

### 31st Annual MNVBCA Summer Clinic

Wednesday July 28th, 2010	MAIN GYMNASIUM	SECOND GYMNASIUM	WRESTLING ROOM
10:00 AM - 1:00 PM	All-Star Match Practice		
11:00 AM - 1:00 PM	Clinic Registration - Main Gym		
1:15 PM - 1:45 PM	Clinic "WELCOME" - Main Gym Jim Lee - MNVBCA President		
2:00 PM - 2:50 PM	Play To Your Strengths! Kathy DeBoer - Executive Director AVCA	Great Setters Have Great Feet Dennis Amundson - MSU-Mankato	
3:00 PM - 3:50 PM	The Penn State Way Steve Aird - TCA-	Shawn Myszka - CSCS*D	Yoga For Coaches Jane Peterson - Central Lakes College
4:00 PM - 4:50 PM	Comprehensive Volleyball Skills Ashley Hardee - University of North Dakota	Serving and Passing: 2 Keys to Winning Games Walt Weaver - Midwest Volleyball Instructors	
5:00 PM - 6:15 PM	<b>TAILGATING Dinner Event - Hallenbeck Lot</b>	<b>Sponsored by: MNVBCA</b>	
6:30 PM - 8:30 PM	<b>MNVBCA ALL-STAR Volleyball Match</b>		
8:00 PM - 11:00 PM	<b>Coaches Social at the Holiday Inn</b>	<b>Sponsored by: BADEN</b>	
<b>THURSDAY July 29, 2010</b>			
8:00 AM - 8:45 AM	Registration - Main Gym		
	<b>CLASSROOM # 335/344</b>	<b>MAIN GYMNASIUM</b>	<b>SECOND GYMNASIUM</b>
9:00 AM - 9:50 AM	How'd Ya Do? Jody Redman - MSHSL	Judy Green - University of Alabama	Training Middle Blockers Celeste Gorman - Blaine Volleyball
10:00 AM - 10:50 AM	Above and Below the Line: How Thinking Governs our Experience. Jody Redman - MSHSL	Developing the Skill of Goal Setting Rick Rassier	Things That Put Us Over the Top Last Season Dan Westby - Marshall Volleyball
11:00 AM - 11:50 AM	Characteristics of the Libero/Defense Cindy Fredrick - Luther College	Judy Green - University of Alabama	Developing Solid Skills in Young Players Andy Guggisberg
12:00 PM - 12:45 PM	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1:00 PM - 1:50 PM	Mind Motivators Cindy Fredrick - Luther College	First Ball Contact Jon Hagerle - Jamestown College	Successful Drills We Use in Practice Lonnie Morken - Mabel-Canton Volleyball
2:00 PM - 2:50 PM	Blueprint of a Champion Steve Aird - TCA Volleyball	Our Most Successful Daily Practice Routine Franz Boelter - Bethlehem Academy	Serve Receive - Thinking Outside the Box Paul Meyer - Waldorf College
3:00 PM - 3:30 PM	<b>FAREWELL and FINAL DOOR PRIZES in the MAIN GYM!! THANK YOU FOR COMING TO THE MNVBCA 31ST ANNUAL CLINIC!!!!</b>		