



Virginia Elite 14s

Prospective Player
Packet

2012



Dear Prospective Player and Parents;

I hope you will take a few minutes to read this letter and the attached information about the Virginia Elite 14s Team, so that you can determine if we are a good fit for you. We seek excellent athletes who have the desire and determination to play college volleyball. If that describes you, we hope you will consider joining the Virginia Elite Volleyball Club. Our mission is to provide the highest quality volleyball experience through a program of individual development that produces players capable of competing successfully at the collegiate level. I want to emphasize that we seek the best athletes. The best athletes may not be the best volleyball players on the court today, because they may have started playing volleyball only recently, or they may have grown four inches in the last six months and feel awkward in their bodies. We believe that our program will make great athletes into great volleyball players who can play at the collegiate level.

In order to help you determine if VA Elite is the best club for you, let me provide you with some information to consider:

- VA Elite is not for everyone. Our club is focused on players who seek to play in college and we specialize in creating opportunities to do so by providing the most intense volleyball program in the region and the best exposure to college recruiters.
- While we don't expect 14 year old players to know exactly what they want to do five years from now, we seek those players who have the dream to play at the collegiate level and are willing to try to get there.
- If you only want to play high school volleyball, you do not need to play for VA Elite. While playing for VA Elite may help you be a better high school player, I am confident that you will be good enough to make a high school team at some point, regardless of what club you play for.
- We will not isolate a player into one position at this age. All the players chosen for this team will have the physical ability to play both front and back row positions. They must be able block and hit, and we will train hitters to pass. We will lose some matches because we did not select defensive specialists for the team. We will lose some matches because we play more than six players, and use more than one setter, and have hitters hit from more than one position, but by the end of the season this approach will better prepare players for the future.
- We do not penalize players who play more than one sport. In fact, we encourage two sport athletes at the 14s level. We want players who are good athletes, not just volleyball specialists. We expect two sport athletes to give VA Elite equal time with their other sport. If Volleyball is secondary, then there are other clubs that will be more appropriate.

We seek to offer the most intense volleyball program at the 14s level in the region, for those players who want more:

- **More Practice:** We practice 3 times per week. Currently we are scheduled to practice at Madeira School Tuesdays and Wednesdays (6:00pm-8:30pm), and Fridays (6:30-9:00pm).

- **More playing time:** We limit the team to 10 players, and publish a playing time policy (below) so you know what to expect.
- **More touches:** Our practices last 2.5 hours (including 30 minutes of conditioning). We focus our practices on skill development, competition, and conditioning (see practice principles below). We use player initiated drills, station work, multiple coaches, and competitive drills to maximize the number of quality touches and a competitive spirit.
- **More Volleyball Conditioning:** We spend 30 minutes per practice (2x per week) on volleyball specific conditioning and each player is expected to follow the at-home conditioning program (see attached sample).
- **More Tournaments:** My last VA Elite 14s team played more than 80 matches (More than 4 high school seasons!) This year we will play 10 tournaments, seven of them multi-day: Monument City (Richmond, VA); Capital Hill Classic (Washington DC); NE Qualifier (Baltimore, MD); four Mid-Atlantic Power League Tournaments, Nationals or AAU Championships. In order to enhance the quality of play, we will only the minimum required tournaments in the Chesapeake Region to qualify for the open division at the Regional Championships (1 regional 14s tournament, the regional championship, and one regional 15s tournament). To culminate the season, our team will go to the AAU Championships in Orlando, FL. If we win the region championship, we will be required to go to Nationals.
- **More Coaching:** We currently have three coaches who will be coaching the 14s team, enabling us to provide more individualized instruction: Tom Leney, Paul Bennett, and Meredith Doyle. We make use of video to diagnose and correct skill errors. Because we are a small club with a strong technical director, and an extensive coaching development program (We sponsor the USAV CAP I Coaching certification for all of our coaches), we offer a progressive program in which each year builds on the previous year's foundation. The 15s coach does not tell you to disregard what you learned at the 14s level.
- **More focus on individual skill development:** At 14s we focus on developing a solid foundation of individual skills and well rounded players, so that they have options in later years.
- **More Season:** Our season runs from November 15 to July.
- **More expensive:** Yes, it is an expensive program. The program cost is driven in large measure by the cost of tournaments. Our program includes the cost of Nationals/Volleyball Festival so there are no additional costs to be borne at the end of the season. The only cost not included is hotels for players because for the last three years parents have preferred to have their daughters stay with them rather than with other players. This has worked out quite well, as it eases young players into the tournament environment. While all parents do not attend all tournaments, most do and it makes the overall lodging costs cheaper for the families.

Why such an intense program? We want players and parents to determine early in their club careers whether they have the ability and desire to play at the college level. Joining Virginia Elite is a big commitment to being the best volleyball player you can be. We appreciate that and are equally committed to helping our players to attain that objective. If that is not your goal, we want you to realize it at 14, not 18. This kind of program requires more effort from players, parents, and coaches, but we think you will find that it is worth all that you put into it. I encourage you to talk to parents and players who have had the experience.

Metrics for Success. My metrics for success are:

- 90% of our players play on their high school JV or Varsity as Freshmen.
- 100% of the players who we determine to have the interest and drive to play in college seek to return to VA Elite.
- 100% of the players that we train at 14 and who remain with the VA Elite program, are offered opportunities to play college volleyball.

To help you determine if VA Elite is the right club for you, I attach the following, below:

- Coaching philosophy
- Playing time policy
- Practice principles
- 2010 Tournament Schedule
- At Home Conditioning Card
- Coach Biographies

I publish these before you try out so that you will not be surprised by anything after you make the team. **You should ask for these items from any team you are considering.** If you have any questions or concerns, please call me at 703-286-9308 or email me at tom.leney@vaelite.com.

Sincerely,

Tom Leney
Head Coach, Virginia Elite 14s

Coaching Philosophy
Virginia Elite 14s
October 25, 2011

The central tenet of my coaching philosophy is, “**hard work pays off.**” I believe that this is true in life and in volleyball. Players should be given the opportunity to play to the limit of their physical ability and coaches should assist the player in improving skills to the limits of the player’s desire, effort, and physical talents. My goal is for each player to do the best with what they have and to discover that they have more capability than they think they do.

To this end we follow these principles:

- **Sportsmanship matters.** In the end, life lessons learned on the team will be more important than volleyball technique lessons. We seek to develop players into leaders and good people. To be humble in victory, and gracious in defeat. To represent themselves, their family, their club in a positive manner.
- **Develop competitors.** One of the biggest benefits your daughter can gain from their VA Elite experience is to develop a competitive, winning spirit. By working hard and playing to our limits, we will win matches – but not every match. The wins that matter are those achieved against the toughest competition. We seek to develop competitors and if excellence is our goal, success will follow. I want players to experience what it is like to win, but more importantly, to learn what it takes to win and to find that in themselves and each other. To me the real win is not how many tournament medals we collect, it is seeing players become women I can be proud to have coached.
- **Everyone gets an opportunity to play.** We presume that every player wants to play volleyball or they would not be on the team. Every player that demonstrates they want to play will play in every match during pool play. The playing time evolves over the course of the season (See playing time policy attached), but while everyone will play, by the end of the season I want players to see that hard work pays off, so the amount of playing time will be based on performance and effort. If a person works hard, then they will perform better and will play more
- **Play Hard! Aggressive play develops winners.** We want players to want the ball and to push their limits. Mistakes will happen. Players won’t get pulled for a mistake but I put players on the court who don’t let the ball hit the floor. We want players to learn to attack the ball from all positions on the court. We will seek to minimize free balls, by practicing back row attacks and out of system attacks.
- **Players play like they practice.** If practices are not challenging, players will not be ready to respond to challenging matches. We will work to ensure players touch the ball a lot because the more repetitions a player receives the more likely they are to perfect the skills required to excel. We also seek to include competitive situations wherever possible, because players need to become skilled competitors. They will need to compete throughout their lives and I believe sport is a great way to build a positive competitive spirit. Practices are for improving volleyball skills not social skills. We will have some team building opportunities, but we build a team at practice by working hard together. If a player’s technique is poor, merely playing more is a slow road to success, and we want players to progress rapidly. There are

variations in specific techniques but principles don't vary and we will teach and expect players to use solid technique.

- **Players Don't Try to Lose.** We have never seen a player actually try to hit the ball out-of-bounds or serve into the net, but for some reason we see coaches scream at players, to "hit the ball in," or "don't make a service fault." Players will make errors; that is why we practice. Our coaches are there to identify and help correct errors, and to prevent them by demanding rigorous execution of skills. You can expect coaches to correct errors during matches. I tell players what they need to do to succeed so that they focus on how to improve, rather than the error they just made. You will hear coaches use our key terms (e.g., feet to ball, square up to target) to focus players on the correction rather than yell, "hit it in".
- **Have a goal.** You must have a goal and a plan to attain your goal. We will set team and individual goals and measure ourselves as we go. My goal for every practice is for players to work hard so they become more fit, learn something so they become more skilled, and enjoy the sport so they come back.
- **Excellence requires extra effort.** Players will be expected to train outside of practice. Each player will receive a conditioning program and will be assessed on progress. Basic skills such as service tosses and approach footwork should be drilled outside of practice as they do not require a gym or a coach and provide great benefits.
- **Focus on the fundamentals.** The primary focus of player development at this level is to ensure that players have master the fundamentals of serving, passing, hitting, and digging. We will work on advanced techniques such as jump serves, quick attacks, and slides, but we want to ensure that each player can do the basics well so that in later years they will not have to unlearn bad habits. Because I was not a player, I do not bring my personal preferences into the skill discussion. I have studied the work of some of the nation's best coaches and I teach their techniques. We are constantly testing what we do to see if we can do it better.
- **Conditioning matters.** Fitness is an important life attribute and is vital to success on the court. Players will be expected to condition outside of practice and performance will be measured. We will use the court for skills training because net time is precious, but players should expect to condition for 30 minutes at the end of practice after we leave the net. As a result, practices normally will be 150 minutes.
- **Balance personal needs and interests with team needs and interests.** There may not be an "I" in "Team" but there is a "me" and it is 40% of the letters. Young women need to find a way to successfully balance their needs with the needs of others in life and I want them to reinforce that with their experience on the VA Elite 14s team.

Communication is critical. I am responsible for successful communication to players and parents. I am accountable for everything that goes on with the team and try to have a reason for everything that we do. I encourage players and parents to question what they do not understand. I do ask that we not interrupt practice or a match for such discussions however, as I am very focused on the present at those times. I do not have a "player only" policy that requires players to bring up issues rather than parents.

I meet with each player and her parents at least four times during the season to identify goals, to discuss progress and to provide and obtain feedback. While I seek to develop an atmosphere in the team that encourages players to address issues with me directly, the most important thing is to address the issue. I encourage parents to talk to me directly about any issue associated with

their daughter as we share a very important goal: the player having a positive experience on the team.

Playing time is one of the most important issues to players – and to parents – yet is often the most poorly communicated. I track it. I pay attention to it. I use it as part of the individual and team development plan. I make mistakes sometimes. I provide a written playing time policy so it is clear to everyone prior to tryouts and am accountable for its implementation. I am happy to discuss playing time with players and/or parents any time they have a concern and I encourage anyone with a concern to talk to me rather than to let a concern fester. I do not have playing time discussions during a match, but am happy to discuss whenever there is down time at a tournament.

I take a long view. I look at a practice or a match as part of its contribution to the development over the season. I look at the season in terms of how it contributes to the goals I have set and to the long term development of girls as players and professionals, not as professional players.

I am intense. I am focused. I am loud. I have high expectations. I am this way because I only put players on the team who I believe have the desire and ability to being the best that they can be. I believe in them and I make a commitment to them becoming all that they can be by showing them what it takes to achieve their dream – and then helping them achieve it.

Playing Time Philosophy Virginia Elite 14s

Playing time issues often have a major impact on a player's volleyball experience. I take the issue very seriously and therefore lay out my policy in writing, in detail, before you tryout so that it does not become a problem during the season.

Balanced Approach

I presume that players want to play volleyball. Playing is the payoff for hard work at practice and at home. Parents don't come to tournaments and pay club fees to watch their daughter sit on the bench. At the same time everyone wants to be on a winning team and I seek to develop girls into winners. Our playing time philosophy attempts to balance these interests.

Every player plays

Every player will play in every match if they have demonstrated that they have a desire to play through hard work at practice. Let me be very clear: While I put players on the court to ensure everyone has the opportunity to develop and to contribute to the team's success, when I put six players on the court, I expect them to focus on team success and to win.

I adjust playing time approach according to phase of the season, as follows:

Phase 1: December –15 February. I will seek to provide balanced playing time during pool play, i.e., players can expect to play a relatively equal number of sets during pool play over the course of a tournament. Because all players will not play "all the way around" in every case, I seek to equalize the number of rows (front row, back row) played. While we may use a "Libero", hitters will also play in the back row so that they get passing experience. All players will play at least two positions (e.g., Outside/Middle; Setter/Right Side; Middle/DS; Setter/DS).

Phase 2: 15 Feb-15 April. Each player who has demonstrated a desire to play can expect to play an entire set (in front or back row) in each match (1 of 2 or 1 of 3). Note that this does not mean that playing time is equal as some players will play more than one set per match. As in Phase 1: since we are focused on developing players for the future, we will may use players in back row only or front row positions in a particular match, which means a player could play back or front row only for an entire game. The same player may play in the other row in the next set/match.

Phase 3: 15 April -June: To be determined by coaches and players in consultation. I expect to make some adjustments to the Phase II approach, but will discuss with players how they want to address particular tournament scenarios. The fundamental principle will remain: every player plays in every match.

I do not pull players out of a set for making a mistake. We will see lots of mistakes because they happen when players push themselves to their limit, and I want them to go to the limit. Players need to learn to work through their mistakes and periods where they are not playing their best. Substitutions may be part of the game plan (e.g., a hitter substituting for a setter in front row, or change front row to back row) they are not done because a player makes a mistake. There are some exceptions:

- **Floor Balls:** I do pull players out if they do not make an effort to play the ball. If a player allows a ball to hit the floor then I will conclude that they are tired or uninterested, and will substitute a player for them until they are ready to play.
- **Frustration:** If a player demonstrates that they have become frustrated with their play, I will pull them off the court and tell them to go back in when they are ready. Because they have control of their return, I find they are ready when they step back the court. I am not trying to eliminate stress. I seek to help players manage it because they will confront stress their entire lives.
- **Poor Sportsmanship:** If a player does not demonstrate the kind of conduct towards their teammates, officials, opponents, and coaches, she will not represent VA Elite on the court.

Performance Pays: I make playing time decisions based on performance, as outlined above. I do not play someone because they ask as I already know they want to play or they would not be on the team. I do not play someone because they cry, because they can't see the ball adequately through their tears. I do not play someone because they whine because I do not want to reinforce that behavior. I do not play someone because they are nice to me because I want them to know they play because of their effort and performance.

As the season moves from phase to phase, I seek to reward hard work and performance. I make extensive use of statistics to inform my decisions about which players start matches and playing time. While statistics are not perfect reflections of ability and desire, over time I find they correlate highly. We have all heard players say, "I am not playing because the coach does not like me." I may like some players more than others, but statistics, help me prevent my likes and dislikes from influencing playing time. I seek to play those who demonstrate they want to play in the only ways that matter: effort and performance. Great effort leads to great performance.

Bottom Line: I want every player to play and I assume that every player wants to play. So I will do my best to enable players who demonstrate desire, to play. Each player selected for the team deserves to be on the team and deserves to play. In the 2009 season, the overall difference in playing time in pool play, from most to least was approximately 20%.

Special cases:

Post-Pool Play/Playoffs: In my experience, when we get to playoffs or into deciding sets of a match (if we are in match play), the players really want to win. If the team advances to the playoffs in a tournament, or we are in a deciding set, I will play the players that have performed the best on the court that day or that match, to give us the best chance to win. I will endeavor to get every player in the match so they can contribute, but the focus in play-offs will be on team success.

Serving: We put a great deal of emphasis at the beginning of the season on serving. It is the one skill a player totally controls and the ability to serve affects all aspects of a player's game. Each player must pass the serving qualification in order to serve in a match. As a result, when they

goes to the service line the player, their teammates, -- and their parents – are confident that they will be successful. Any player that does not serve at least 80% in a tournament must re-qualify in order to serve in the next tournament. This approach has been very successful in developing very strong servers (A player on the 2007 team had to re-qualify for every tournament into March, but she worked at it and over 13 matches at the Volleyball Festival she served 92.5% with an Ace/Error Ratio of 6!).

Practice Principles

Purpose

As much as possible, everything we do at practice should contribute to development of volleyball skills and competitiveness. We seek to maximize the number of correct touches on the ball at each practice. A correct touch makes improves our game, an incorrect touch sets us back. In order to achieve this goal we will need to make best possible use of the very limited time that we have at practice.

Everything we do at practice has a purpose and is designed to improve players' skills, motivation, and competitiveness. If you as a player or parent do not understand why we are doing something or anything at practice, ASK me about it. Your questions cause me to evaluate what we are doing and if I cannot articulate its purpose, then we should , and will change the activity.

Practice Preparation

An important component of what we do is to teach players personal responsibility. Players are expected to bring the following items to every practice and tournament:

- Kneepads: Players may not scrimmage without kneepads
- Water Bottle w/ water (at least 24 oz)
- Towel
- Notebook and Pen
- Dress in athletic clothing for a hard workout (T-Shirt, spandex, kneepads, socks and court shoes. No running shoes, as they lack lateral stability).
- No jewelry. We practice like we play. Coaches do not hold jewelry for players. If you value it, leave it at home.
- Volleyball (having your own ball means that whatever happens, you can get a good workout)
- Jump rope: A very useful warm-up and conditioning tool. (To fit a jump rope, stand on middle of rope with both feet and pull handles to arm pits. Handles should reach your arm pits.)
- SPECIAL NOTE FOR TOURNAMENTS: Bring all game jerseys as we may change colors during a long tournament.
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What to do when you arrive at practice:

- Line bags up against wall out of the way of play. Put warm-ups in bag.
- Put water bottles full of water at the end of court for easy access.
- Be in proper attire, with knee pads on, hair tied back, when practice starts. No jewelry.
- Conduct standard warm-ups. At the beginning of the season, we will provide each player a warm-up sheet of basic warm-ups and wall drills and teach them how to do them. Once this is done we expect each player to warm themselves up and stretch. Top athletes do not rely on coaches to warm them up. We will conduct some advanced warm-ups as a team, but expect players to come on the court warmed up and ready to play.

Practice Methodology

We seek to take maximum advantage of the latest sports science to help our players progress at the fastest rate.

- **Minimize watching, maximize doing:** We seek to keep discussions to a minimum, let the players see a demonstration of a skill and maximize time spent performing the skill with active coaching and critiquing. We will often break team into small groups with a coach to increase the opportunities to touch the ball. We will actively critique as we find that it is not the number of touches that makes a player improve fast, it is the number of successful touches.
- **Periodicity:** Sports science has shown that players learn faster if they repeat an action fewer times on more occasions, rather than many reps all at one time. We seek to enable players to work on each skill multiple times in practice rather than dedicating a single long period to a skill.
- **Game-Like Drills:** We seek to make each skill exercise as game like as possible, balancing that desire with an effort to generate as many quality touches as possible. This does not mean always scrimmaging, although scrimmaging will be a part of most practices. It means engaging players with game-like angles and positions
- **Maximize training in each drill:** We emphasize player initiated drills so that coaches can coach rather than toss balls, and in order to exercise more players. We want players to “toss” with good mechanics, “catch” with good position, and call the ball when they shag.
- **Progressive Drills:** We progress during a practice and during the season from simple to more complex drills, single skill to multiple skill, high reps to more game-like.
- **Whole-Part-Whole Teaching:** We use this methodology to teach skills. We want the players to experience the whole skill after seeing it demonstrated, then break it down to its pieces to work on particular elements of the skill, then use the skill in game-like situation.
- **Success:** We seek to fit the difficulty and complexity of drills to the capability of the players. We want players to be challenged, but also have success in performing the skill. Part of our progression is that the balls come easier at first, and harder as skills improve, all the while seeking to stretch players to their limits.

Practice Activities

You will play like you practice. If you practice with intensity and focus, and you push yourself at each practice, you will play with intensity and focus, and you will improve more quickly. Practices are designed to push players hard. We seek to stretch players mentally and physically.

- **Warm-ups:** Proper warm-ups are important to enable a player to get the most out of practice and to prevent injury. We will instruct players on proper warm-up techniques and practice them together initially. Once players are familiar with the warm-up routines, the players will warm-up themselves as soon as they arrive at the gym. We want players

to realize that they should not and need not rely on a coach to warm them up, as they will encounter situations in their volleyball career where coaches do not do it well.

- **Hustle:** When you step on the court you need to hustle. This means you don't walk on the volleyball court. You shuffle or run.
- **If you do not understand something, ask:** There are dumb questions (like asking what you are supposed to be doing because you were not paying attention to instructions) but it is better to ask even a dumb question rather than be unable to perform a drill or benefit from an activity because you do not know what to do or how to do it. When players have problems in execution coaches will take them aside for additional instruction, so the drill can continue. This is not a punishment. It is intended to give additional help where needed. You will all need it at one time or another, and should seek it out. We will also pull players out in rotation for individual instruction. Having three coaches at a practice enables us to give this kind of individual attention.
- **“Corner up”:** Team lines up at the corner of the service line and sideline facing in to the court. If told to have a ball, each player will hold a ball in the correct setting position at waist level. Eyes on the coach and mouths closed to hear instruction..
- **Water Breaks:** When water break is called, run immediately to your water and drink. Water breaks are short. At the end of a water break, execute the water break exercise established at the beginning of each practice. Then we will normally “corner up” to start a new drill. If you need water during a drill, go get it and return immediately so as not to disrupt the drill. You don't need to ask permission to run and get some water. We will sweat. You will need to drink water during practice. Drink some before practice but don't fill your stomach with a lot of water just before practice because you will be carrying extra weight and could become ill.
- **Call the Ball:** The volleyball court is a crowded place. Good communication is vital to good teamwork. Whenever you touch the ball on the court yell “mine” as soon as you see that it is coming to you, well before you touch it. All players will call the ball before touching, to include setters.
- **Coaches Coach, Players Play:** Players should communicate, but it is not the players' role to correct teammates on their form. Players, particularly setters should correct court positioning if a teammate is out of rotation. Feel free to encourage, but players don't criticize their fellow players on the court (or off it). You can rely on coaches to correct a player's problems.
- **Focus:** When you are on the court your eyes should always be on the ball in play or the ball about to be played. After a point, or contact, keep your eyes and head in the game. When you are told to move off the court you run off the court so you don't clog the drill or the play. We will use focus exercises to re-focus players during practice. We will pick the exercise at the beginning of each practice. When you get told to “focus,” immediately perform the exercise and get back in play. These exercises are not a punishment, they are reminders to keep your head in game.
- **Drills:** Everyone has a role in a drill, not just the player touching the ball. You are handling the ball, shagging, watching and learning, handing ball to coach, or serving as target. Seek to use every role to get better. When you are target, call the ball and catch the ball with proper passing or setting technique. When you shag, call the ball and seek to use proper technique to catch it. When shagging, run after the ball and bounce pass the ball to the ball cart player or coach. When you are watching, you are trying to learn from

others' successes and mistakes. Therefore you are not discussing school, boys, or your favorite music group.

- **When you call the ball, you take it:** If you call the ball first, you own it, so play the ball. So don't call balls you can't play. You will make mistakes by being too aggressive but you will get better faster by pushing yourself. When you call the ball do it loudly so your teammates can hear you. ABOVE ALL: don't let a ball hit the floor.
- **Nothing hits the floor:** To be successful in volleyball we have to play the ball aggressively. A ball should never touch the floor without someone getting a hand, a foot, or some other body part on it. Obviously we seek to play the ball, not just touch it, but that can't happen if we are not getting to the ball. There may be some times that a ball is "shanked" so badly that no one can get a body part on it but that will be the exception. If a ball hits the floor in a drill all players who had any chance to play the ball will "hit the wall" (immediately runs and touch the back wall) or perform some other focus exercise, and players not in the drill take their place. Message: Nothing hits the floor!
- **Challenges:** We seek to make each player a strong competitor. If you want to play at the highest level you must learn to compete. At most practices we will conduct challenges (groups competing against each other, e.g., servers vs. receivers. The goal is to promote competition and have some fun. We will determine what the challenge exercise is and the winners will drink water while the losers perform the challenge exercise. Message: It pays to play hard because it pays to win!

Bottom Line: If you practice hard, you play hard. If you play hard you win. Winning matters – in volleyball and in life.

Tournament Program 2012

In response to parent feedback we have reduced the number of tournaments from thirteen to eleven, without sacrificing the amount or quality of play. The substitution of Mid-Atlantic Power League (MAPL) tournaments for regional tournaments will enable us to play at a much higher level of competition, thus promoting more rapid development of skills. We play the minimum number of regional tournaments to qualify for the open championships. Also note that we are playing in the 15s bracket at Monument City and Capital Classic, again to ensure we can provide the most challenging competition to the team.

Date	Tournament	Location
January	Regional 14s tournament	TBD
Jan 15th-17th	Monument City 15s Division	Richmond, VA Convention Center
Feb 4th & 5th	MAPL Tournament 1	Hampton Roads, VA
Feb 18th-20th	Capital City Classic 15s Division	Washington DC Convention Center
Mar 10th & 11th	MAPL Tournament 2	Raleigh, NC
Mar 24th & 25th	MAPL Tournament 3	York, PA
Mar 31th-Apr 2nd	NE Qualifier	Baltimore, MD
April 7th	Regional 15/16 Tournament	TBD
April 15th	Regional Championships	Discovery Center, Germantown, MD
June 2nd-3rd	MAPL #4	Greensboro, NC
End of June	AAU/Nationals	Orlando, FL or Columbus, OH

Home Conditioning Record Virginia Elite 14s

December 2011

Name: _____

- All exercises except Fan Lunges are done with volleyball
- Perform each exercise to muscle failure or for 1 minute continuously (2 min on jump rope)
- Take 30 seconds between exercise
- Total Time for Program: 14 Minutes

Exercise/Date								
Jump Rope (2 min.) *								
Alternate Fan Lunges								
Push-ups**								
Self/Wall Bumps								
Squats								
Self/Wall Sets								
Sit-ups								
Wall Tricep Push								
Super Woman								

* 30 sec two leg hop, 30 sec run in place, 30 sec. slalom 30 sec scissor

**When you reach muscle failure drop to knees and do knee push-ups



14s Team Coaches

Tom Leney-Head Coach: tom.leney@vaelite.com

Tom Leney has coached girls' volleyball for the past eleven years. While he only played volleyball recreationally, he played varsity tennis, and squash on a Division 1 team ranked 5th in the nation, so he knows what it takes to play sports at the collegiate level. He has worked three years at the high school level, coaching Freshmen, Junior Varsity, and Varsity teams. He has nine years of house and club volleyball experience coaching players ranging from twelve to sixteen years of age, most of it focused at the 14s level. He has coached the VA Elite 14s team since 2006, with more than 75% of the players playing on their high school varsity team upon graduation from the 14s team. He is a student of the game, having become USAC CAP 1 certified completing the USAV volleyball conditioning specialist program. He is pending his CAP II certification. Tom is married with two daughters, both volleyball players. His youngest is an alumnus of VA Elite and played Division 1 volleyball under scholarship.

Paul Bernett-Assistant Coach: paul.bernett@vaelite.com

Coach Bernett is entering his sixth year of coaching for Virginia Elite all at the 14's level. He brings five years of volleyball experience playing at Mens A, Co-Ed and doubles. He has a passion for the sport and enjoys working with the younger girls focusing on proper technique and knowing the game. Preparing the girls for their high school careers is one of his goals and over the last three years all of the Virginia Elite 14's girls have made their high school teams with the majority of them making varsity as a freshman. As a parent of four children including a daughter who plays club volleyball, Paul brings that experience to his coaching. It enables him to better understand the concerns of the girls and parents involved in club volleyball.

Meredith Doyle - Assistant Coach: Meredith.Doyle@vaelite.com

Meredith is excited to be entering her first year of assistant coaching for Virginia Elite at the 14's level and the middle school clinics. She brings 12 years of playing experience at the youth club, high school, and Division I collegiate level. In the year 2001, her family pioneered the first youth volleyball league with McLean Youth Athletics. As a teenager, Meredith was a dedicated MYA volleyball coach for boys and girls as young as 10 years old. After entertaining several scholarship offers, Meredith ultimately decided to accept a full athletic scholarship offer from the University of Maryland - College Park. She played Middle Blocker for the Terps while also excelling in academics. She graduated in 2009 with a Bachelor of Science in General Business and currently resides in McLean, Virginia.