

Viper Bites
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Viper Bites encapsulates what has happened and what is about to happen in Viper Volleyball. It is produced as needed and posted on our website (www.clubviper.net).

Try-outs: We have already had one try-out on May 23rd and are pleased with the results. Our next try-out schedule is in late July. I have posted the details on www.clubviper.net; however, here is the schedule (all try-outs are at San Antonio College):

July 22nd: Ages 10-12, 5 PM to 6:30 PM; Ages 13 & 14 7:00 PM to 8:30 PM

July 29th: Ages 15 & 16 5 PM to 6:30 PM; Ages 17 & 18 7:00 PM to 8:30 PM

Try-outs cost is \$35 per person. However if you bring two or more people who were not a part of Viper last year and who have not already tried out; then the cost will be \$25 per person.

Boys: We will also conduct try-outs for boys on both the 22nd and the 29th from 7:00 to 8:30 PM. We are working hard to put together one or more boys' teams. We are asking everyone to invite their sons, brothers, & friends to come to these try-outs. We are very, very close to having at least one team. I appreciate everyone's support. All boys may try-out for FREE.

Camps: We still have room in our remaining July camps. Details are posted on www.clubviper.net. Camp for 10-14 year olds runs July 19 to 21 followed by try-outs on the 22nd, and for the 15 and older girls it runs from July 26 to 28 followed by try-outs on the 29th.

Aug 22: On Aug 22nd, Viper will hold a special session for all those committed to Viper at San Antonio College. Although we have not resolved all of the details, we will have a 3 or 4 hour block for the 14-and-under and a 3 or 4 hour block for the 15-and-older players. We will also hold a parent meeting to discuss what it means to be a Viper parent, how do tournaments work, what we expect from team parents and what team parents can expect from us, some volleyball rules, some discussion of our offense and defense, and so on. We ask everyone to attend. While the parents are meeting, the players will be gainfully employed as will be the coaches. I will provide more details as they become available; but it will be in the afternoon on August 22 at San Antonio College.

Open Gym: Many parents have asked; "Is there anything after camps for the girls and/or do you have any all day camps"? We have secured San Antonio College from July 26 – 29 from 9 AM to 4:30 PM in addition to our camp that week (5 to 9 PM). We don't have time to put together an organized "camp" so this will be more of an open gym where we will do some individual work, run some 2-on-2, 3-on-3 or 4-on-4 sessions, and just have fun. You will be able to drop off your players at 8:00 AM and pick them up after work (we are holding camp or try-outs later each day so we will be there to watch the players). Each day will cost \$40 and will include lunch – you can send snacks if you like. If you plan on coming to these open sessions, please drop me an email

so I can have sufficient resources there to support everyone (john@aoasports.com or jkimmel@satx.rr.com). You can pay when you drop off your child.

Web Site: We are still moving our web site from its current host to a different host so we can increase the options to better manage our information and improve our communications with everyone. Unfortunately, that transition has run into some technical troubles and has been delayed. We hope to have these problems resolved shortly. In the mean time, I have started to update www.clubviper.net and will complete that by the end of this week. Currently, I have updated the camp and try-out information. This next season we will have a webmaster who will take care of keeping our web site current.

Training: Last week, six of our coaches went to Volleyball Conditioning Accreditation Program (VCAP) in Austin. This teaches coaches the best way to condition volleyball players. This upcoming season we will be adding a conditioning block to each of our practices. Over the last few years, we have noticed that the vast majority of players are simply not ready for the physically demanding portions of our sport. Volleyball is an endurance sport: a one-day tournament can last up to 14 hours and you could play in up to 7 matches; you must be in good physical shape to be successful. Let's start NOW getting them into shape: watch what they eat and drink (stay away from all sodas please), watch their weight (should be a healthy weight; no crash diets!), and let's ensure sufficient sleep.

Coaching Staff: I believe we have the best coaching staff in the city! Let me brag about them for just a minute. Please remember we have only 13 coaches on our staff at this moment (we will be adding more in August). Currently we have *one CAP III, two CAP II, and six CAP I* certified coaches. Each of these sessions is 20 to 24 hours of intense training; CAP II builds on CAP I and CAP III builds on CAP II. We have nine coaches certified in VCAP – the conditioning program I mentioned above. Therefore, **70%** of our coaching staff is certified at some CAP level and also in VCAP. High Performance training (HP) is done once a year in Colorado and is designed to teach coaches how to coach the nation's best athletes. Currently we have *6 coaches who have attended HP training*. Additionally, we have *4 coaches certified in "itti bitti" ball* (teaching volleyball to those ages 4 to 9) and we have *three who have taught sitting volleyball* (for those that are handicapped). No other volleyball club in San Antonio (or maybe even in our entire region) has a better trained staff than Viper. We search for those people who are professional in some line of work other than coaching but who have burning desire to teach, to nurture, to coach young men and women in the life-long sport of volleyball. We have college professors, doctors, IT gurus, and the like. **I am so proud of each and everyone one of them.**

Until the next Viper Bites: ***Live your life in balance and make each day a success for you.***

John

Alamo Sports Foundation: Building Character Through Sports.