



Absolute



PARENT INFORMATION 2011/2012

Welcome to Absolute Volleyball 2011/2012. We are very excited about our second year at Net Results in Plano. We have added new teams, coaches and programs for the upcoming season.

We do our best to listen to the feedback we receive each year from our players and families. One of the things frequently requested is a training program for AVC athletes. So, this season AVC is partnering with 3Q Fitness Performance Specialists to provide Injury Prevention Training. This will be incorporated into the club fees for the season and not paid as add-ons or extras.

A creative blend of strength training and conditioning methods will be used to enhance performance and promote injury prevention. 3Q Fitness Performance Specialists will conduct training sessions focusing on speed, power, strength, and energy system development.

Go AVC!

Amy Nichols (972) 839-6909
Club Director amy@absolutevc.com

Paul Nichols (972) 693-0701
Club Director paul@absolutevc.com

AVC Practices at Net Results, Plano, TX

Absolute Volleyball Club



Absolute Tryouts



"Play for one of the fastest growing clubs in North Texas!"



www.absolutevc.com

Net Results – Plano

Tune-up for Tryouts at [Pre-Tryout Clinics](#) September-November
Information and Registration Online

Tryout Dates/Times

| Team | Date | Time | Date | Time |
|----------|--------|----------|--------|---------|
| 12 Red | 29-Oct | 10am-2pm | 30-Oct | 5pm-8pm |
| 12 Black | 29-Oct | 10am-2pm | 30-Oct | 5pm-8pm |
| 13 Red | 29-Oct | 10am-2pm | 30-Oct | 5pm-8pm |
| 13 Black | 29-Oct | 10am-2pm | 30-Oct | 5pm-8pm |
| 14 Rojo | 5-Nov | 9am-1pm | 6-Nov | 5pm-8pm |
| 14 Mojo | 5-Nov | 9am-1pm | 6-Nov | 5pm-8pm |
| 14 Black | 5-Nov | 9am-1pm | 6-Nov | 5pm-8pm |
| 15 Rojo | 5-Nov | 9am-1pm | 6-Nov | 5pm-8pm |
| 15 Mojo | 5-Nov | 9am-1pm | 6-Nov | 5pm-8pm |

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Absolute Volleyball Coaches – 2011/2012

Amy Puente – 15 Rojo Head Coach

While attending Texas A&M University, Amy coached club volleyball for 2 years. After college she coached varsity volleyball for a TAPPS 3-A school for 2 years in Tyler. Amy then went to teach and coach at Berkner High School as the Varsity Assistant and JV volleyball coach. Amy is currently teaching at Sloan Creek Middle School in the Lovejoy ISD, and coaching the JV Black team. IMPACT Certified.

Rodney Caprio – 15 Mojo Head Coach

Rodney has been playing doubles volleyball since 1990 and USAV since 1995. Rodney's team won the A division 4s in Spike It Up in consecutive years. This will be Rodney's third season with AVC. IMPACT Certified.

Marlene Ehring – 14 Rojo Head Coach

Marlene has 10 years of experience coaching club teams in the North Texas area. In 2011, Marlene led the Absolute Red 13s to a 9th place ranking in the North Texas Region of USA Volleyball. She has also served as the head coach of the Junior Varsity team at John Paul II High School in Plano. IMPACT Certified.

Paul Nichols – 14 Mojo Head Coach

In addition to being one of the two club directors, Paul has coached with AVC since its inception. IMPACT Certified and CAP I Certified.

Marlene Ehring – 13 Red Head Coach

See 14 Rojo above for Bio.

Jennifer Barnes – 13 Black Head Coach

Jennifer graduated from the University of North Texas in Denton, with a Bachelors Degree in Physical Education and an All-Level Teaching. Jennifer has been working for Irving ISD for the past 6 years as head volleyball coach as well as Physical Education and Outdoor Ed teacher.

Erin McClanahan – 12 Red Head Coach

Erin is currently the JV Red coach and Assistant Varsity Coach at Lovejoy High School. Prior to joining the staff at Lovejoy, Erin spent four years at Stephen F. Austin State University as an assistant coach with the Ladyjack volleyball team. Erin is a former Division One athlete, completing a successful collegiate playing career at Texas A&M-Corpus Christi and Saint Louis University.

Brenda Hennesey – 12 Black Head Coach

Brenda has been coaching middle school volleyball in Texas for 5 years. She is currently the 8th grade coach in Lovejoy ISD. Two of her three teams went undefeated in district play in 2010/2011. IMPACT Certified.

Amy Nichols – 14 Rojo Assistant Coach

In addition to being one of the two club directors, Amy has coached with AVC since its inception Amy is an AFAA Certified Personal Fitness Trainer IMPACT Certified and CAP I Certified.



OR



Travel Teams

In 2011/2012 we are adding Travel Teams in 14U and 15U Divisions. Our initial plan was to have a top team that travels and a second team that is metro only. However, the success of our summer programs and the influx of coaching talent has made us re-think this scenario.

Absolute will have a top team and a second team that both travel in 14U and 15U. The ROJO team will be the designated top team and will have first choice of Qualifiers. We will assign the ROJO team to the Qualifier where we feel we have the best chance of getting a Bid to Nationals. The ROJO team will also be assigned to the optimal practice timeslot.

The MOJO team will be the second team and will travel to the Qualifier that we feel we have the next best chance of qualifying at for Nationals.

Both teams will play in the OPEN Division and will compete for high ranking within the region. We will show no favoritism between the teams otherwise.



Team Information

| Team | Coach | Practice Time* | Travel | Division | Fitness Program | Tourn** | Fees*** |
|----------|------------|-----------------------|--------|-----------|-----------------|---------|----------|
| 12 Red | McClanahan | Su 6-8 & T 5-6 | No | Open | Yes | 6 | \$ 2,150 |
| 12 Black | Hennesey | Su 6-8 & Th 5-6 | No | Open/Club | Yes | 6 | \$ 2,150 |
| 13 Red | Ehring | M/W 4:30-6 & F 5-6 | No | Open | Yes | 8 | \$ 2,650 |
| 13 Black | Barnes | W 8-10 / Su 6-8 | No | Open/Club | Yes | 8 | \$ 2,500 |
| 14 Rojo | Ehring | M/W 6-8 | Yes | Open | Yes | 9 | \$ 2,950 |
| 14 Mojo | Nichols | M/W 4:45-6:15 & F 6-8 | Yes | Open | Yes | 8 | \$ 2,800 |
| 14 Black | Nichols | Su 5-8 | No | Open/Club | No | 8 | \$ 2,300 |
| 15 Rojo | Puente | M/W 8:15-10:15 | Yes | Open | Yes | 8 | \$ 2,950 |
| 15 Mojo | Caprio | M 8-10 / F 5-7 | Yes | Open | Yes | 8 | \$ 2,800 |

*Each team will ALSO have ½ per week for Setter Practice

**Division subject to change based on performance

***Fees do not include Athlete or Family Travel Costs

Absolute Essentials

(Included in Club Fees)

 Professional Coaching Services


 3Q Fitness – Performance Training

 Practice at **Net Results** – Plano

 Lone Star Classic (Dallas Convention Center)

 Additional Regional Qualifier for Travel Teams (Rojo/Mojo)

 Uniform Package

 12U / 13U / 14U /15U Girls

 www.absolutevc.com



Where your \$ goes

| | |
|-------------------|------|
| Practice Facility | 23% |
| Coaching | 29% |
| Uniforms | 11% |
| Training | 7% |
| Tournaments | 14% |
| Overhead | 15% |
| Total | 100% |



TRAINING PROGRAM

3Q Fitness will create custom designed activities for the athletes of the AVC. Athletes will be divided into groups of no more than 10 athletes per training session. A creative blend of strength training and conditioning methods will be used to enhance performance and promote injury prevention. 3Q Fitness Performance Specialists will conduct training sessions focusing on speed, power, strength, and energy system development. Workouts will contain a combination of the following:

- **Pre-habilitation (Injury Reduction)** – Mobility and stability exercises designed specifically to strengthen and restore energy flow to commonly injured areas of the body. We teach the athletes how to take care of their bodies so they can get the most benefit from each session;
- **Movement Preparation** – A dynamic warm-up that raises core temperature and puts muscles through a full range of motion to enhance training effect. These series of movements better prepares volleyball athletes for what they will encounter in training and on the court to help them become more mentally and physically alert;
- **Movement Skills** – A series of highly efficient, sport-specific movements used to increase athletic characteristics such as first step quickness, acceleration, deceleration, multi-directional movement mechanics, agility, and mobility. Often times, the difference between making a clean pass or successfully closing on a block lies in the athlete's ability to;
- **Plyometrics** – Exercises designed to develop explosive power at high rate and elasticity in muscle. The power developed here not only correlates to increasing vertical jumps for blocking, hitting, and serving, but also allows volleyball athletes to have a quicker first step to dig more balls;
- **Strength & Power** – Exercises developed based on individual movement patterns and implemented to increase strength capacity, add stability, enhance mobility and power. Holding a block, Attacking, Passing/Receiving, Defending all require athletes to be strong and expressing power requires athletes to be stable. This work enables athletes to have both;
- **Energy System Development** – Maximizing aerobic and/or anaerobic threshold levels needed for outstanding athletic performance and improved work capacity. All things being equal (e.g. skills, talent, knowledge of the game, no mental errors), the team whose best condition will usually win the match...period;
- **Regeneration** – The planned recovery component after the session to help the body heal, renew, and regenerate itself. This work is required after each session to allow the athletes to benefit from the session they just completed. Many players ignore this and end up with nagging injuries that plague them unnecessarily throughout the season;
- **Volleyball Performance Training (VPT)** – VPT will be integrated throughout the program to ensure carry over for optimal performance on the court during training and each match. Competence breeds confidence. As players get comfortable applying techniques in training and practice more effectively, anxiety is drastically reduced which allows them to focus on the task at hand...playing their best match each and every time.

Southwestern AAU

2011 Texas Open Tournament

December 10-11, 2011

NET RESULTS SPORTS CENTER

Plano, TX

Hosted by **ABSOLUTE VOLLEYBALL CLUB**



| | |
|------------------------|-------------------------------------------------|
| AGE GROUPS: | 13U / 14U / 15U |
| ENTRY FEE: | \$220.00 |
| ENTRY DEADLINE: | November 18, 2011 |
| AWARDS: | First and Second Place team medals |
| FORMAT: | Pool Play followed by Bracket Play |
| RULES: | Tournament will follow current AAU Rules |

ENTRY FEES PAYABLE TO: **Absolute VC**
1909 Baltimore Drive
Allen, TX 75002

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

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