



# University of Mobile Training Team Program



## General Information:

The University of Mobile training team program is a fundamental training environment that covers the same skills and drills as USAV traveling teams. The applicants are skill divided which means that each skill court will move at a different pace and intensity but will cover the same skills and drills for training continuity. Movement to different skill courts should be expected as athletes increase their skill levels and if the number of participants allows. The University of Mobile coaches, Jon and Amber Campbell, implemented the training team program for a variety of reasons.

1. It provides a vehicle for those individuals wanting to continue their volleyball skill progression outside the normal school season but could not, for various reasons, commit to a USAV schedule.
2. The training team program ensures every player that tries out for a volleyball club and *does not* make the team still has the opportunity to get excellent volleyball skills training.
3. It provides an introduction to fundamental volleyball training for the **brand new** volleyball athlete or someone who is considering trying out for USAV teams.

## What makes the University of Mobile Training Team unique and successful?

UM volleyball coaches, Jon and Amber Campbell, are firm believers in positive coaching. Though there are challenging parts to every sport, the training has to be fun! Both Campbell's have strong volleyball backgrounds, with a combined 29 years in coaching experience. They are both certified through USA Volleyball as IMPACT and CAP I coaches. The record that the Campbell's have earned at UM speaks for itself. Since they started the program in 2005, the Campbell's have led the team to an overall record of 134-45, three 30 win seasons, three consecutive trips to the National Tournament, and consistent ranking in the top 25 of national polls. Statistics and records aside, Jon and Amber have had success with the Training Team for 2 reasons: they love to help people and they love the game of volleyball. They are students of the game, and their passion is to teach volleyball skills and how those skills can be applied to the "real world."

## 2010 Membership fees are \$350 and include the following:

- Coaching- All training will follow the same fundamental teaching as USAV practices and teams.
- Season begins in early March (upon conclusion of basketball season) and will run for 8 consecutive weeks.
- Two practices each week.
- University of Mobile Training Team T-shirt.
- All sessions will be held at the University of Mobile Pharr Gymnasium.

**Registration forms** for the training teams will be accepted immediately. The completed registration form accompanied with a non-refundable \$150 payment will secure membership in UM's training program and will be applied to the overall fee. **Final and complete payment is due by March 1<sup>st</sup>, 2008.** There will be a \$25 returned check fee.

## **THE REGISTRATION PROCESS IS ON A FIRST COME, FIRST SERVED BASIS. THERE ARE NO TRY-OUTS FOR THE TRAINING TEAMS.**

When registration is closed, all additional forms and registration fees will be sent back UNLESS YOU REQUEST TO BE PUT ON A WAITING LIST.

Contact Amber Campbell at 251-442-2369 or [acampbell@mail.umobile.edu](mailto:acampbell@mail.umobile.edu) with additional questions.

## When will the Training Team begin?

The tentative start date is Monday, March 8<sup>th</sup>, and we will meet on Mondays and Tuesdays. The date and days are tentative because depending on demand, we may have to change days, etc. **YOU WILL RECEIVE EMAIL CONFIRMATION OF THE START DATE, DAYS WE MEET, AND TIMES ONCE WE HAVE AN IDEA OF HOW MANY PLAYERS WILL BE PARTICIPATING.** Expect to hear from me around the last weekend in February.

## Who can join the Training Team?

We have expanded the ages we will be accepting into this training experience due to the great response last year and throughout the fall of this season. Please understand that we need to meet the minimum number of participants for the best experience. Tell your friends!

- **Volley Tots (Ages 5-7, Grades K-2)**

1. Practice 2x per week, 1 hour per session
2. Use a lighter but slightly larger ball to help develop depth perception and hand/eye coordination
3. Play on a smaller court and lower net to develop proper muscle memory
4. Begin training competitive spirit

**\*\*Minimum of 10 players must sign up to conduct the Volley Tots\*\***

- **Volley Lights (Ages 8-10, Grades 3-5)**

1. Practice 2x per week, 1 hour per session
2. Use a regulation size ball that is slightly lighter to develop proper muscle memory
3. Play on a smaller court and lower net to build game-like preparation for entering middle school
4. Continue to develop competitive spirit

**\*\*Minimum of 10 players must sign up to conduct the Volley Lights\*\***

- **Volley Flights (Ages 11-14, Grades 6-8)**

1. Practice 2x per week, 90 minutes per session
2. Use a regulation size and weight ball. Play on a regulation court in concordance with USAV.
3. Develop all physical skills related to volleyball
4. Emphasis on fundamentals, competition, and the will to win

**\*\*Minimum of 20 players must sign up to conduct the Volley Flights\*\***

- **Volley Ballers (Ages 15-18, Grades 9-12)**

1. Practice 2x per week, 90 minutes per session
2. Intense training sessions comparable to our USAV teams
3. Develop all physical skills in relation to volleyball as well as mental training in competitiveness

**\*\*Minimum of 20 players must sign up to conduct the Volley Ballers\*\***