

To WEVA club directors...

The Education Committee of the Western Empire Volleyball Association (WEVA) is interested in providing resources for coach education in order to enhance general knowledge of the game as well as elevate the skill level of the junior players in our region.

This message is to invite your organization to host a WEVA Coaching Clinic at your practice or competition facility to benefit your club coaches as well as those from area high schools and other volleyball clubs. The goal of this clinic series is to educate coaches regarding technique training, skill development, drill structure, practice planning, strategy and other volleyball related skills desired by coaches. The WEVA Education Committee would like to see at least one or two clinics each month leading up to and throughout the season. The WEVA Board of Directors has approved a budget line to assist in subsidizing some of the costs involved in hosting these clinics in order to help compensate visiting clinicians, facility rental fees or additional clinic expenses.

Please look over the attached information which includes some ideas and recommended formats. Clinic schedules and topics can be unique to each club's needs. If you are interested in organizing such a clinic in your area please contact me and we can discuss options and possible timelines.

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## **Western Empire Volleyball Association Coaches Clinic Organization for Hosts**

### **Organizational Timeline for hosting a WEVA Coaching Clinic:**

**Identify Clinicians** – a primary step in developing a successful clinic is to find knowledgeable contributors who can conduct on court or classroom demonstrations to the attendees. Choose a keynote clinician who is not involved with your club. Knowing that some of the premier volleyball minds across the country get paid big dollars to speak at clinics and keeping costs in mind, a local college coach is a suggested option. Maybe a coach from a college or university within our region or an adjacent region. This presenter should/could have a longer time period to present. Second and third clinicians could be from your own club, another club or a successful high school coach in the area.

**Select a Date and Time** – WEVA has limited financial resources for these events so we need to be sensitive to the quantity of clinics however, hosting one to two per month is our goal. The staff will try to coordinate dates and locations to spread clinic offerings across the region. Host organizations will need to select the best day of the week and time of day to ensure participation. A Friday evening prior to a Saturday tournament or an evening session following a tournament may be options to attract out of town attendees. During the tournament season, weekday sessions may be better for college coach clinicians and/or your local club coaches. The WEVA Region office staff and Education Committee members can help advertise your clinic dates to members in the region.

**Choose Topics** – Clinicians might wish to speak about their “specialty” or the skill they coach the best. Qualified clinicians might find it easier to speak on a topic that you or your club deems important or vital to your player development, since higher level coaches have to coach all aspects of the game. Conversing with clinicians well before their clinic date will allow them to plan a presentation specific to your needs. Topics could include very general skill instruction (passing, blocking, setting, serving, attacking) or be more specific like arm swing, transition footwork, or offensive and defensive systems. Off court topics might include conditioning, goal setting or mental training and could be presented by certified trainers or specialists.

**Choose Venue** – Clinics can be held courtside with a net, in a classroom or a combination of both. Courtside presentations using a net will need participants. Often times the attendees are willing to jump out and participate in drills however it may be beneficial to invite a number of players or a team to “get coached.” Often times a clinician may bring their own court participants (such as their college players) who may be familiar with the drills ahead of time, making for a more productive demonstration. Classroom presentations may utilize a projector, internet access, white boards and/or writing surfaces for attendees.

**Target Attendees** – It’s not a clinic without an audience. Begin to identify a group of coaches interested in learning. You may have a captive audience within your club or know some local high school coaches not yet involved with USA Volleyball. The key for any presenter is an engaged audience. Making attendance mandatory for your affiliated coaches may be the best way to stress the importance of learning new techniques and “out of the box” thinking, but, might not be the best way to create an engaged group of learners. (Especially when it comes to open question and answer periods.) It is the intent of the committee to grow the game in our region. We’d like to see new faces that are not USA Volleyball members in attendance at clinics. High school varsity and JV, modified or elementary school coaches, physical education teachers, YMCA and youth program coordinators are great targets for attendance.

**Select a moderator** – Some clinicians would rather participate in a panel discussion where they can offer their thoughts or best practices based on direct questions or feedback from the audience. A moderator may be necessary to keep sessions on schedule and facilitate discussion. Clinicians will appreciate a list of questions that may be asked prior to the panel discussion. Maybe these pre-selected questions kick off the discussion and lead into additional random questions from attendees.

**Fees and Expenses** – Initial recommendations are to ask clinicians to volunteer their time and expertise especially those from your own club. Developing better coaches leads to better player development and increased team success on the court. Since time and knowledge is valuable to a good clinic, we’d like to suggest \$100 to \$200 for a Keynote Clinician while \$75 to \$100 for a local club coach outside your organization is appropriate.

A minimal fee can be charged to non-USAV members (+/- \$20-\$30) to be collected by the hosts to help pay for additional clinic expenses or to help subsidize clinician expenses beyond the WEVA contribution. It is not the intent for clubs to seek financial gain in hosting a clinic. When possible, any profit should be put back into the further education of regional coaches or used towards marketing or hosting a future clinic.

**Sponsors** - Running a clinic with a “more expensive” keynote clinician can be costly and having sponsors is a great way to gain support and raise funds. Before reaching out to companies, be ready to outline what your club can offer them in terms of advertising. You want to be able to establish a mutually beneficial relationship for both parties. Maybe a local gym or sporting goods store would be interested in being a sponsor.

**Attendee Registration** – An easy way to keep track of your clinic registrants is by using Google Forms and Spreadsheets. Take a look at the following link if you need some ideas on how to register clinic attendees: <https://www.youtube.com/watch?v=rEfrtFITDyc>

### **Basic Clinic Format**

5 Minutes	Introduction of Clinic/Club/Organization Host
45-60 Minutes	Keynote Clinician #1
30 Minutes	Clinician #2
30 Minutes	Clinician #3
30-45 Minutes	Clinician Round Table – Open discussion, question and answer period. Additional persons (beyond the three clinicians) could be added to the panel if warranted or desired.

The schedule and agenda for your clinic can be modified to suit your needs or the needs of your attendees. Maybe more time can be spent with the Keynote Clinician or additional time allotted for open discussion and “on the fly” demonstration by the clinicians vs. pre-selected topics.

### **During the Clinic - How to keep the event running smoothly:**

- Be excited and energetic. Showcase your passion for learning the sport of volleyball and the attendees will pick up on that.
- Don't play favorites. Make all of the attendees feel included.
- Maintain the flow of your clinic by sticking to the schedule. You definitely want to give your attendees breaks, but you don't want them doing nothing for extended periods of time.
- Keep a list of participants. This will come in handy when you want to email market your next clinic to previous customers.
- After the clinic is over, send a “thank you” letter or e-mail to all of the participants. This would be a great opportunity to ask for reviews and feedback.
- Take time to reflect on how your clinic went. What worked? What didn't work? Could you have used more time to plan? Did you need more volunteers? Answering these will highly improve your next clinic.