles/Liberos (Ball Control)	11/3	8pm-9:30pm Setters/Middles/Liberos (Ball Control)
10/6	6:30-8pm Setters/Middles/Liberos (Ball Control)	11/10	6:30-8pm Setters/Middles/Liberos (Ball Control)
		11/10	8pm-9:30pm Outside Hitters

**2011 TAV Coaches List**

TAV Congratulates each of the 2010 Coaches on the success of the club year. The training and building of each team contributed to the overall performance and final results of the season. We are already watching players improve their school positions and begin their high school season. In preparation for next year's season we have evaluated coaches and prepared an even higher level of training for next season. At TAV our goal is to train the athlete to their highest performance ability for whatever their ultimate goals might be. Our training and expectations are tough, but our results from the collegiate, club and school seasons speak for themselves. If you want to be trained by the best to be the best, come and join our TAV teams and coaches for another great season. Conflicts due to Coaches/Schools/Players UIL restrictions will be resolved prior to finalizing team assignments. Senior TAV Coaches are listed below:

- |  |   |
|--|---|
| 18 VB Rags Black and Blue John Sample<br>Joe Jablonski, Tracy Gentry | 14 VB Rags Black Ryan Mitchell*<br>14 VB Rags Blue Claire Rose* |
| 17 VB Rags Black Ping Cao  | 13 VB Rags Black Ami Sariego                                    |
| 17 VB Rags Blue Arthur Stanfield*                                    | 13 VB Rags Blue Larry Smith                                     |
| 16 VB Rags Black LJ Sariego  | 12 VB Rags Kathy Stanfield                                      |
| 16 VB Rags Blue Cerina Pele  | Lana Mitchell, Kim Walraven,                                    |
| 15 VB Rags Black Jason Nicholson*                                    | Katie Markovich   |
| 15 VB Rags Blue Amanda Martin  |   |

\*Note: Tentative due to UIL Rules.

**2010 VolleyTotz**

Our VolleyTotz research began over 5 years ago combining physical training with volleyball expertise. Since that time we have developed ply-o-metric drills, eye hand co-ordination drills and volleyball drills to improve performance in kids for any sport. Our VolleyTotz is an athletic and skills program designed for 3 1/2 -9 year olds to enhance physical and mental ability as well as introduce the sport of volleyball. We will be offering an inexpensive introduction program on August 22, 2010 as an introduction or a reacquainting with our concepts. Activities involve an obstacle course for agility, coordination, and core development, court instruction learning fundamental volleyball skills, rolling cart exercises for neck and shoulder development, and team play to learn teamwork and promote social development. Each session is fun and it is a positive and encouraging environment. You may sign up on-line, email [jsample@ascvb.com](mailto:jsample@ascvb.com) or call TAV at 817-545-4551 x10.

<u>Date</u>	<u>Clinic</u>	<u>\$5.00</u>	<u>Session 2</u>	<u>\$50.00</u>
8/22	Introduction to Volleytotz		10/2	10-11:30
	10 am to 11:30 (3 1/2 to 5 year olds)			12-2pm
8/22	12 to 2 pm (6 to 7 and 8 to 9 year olds)		10/9	10-11:30
				12-2pm
	<u>Session 1</u>	<u>\$50.00</u>	10/16	10-11:30
8/28	10-11:30	3 1/2 to 5 yrs.		12-2pm
	12-2pm	6 to 9 yrs.	10/23	10-11:30
9/4	10-11:30	3 1/2 to 5 yrs.		12-2pm
	12-2pm	6 to 9 yrs.		
9/11	10-11:30	3 1/2 to 5 yrs.	Drills will be designed specifically for each age group.	
	12-2pm	6 to 9 yrs.	Players participating in our VolleyTotz and trying	
9/18	10-11:30	3 1/2 to 5 yrs.	out for 11's will be separated during each 12-2 session	
	12-2pm	6 to 9 yrs.	for specialized training. All training will be by certified	
			trainers. Snacks will be provided each session.	

**17 VBRags Black Named "Texas Team of the Year" by Lone Star Volleyball**

Led by MVP Setter Caylin Mahoney, the TAV 17 VBRags Black finished a spectacular season by winning the Girls Junior National Championships in Reno, Nevada in July. Coach Ping Cao, new to TAV this year from heralded Sports Performance in Chicago, took over the

team with aggressive discipline and training techniques along with a very talented group of athletes and finished a remarkable season by being named the "Texas Team of the Year" by Lone Star Volleyball. Also named to the All-Tournament Team were OH Lizzie Theesfeld and outstanding Libero Jayma Mickler.



For up to date information on Texas Volleyball and Rankings subscribe to [LoneStarVolleyball.com](http://LoneStarVolleyball.com)

**SKILLS VIDEOS**

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## Training to Excellence



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[www.ascvb.com](http://www.ascvb.com)

### WHY CHOOSE TAV?

- We Believe We Have The BEST Coaches of any Club in the United States
- One of the Best Training Programs in the United States
- Number One Club in Texas for the 7th Straight Year (Lone Star Volleyball)
- Most Players of any Texas Clubs to play in college over the past 4 years
- Competitively Priced with Levels for Every Ability and Pocketbook
- Great Competition Schedule
- 16 National Medals over the Past 4 Years
- Complete and Consistent Training Program for All Ages
- Facility Open Daily, Year Round
- Over 300 College Coaches Visit our Practices/Tournaments Every Year

### 2010 Collegiate Update

This has been another banner year for TAV athletes. 29 Seniors will be starting their collegiate careers in September. We wish each of them the best in their pursuit of excellence. In addition, 16 of our 2011 and 2012 athletes have made verbal commitments to the schools of their choice. TAV has had 121 collegiate athletes in the past four years and will have 139 alumni participating in colleges across the country this fall.

As important as a volleyball career, TAV alumni graduation rates of over 95% is even more exciting. Many of our athletes have returned to TAV to help in the training of new players while pursuing their careers. If you are interested in being part of our incredible team don't hesitate to call John Sample at 817-454-4551 x10 for more information. To see list of scholarship athletes, log on to [ascvb.com](http://ascvb.com) and click on College Watch.



## TAV Celebration Picnic and Parent Info Night

### TAV Celebration Picnic Aug. 29

Date: August 29, 2010  
Time: 5pm to 8pm  
Place: Fellowship Church in Grapevine.

TAV would like to extend an invitation to all TAV parents and Players as well as any 2009 Medal Winners to join us in a Pot Luck Picnic at the Beach Courts at Fellowship Church on August 29th.

We would like to celebrate the year, sign 2009 and 2010 Banners and play in the sand. Joe and John will have the grill warmed up and be cooking hotdogs and hamburgers. TAV will supply the soft drinks, plates, cups, ice and chips. We would like for teams to bring some side salads, desserts or specialty menu items of their choice to share with others. BRING A FRIEND AND INTRODUCE THEM TO TAV!

Please RSVP to Joe Jablonski ([jjablonski@ascvb.com](mailto:jjablonski@ascvb.com)) with names and pot luck dish.

### TAV 2011 Parent Information Meeting

Date: October 24, 2010  
Time: 6 pm to 8 pm  
Place: Advantage Sports Center

The Parent Information Meeting will take place at Advantage Sports on the evening of October 24th. We would like to invite all prospective parents/players as well as returning TAV parents/players to this informative meeting.

We will be introducing some new information and logistics early in the meeting as well as any changes from 2010 and will reserve the last hour of the meeting for new parent information.

We encourage you to attend to meet the staff and visit our facilities. We will have returning parent packets and new parent packets available during the meeting. We will also be going over probable schedules and introducing the coaches for the 2011 Season.

*Watch for our newly redesigned website coming in early September! Newer, easier to use, automated lessons, camps, clinics, billing and information centers.*

TAV is proud to announce Infinity Shoes as the 2011 Shoe Sponsor for our Teams! Infinity Shoe is specifically designed for women playing youth volleyball. We will have them as part of the team package and for sale!