

Two Day Itinerary

Friday, April 16, 2010

6pm Registration

6:30-8:30pm 4 Sessions
30 minute Sessions will focus on sport specific dynamic warmup, functional core strengthening, in-season weight training, and agility & plyometrics. Injury prevention is a component of each session. Come dressed ready to participate.

Coaches Social will follow Friday evenings session.

Saturday, April 17, 2010

8am Registration

8:25am Introductions

9am Section One
Coach Shymansky – Attacking Techniques

10am Section Two
Coach Shymansky – Passing

11am Section Three
Coach Shymansky – Offensive Concepts and Playsets

12-12:30pm OR 12:30-1pm LUNCH
Coach Steinhaus – Pepper Drills 30 minute sessions

1pm Section Four
Coach Kirch/Coach Goodson – Base Blocking vs. Swing Blocking

2pm Section Five
Coach Shymansky – Setting Techniques

3pm Section Six
Coach Shymansky – Blocking and Defense

4pm Closing & Drawings

Bring clothes that would allow you to participate on the court to work on your demonstration skills.

Bellin Health Systems, Inc
744 S. Webster Avenue
P.O. Box 23400
Green Bay, WI 54305-3400

NEWLHS

And

bellinhealth

Sports Medicine



Volleyball Coaches Clinic

April 16 & 17, 2010

Registration

Look on-line at www.newlhs.com under “Camps & Clinics”

Where

Bellin's XL Athletic Performance Center

1630 Commanche Ave.
Green Bay, WI 54313
920-430-4722 (near the airport)



Food

Saturday Lunch is included with registration.

Cost

2-Day Clinic is \$110 per coach.
Friday only is \$25. Saturday only is \$100.

Deadline

Please register by Friday, April 2nd.
This helps us with ordering the food and beverages.
Walk-up registrations are welcome.

Hotel

Extended Stay Airport – no breakfast – across the street
@ \$45 please mention: “Guest of Bellin Health”
1-800-521-4020 www.extendedstaygreenbay.com
Settle Inn – includes breakfast – 2 blocks away
@ \$70 please mention: “Guest of Bellin Health”
1-800-688-9052 www.settle-inn.com

Instructors



Bond Shymansky
Head Coach
Marquette University

Bond Shymansky arrived in Milwaukee after serving the previous seven seasons as head coach at Georgia Tech. Under his guidance, the Yellow Jackets made three NCAA Tournament appearances and garnered multiple team and individual accolades. In his first few months at Marquette, Shymansky compiled the second-highest rated recruiting class in the BIG EAST, earning “highest honorable mention” from PrepVolleyball.com to rank it among the top 45 hauls nationwide. The ranking included only incoming freshmen and did not account for Ashley Beyer, Nikki Klingsporn and Kelsey Warner. It was MU’s highest ranking ever. While at Georgia Tech, the team posted an overall record of 172-64 (.729) during his tenure, including a 96-38 mark in the Atlantic Coast Conference. He concluded the 2008 campaign with the highest career winning percentage among active ACC coaches, a mark that ranked among the top-20 in the nation.

Coach Shymansky is assisted by Craig Dyer, Michaela Franklin, & Rob Koehler.



Debbie Kirch
Head Coach
UW-Green Bay

Veteran head coach Debbie Kirch, who guided the Phoenix to the program's first NCAA Tournament appearance, completed her 13th season at UW-Green Bay. She is the longest tenured and winningest volleyball coach in program history. In addition to leading the Phoenix to the 2003 NCAA Tournament, she has guided her squads to double-digit win totals six of the past seven seasons, led the 2006 squad to its best Horizon League regular-season finish in school history and boosted Green Bay's win total in five straight years from 1999 through 2003. Coach Kirch was named the Midwest Region Coach of the Year by her peers of the AVCA in 2003.

Joseph Goodson – Assistant Coach UW-Green Bay

Joe has completed his third season with the Phoenix. Joe works with the defense and middle blockers as well as opponent scouting and recruitment. Prior to being an assistant at UWGB, Joe was a volunteer assistant coach at Georgia Tech. He graduated in 1986 from Berry College in Georgia where he majored in biology and psychology and physical education. He earned his Master’s degree from the United States Sports Academy in sports medicine.

Paul Steinhaus – N.E.W. Lutheran High School

Paul has been the varsity coach at NEWLHS for the past 12 years, leading the Blazers to five conference championships, seven regional championships, six sectional final appearances, and two state final fours. Paul has coached at the grade school level, the college level, and everything in between.

Chase Emmott, CSCS – Bellin XL Athletic Performance

Chase is currently in his second year as the Strength and Performance Coordinator for St. Norbert College. He also heads up the volleyball specific training classes at XL Athletic Performance during the summer session. Previously, he spent nearly five years as the Head Strength and Conditioning Coach at Michigan Technological University.

Jim Beversdorf, LAT, PES, CSCS

- Bellin XL Athletic Performance

Jim is currently the Team Facilitator with XL Athletic Performance. He joined the Bellin Health Sports Medicine team as a Licensed Athletic Trainer, Performance Enhancement Specialist, & Certified Strength and Conditioning Specialist in 2005. Prior to joining the Bellin team, he spent seven years with Marshfield Clinic. Jim earned his Bachelors of Science degree from UW-Oshkosh in 1998.

Questions?

Please feel free to contact:
Coach Paul Steinhaus
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