

## THE IMPACT OF USAV IMPACT CLINICS

### ON-SITE IMPACT CLINICS

*"My husband and I were first year club coaches coaching an 18's team in 2007. We were required to attend the IMPACT Clinic in 2006, which involved a 4-hour round trip to get to the site, plus the 4-hour clinic. Both of us thought that the IMPACT Clinic conducted by the Region staff was an extremely worthwhile use of our time and a real eye-opener.*

*We have always coached with the best interest of our player's at heart, but before attending IMPACT we were selling them short by not knowing everything we could possibly know about relating to them as female athletes, and how they think, feel and learn. Thanks to the IMPACT Clinic we now know how to deal with situations to improve our player's learning and work with relational issues.*

*Reading the Manual alone would not have given one the same benefit of attending the Clinic. The Instructor used many stories, examples and word pictures that related the material in the Manual to real life. We find this very useful as we come up against similar situations quite often when we work with our team. We took a lot of notes as we went through the IMPACT Manual, and wished there had been even more hours in the Clinic so we could have finished addressing the even more topics that were in the later parts of the Manual.*

*I believe that you have to go into everything with an open mind, or you won't learn anything. If you care about the people that you are serving by your coaching then attend the IMPACT Clinic - it can help you affect lives in a positive way as well as improve your team in the sport of volleyball."*

**Michelle Fox - IMPACT Certified Junior Club Coach - 2006**

### ON-LINE IMPACT CLINIC WEBINARS

*I wanted to say that I'm very happy that certification is required by USAV. Although I am a volunteer coach and don't have a lot of time for taking classes and tests, I can now say that it was definitely worth it. I have been a little league coach for 15 years (basketball, baseball and softball), but I really learned a lot through the IMPACT process and from the NFHS Fundamentals of Coaching Volleyball online course. I know many coaches at the high school level that could benefit greatly from certification of this type, if only they would take the time. I am a firm believer in life-long learning, and you folks who have been responsible for putting together IMPACT should be commended for your insight in continuing improvement and your caretaking of the sport of volleyball.*

**Rick Blum - IMPACT Certified Junior Club Coach - 2010**

*"Excellent job by you and your group. I am relatively new to the sport - this is my first year coaching volleyball - and I learned a great deal. It was organized, extremely informative, and entertaining (especially the music!!!)."*

**Dan Fitzsimmons - IMPACT Certified Junior Coach - 2008**

*I was blown away by the webinar. The video timing with audio was excellent .... I have been on a few conference calls and none of them compared to the Webinar. The conference calls that I have been on did not have the guidance and direction that the webinar provided. The past conference calls were more for an audio learner. I was not only able to listen to good teaching, but I was also able to follow along with a slide show presentation. I appreciated the video clips that were used as tools to confirm what was being taught. In college we had classes that were combined through video conferencing and this would have been a great tool to use.*

*Any information that is given to a middle or high school coach would be beneficial...the drills and experiences shared in the webinar would definitely help the development of any coach. Obtainable resources, such as literature and video, can be used to gain a better understanding on the game and how it can be played at the highest level. I know there are several resources out there, but many people don't know where to find them or their program does not have the funds to purchase them. The basics and links that you will provide can give a head start to those coaching. Thank you for the IMPACT course.*

**Eric Wooldridge - IMPACT Certified Junior Coach - 2008**

## CAP Level I Course Comments

*I want to take a quick moment to thank you all for the outstanding work you have done in such a short time to ensure that this course could run. The overwhelming response from the participants is that of sheer astonishment. Not one coach thought they could get so much out of a single clinic, myself included. We were challenged to rethink our techniques and processes, encouraged to ask "Why?", and given the confidence and opportunity to challenge the experts. Being able to walk away from this clinic with the experience of learning the techniques of an Olympic gold medal coach such as Hugh McCutcheon in itself is beyond amazing; but to be encouraged to question why someone as successful as him does things a certain way, and to recognize that it is not always the right approach, was nothing short of outstanding. The Cadre were masters of their craft. Never for a second did I doubt their abilities or knowledge in the sport. Each new technique, topic, or approach was presented with poise and clarity. Nothing was left unclear. My only complaint with the course is the length. It was too short! I wanted more! I cannot wait to take my CAP II and subsequently my CAP III courses. Thank you again for everything you did to make this happen, it was well beyond expectation. I hope you continue to help facilitate growth and education for coaches in our sport.*

**Matthew Cribbin, Sarah Lawrence College - Sports Info. Dir. & Volleyball Head Coach, CAP Level I - 2010**

*I feel a little late with this note but just wanted to thank you both again for a great job in New Orleans at the CAP clinic. I learn more and more from the clinic as the days pass, processing deeper what was taught or shared, as well as getting immediate feedback on these elements as I use them in the gym with my athletes. Back to work with my HS team as I know you are both in the gym with your teams. So here's to a healthy and productive season to you both!*

**Andrew Beyer - New Orleans, LA Bayou Region CAP Level I course - 2009**

*I wanted to share with you some of the changes that I've made this year to my High School practice plans. This is my first pre-season since attending the Cap I course you ran in Colorado Springs.*

*We have a 24 minute warm-up routine that starts with play and it ends with play. After the first time we did the warm-up I asked one of my team captains if she liked the new changes and she smiled as she was wiping sweat off her face. First a little background on what we use to do: I'm an overzealous coach when it comes to movement and posture training. Needless to say we spend a lot of time shuffling and running through balls. That part has not changed! Actually it has gotten better and I mean much better because we are doing those things while competing for points and playing volleyball!*

*We put an antenna in the middle of the net to create two half courts. The girls play "Queen Court Beach Bump" for the first four minutes... They are improving their passing skills because they are working on getting around the ball and looking at the other court before contact which is a huge benefit for any volleyball player.*

*Then 4 minutes of regular 2 vs. 2 queen court; the next four minutes they play 3 on 3, the next four minutes they play four on four with permanent setters ...and ...the last 8 minutes we do our Player Initiated Tiger Pass to Attack Drill.*

*All I can say is wow! We have gotten more out of our players so far in these practices than I have ever been able to get out of past teams. The great thing is that after the warm-up and water break the team is ready for practice and we have been able to fine tune our playing system a lot quicker than in the past. We have a lot more time to prepare for the season.*

**John Rodriguez, Dripping Springs High School Volleyball – Colorado Springs, CO CAP Level I course - 2009**

*"I just wanted to thank you again for what was one of the best weekends I've ever spent. I arrived enjoying the game of volleyball and left Colorado absolutely loving the game...Penny and Joan were unbelievably brilliant with their knowledge and the skill with which they put their points across. My only regret was that the experience came to an end. I honestly am looking forward to taking the CAP II soon, and short of that I may even take the CAP I again if we end up hosting a course in the near future, because my experience was so tremendously positive. Thanks again!"*

**Jon Stocking - Assistant Coach, Southern Oregon University Women's Volleyball and Director, Southern Oregon Volleyball Club, CAP Level I - 2007**

*"I want you to know that for my two hour drive home from Bethlehem to Philadelphia this past Sunday following our CAP I course, I drove without the radio on because I was mentally reviewing everything that we covered this weekend. GREAT STUFF...What CAP taught me was how much there is to learn and how my coaching experiences are similar to what others have experienced. Your wealth of knowledge, presentation of material, and commentary, not to mention your preparation, is the gold-standard for me. You made the course interesting, informative and fun...Again, well done and thank you."*

**Joe McCloskey - Fox Chase, PA CAP Level I course - 2007**