

SOUTHERN PERFORMANCE VOLLEYBALL

2016-2017 Informational Packet

www.southernperformancevolleyball.com

Southern Performance Volleyball – 12 Years of Excellence
“The Proven Leader”

90 Alumni to Play Collegiate Volleyball

66 Universities and Colleges attended by SPBV Alumni

PrepVolleyball.com – All American Senior Aces: Olivia Dailey #43 & Kelsey Bivins #104

2016 AAU Nationals 18 National, 3rd place Gold

2014 AAU Nationals 14 & Under: 14 National Zack – 5th Place

1 AAU National Championship

16 AAU Gold Division Championships

11 AAU Silver Division Championships

7 AAU All Americans

1 AAU Player of the Year

1 AAU Nationals All American

9 AAU Academic All Americans

41 JVA All America Watch List

4 JVA All Americans

2 JVA Academic All American

31 AVCA Phenom Award Winners

4 Players Named To USA National HP Sand Program

18 Qualifying Teams to AAU Sand Nationals

14 Qualifying Teams to USAV Sand Nationals

1 Louisiana Collegiate Player of the Year-Blessing Dunn

Alumni College All Americans – Khat Bell, Krystal Rivers, Leslie Bemis, Elizabeth Neisler

***Informational video available online**

***Tryout Times on main page of website**

Overview of SPVB Teams & Divisions

We evolve every year to better meet the needs of our teams, players, & families. For the 2017 season we have made a few changes to our club and format.

*** It has been decided to split our teams and break into 2 different power leagues. National teams will participate in either the MidEast Power League (MEPL) or the Southeast Alliance Volleyball League (SAVL). This will give all teams great competition and recruiting opportunities and to spread our teams as well and get more variety for competition. By separating teams between two power leagues, we are allowing all players a greater opportunity in the college recruiting process. We have also added the Mizuno Southern Volleyball Series. Schedules will be listed later in the packet.**

***College Prep will now break into two divisions: SPVB RED and SPVB BLUE. The main differences are listed here:**

RED DIVISION

3 practices a week

2:45 practices

Nov-June Season

National travel

Competitive Schedule

BLUE DIVISION

2 practices a week

2 hour practice

Jan-May 2nd Season

Lighter Travel

Competitive Schedule

Projected Possible Team List & Divisions

Southern Performance Volleyball College Prep

SPVB College Prep Red

18 National
18 Red
17 National
17 Red
16 National
16 Red
16 White
15 National
15 Red
15 White

SPVB College Prep Blue

Blue 18-1
Mizuno 18-2
Blue 17-1
Mizuno 17-2
Blue 16-1
Mizuno 16-2
Runbird 16-3
Blue 15-1
Mizuno 15-2
Runbird 15-3
• Practice Players

Southern Performance Volleyball Scholastic Prep

14 National
14 Red
14 White
14 Mizuno
14 Runbird
*Practice Players

13 National
13 Red
13 White
13 Mizuno
13 Runbird

Southern Performance Youth Academy & SPVB SOUTH

12 National
12 Red
12 White
12 Mizuno

12 Runbird
SPVB South 12
SPVB South 13

*Practice Players

*Possible In House League TBA in January running in 4 week sessions.

SPVB NORTH

We will field 2 teams at SPVB North, ages to be determined.

SOUTHERN PERFORMANCE VBC WELCOMES YOU:

Hello, my name is Julie Myers-Dailey. I have grown up in Birmingham and very proud to still call Birmingham my home. I played at Bush Middle School, Ramsay High School and UAB. I have been coaching Junior Olympic Volleyball in Birmingham for 30 years. My college coach, Brenda Williams, from UAB encouraged us to coach while we were college players and it became one of the best experiences of my life and has become a lifelong passion.

I began Team Sting, now Southern Performance VBC 12 years ago and initiated the process of making Birmingham a regional and national volleyball destination. We have amazing athletes here in our area and my desire as well as our coaches is to provide the most intense, fundamental and technical coaching that we can while helping develop these young ladies to become the best volleyball players they can be. With over 90 scholarships in just 11 years of seniors, Southern Performance is dedicated to progression.

It is an exciting time to be a part of Southern Performance VBC. We are in our 3rd season of training at The Southern Performance Volleyball Academy and having our own facility where players can train year round has placed our athletes in the national spotlight. Being only 1 of 6 facilities in the country with a suspended Sport Court flooring system, we continue to put our athletes first. We have a steady flow of around 5-10 college coaches a week come through our gym during season and have our freshmen, sophomores and juniors already in the recruiting process with many close to committing. Although a college scholarship is the ultimate goal for many of our players, we are committed to building the best high school and middle school players in the area. Many of our players are All Metro and Metro All Tournament Middle School Players, All County Middle School Players and All State, All Area, All Region and All Metro High School Players.

In addition to court training, we have our SAND training program called, "Southern Performance Sand Elite". We field over 40 teams of players ranging in age from 10-18. Our sand program is quickly becoming one of the top sand programs in the southeast as we have scholarshiped 3 sand players in the last 2 years and have qualified 32 teams to the AAU and USAV National Championship combined.

Our club consists of three divisions: College Prep-9th-12th grade (15-18's), Scholastic Prep-7th and 8th grade (13's & 14's), and The Youth Academy-12 and under.

We will again be offering our Southern Performance South club at Pelham High School and our Southern Performance North club at Mortimer Jordan High School.

We will host the annual AAU Birmingham Regional, and will again host the College Elite camp in June with coaches coming from all over the southeast and the nation.

We are a club of integrity and solid foundational instructors with an enormous amount of experience. Our goal is to lead your daughter to love the game of volleyball while learning commitment, hard work, determination and leadership.

**God bless,
Julie Myers-Dailey
Executive Director/Southern Performance VBC**

SOUTHERN PERFORMANCE VOLLEYBALL

2016-2017

“The Southern Performance Difference”

1) ALL COACHES ARE HIGHLY QUALIFIED AND EXPERIENCED

- Director with 30 years of coaching volleyball and 35 years of experience
- All Southern Performance Coaches have either been highly successful college volleyball players, college coaches and/or have finished over 100 hours of Southern Performance Coach Certification.
- All coaches in our program are Impact Certified, Sports Performance Coaches' Program Certified and will have completed 40 hours of Southern Performance Coach Development.
- Master Coach Systems of Training – All practices are devised by our Master Coaches to assure that our players are learning the same system of training from 11's – 18's. Our Master Coaches are highly specialized coaches with extensive background in the sport as well as over 400 hours of Master Coach Training.
- A Competitive Practice System is used to maximize the number of touches on the ball as well as placing another team on the court to prepare for the “Component Aspect of Coaching.”
- Your child will receive correct fundamental training with an emphasis on the technical aspects of each individual skill. These coaches are trained and experienced to correct technical issues and rebuild them correctly.
- With our coaches, each team is assured a coach with an extensive physical and technical background who is able to prepare every athlete for the next step in their volleyball career, and our Master Coach system of training, provides 5 highly trained coaches in the gym with your child at any given practice.
- Players are taught team offensive and defensive schemes to have them completely prepared for competition.
- There must be a “Systematic” approach to training when training large groups of players toward the same goal and insuring that each and every player is receiving the best possible instruction for personal as well as team growth.

2) EMPHASIS ON THE COMPLETE ATHLETE BETTER PREPARING THEM FOR HIGH SCHOOL AND COLLEGIATE COMPETITION

- Focus on the discipline of Volleyball – Understanding all aspects of the sport – Beginner, Intermediate or Elite. All athletes will receive the same caliber training and treated with the same respect.
- Every year we make sure that our players are ready physically to perform the task we set forth on the court. We will be providing in house training in December.
- The implementation of highly specialized training for each age division in volleyball with the development of the SPVB Youth Academy for grades pre-K-6th and Southern Performance Volleyball Club Scholastic Prep Program for grades 7th & 8th and Southern Performance Volleyball Club College Prep Program for grades 9th -12th.
- Mandatory Sports Nutritional Workshop for all players (parents are welcome to attend) for the player to understand the nutritional demands on an athlete's body as well as overall healthy eating.
- Coaches who use the time on the court to “Teach Life Lessons”, helping the player to understand that their preparation and competition is bigger than the sport of volleyball and transfers to all aspects of life.
- Coaches who are also role models – Foul language and unprofessional behavior are not tolerated within our staff.
- As this club was founded as a faith based organization, we will continue to instill biblical standards in our players each and every day with prayer before and after practices and tournaments as well as the surrounding of Christian coaches.

3) Centralized Practice Location

All practices for Southern Performance VBC will be at the Southern Performance Volleyball Academy: 4759 Alton Court, Irondale, AL 35210.

Having a centralized Birmingham location 2- 3 nights a week allows Southern Performance to serve players from the Anniston/Gadsden, Tuscaloosa, Shelby County and Birmingham areas. This Centralized Home Practice Facility facilitates Southern Performance to be established as a “COLLEGE PREP PROGRAM” with the 2.5 - 3 hour practice plans.

4) “Southern Performance Sand Elite”

Beginning our 4th Season as one of the Southern Region’s Premier Sand Training Clubs, Southern Performance Sand Elite will take all of our technical court fundamentals and use them to teach our players the highly skilled game of Sand volleyball. With the induction of sand volleyball to the collegiate ranks, the number of college programs adding sand volleyball to their athletic programs and the numbers of full scholarships increasing it is imperative that Southern Performance invest the time and money into training our players to be the most highly skilled sand players that they can be.

- Practices will be held at the SPVA
- Practices will be held 2x’s a week beginning in April for those players through with their court seasons and 2x’s a week for those players still training for Nationals.
- Cost will be announced on website beginning in February.
- Uniforms and warm ups will be included in the costs
- Coaches will be on hand at all tournaments to insure proper instruction in between matches and continue the training process while competing.

5) The Youth Academy, Scholastic Prep, and College Prep Programs:

Youth Academy – The Southern Performance Youth Academy has 4 levels ranging from

- **Volley-Tykes (Coed 3-5 year olds)** - Hand-eye Training, Motor Skill Development, and One player-One Ball Training
- **Volley-Tots (Coed K-2nd grade)** - Hand-eye Training, Motor Skill Development, One player-One Ball Training, and learning “over then net” drills and games
- **Level 1- Mini Volleyball (Coed 3rd & 4th grade)** – Physical Development, Ball Movement Training, Underhand Skill Training Emphasis, Overhand Fundamentals, 3 Contact Same Side Emphasis, and 4 vs. 4 Small Court Play
- **Level 2 – Youth Development (Coed 5th & 6th grade)**– Attack Footwork, Defensive Pursuit Training, Introduce Floor Skills, Training Overhand Skills, Emphasize Speed-Quickness Development and Introduce 6 vs 6 play with basic tactics. 11s & 12s Club Teams.

Scholastic Prep – (Grades 7-8) - The next step in the Southern Performance training process begins position specialization, increased level of competition, Identifying Setters and Libero’s for long term training, Progressive training for attack and block technique. Prepare for College Prep.

College Prep – (Grades 9-12) – The last 4 years in the Southern Performance Training Program is to be evaluated from both a physical and skill perspective to play at the collegiate level and/or become the best high school player you can be.

6) Mid East Power League, Southern Alliance Volleyball League, & the New Mizuno Southern Volleyball Series –

As with many of the “hotbeds” of volleyball around the country; Great Lakes Power League, Mid East Power League, Tour of Texas Power League and Southern California Power League, we will continue our participation in a power league. Our teams will participate in the Mid East Power League, Southern Alliance Volleyball League, or the Mizuno Southern Volleyball Series.

- **Matched Competition** – Structured to provide a high level of competition
- **Core Tournament Schedule** – Builds a solid core of events in which to build a schedule

- **Predictability** – Knowing exactly when you play with no sitting around waiting for playoffs
- **Cost efficiency** – We will run “Full Day Competition Dates”, where players are simulating the last day of nationals with the same stress, intensity and conditioning. For 2014, the Southern Power League will host our Elite level teams from all age divisions with 2015 beginning the addition of all Southern Performance teams.
- **Club Bonding and Team Unity** – Not only will our players practice together, but players will be supporting all other Southern Performance teams from ages 13 and above. Allowing for more friendships and bonding of all players in the club.
- Southern Performance and Southern Power League has partnered with the Southern Alliance Volleyball League to form one of the largest Power Leagues in the country.

7) SPVB SOUTH & Youth Academy at Pelham High School & SPVB NORTH

- The same Southern Performance Volleyball Youth Academy format for families south of town
- New emphasis on 10 & under program to introduce volleyball at a younger age
- Specialized fundamental instruction to prepare players to join Southern Performance Volleyball Scholastic Prep Division
- Directed by Southern Performance Volleyball Youth Academy Co-Director Meg Davis
- Practices planned by Master Coach Perry Robinson – former collegiate coach & current varsity head coach for Pelham High School
- Lower cost, less travel than elite teams
- Emphasis on the development of correct fundamentals for 13 & under players
- SPVB NORTH will be held at Mortimer Jordon HS. Run by Jeanine Hannah.

8) Gym Rats

BACK FOR A 6th AWESOME SEASON!!!!!!

FREE GYM TIME FOR ANY SPORTS PERFORMANCE VOLLEYBALL PLAYER- EVERY EXTRA HOUR SPENT IN THE GYM EARNS YOU “1” POINT. PRIZES ARE AWARDED FOR POINT TOTALS. THIS IS A GREAT WAY FOR YOU TO SPEED UP PROGRESSION AND INCREASE SKILL LEVEL. ALL WHILE EARNING COOL PRIZES!!!!!!!!!! Hours are 3-4 PM every day, Fridays till 6pm when there are no tournaments and on the weekends. Players will earn a water bottle, t-shirt, sweat shirt, and if earned the maximum number of hours, a place on the Gym Rats Wall of Fame.

Southern Performance Recruiting Services

Southern Performance Volleyball players are some of the most recruited players in the country with 85 scholarships in 9 years of seniors. Our Recruiting Coordinator is: Julie Dailey. Coach Dailey will be working with all players 9th-12th who have a desire to play collegiately. Evaluation of all players with video uplink will be comprised into a program for distribution to all collegiate coaches in the country.

Southern Performance will host a Recruiting Seminar and there will be much more information to come.

FUNDRAISERS

Southern Performance will be providing between 5-6 fundraising opportunities. All fundraising money will go directly to your fees/travel and applied to your account. If you exceed the amount owed, a check will be issued to you for the amount raised. This program will allow a

family to make all monies for cost and travel if needed. SPVB makes NO money from your fundraising efforts. It is strictly a way for you to help with your costs.

MORE INFO TO COME AFTER PLAYER COMMITMENT!!

Southern Performance Volleyball Commitments & Alumni

Last Name	First Name	Graduation Year	Scholarship To:
Ford	Cara	2016	Xavier University
Brown	Brianna	2016	Miles College
Turner	Madison	2016	Blinn Junior College
Fields	Maclaine	2016	Harvard University
Margot	Balliet	2016	Eckerd College
Kinly	Carter	2016	Panola Junior College
Jones	Morganne	2016	University Southern Mississippi
Brackin	Anastasia	2016	Columbia College
Dowdell	Taylor	2016	Dalton State
Kardasia	Hitchcock	2016	Stony Brook University
Dailey	Olivia	January 2015	University of Kentucky
Jordan	Nakayama	2015	Emory Riddle University
Kara	Snell	2015	Cumberland University
Alexxi	Howell	2015	Jackson State University
Tyler	Moorer	2015	Jackson State University
Kaila	Mathews	2015	Asbury University
Tyra	Middlebrooks	2015	University of Mobile
August	Newberry	2015	Wallace State Community College
Tara	Miller	2015	Wallace State Community College
McCarver	Taylin	2015	University of West Alabama
Bivins	Kelsie	2015	University of Central Florida
Gant	Jaelin	2015	University of Memphis
Dunn	Blessing	2015	University of New Orleans
Whatford	Elise	2015	Middle Tennessee State University
Kelsie	Bivins	2015	Wallace State Community College
Neisler	Katie	2014	Samford University
Phillips Paige		2014	North Carolina Central University
Taylor	Rachel	2014	Kennesaw State University
Sloneker	Melanie	2014	University of Evansville
McElderry	Jessica	2014	Southeast Missouri University
Brown	Brittany	2014	Alabama State University
Moorer	Lauren	2014	Miles College
Thompson	Hannah Kate	2014	Berry College
Aiken	M.J.	2013	Jacksonville State University
Hoven	Avery	2013	Mercer University
Shaw	Symone	2013	Troy University
Moorer	Deja	2013	Union University
Blanchard	Shannon	2013	Faulkner State CC
Taylor	Lynlee	2013	Wallace State CC
Huguley	Hannah	2013	Union University
Williams	Cashe	2013	Faulkner State CC
McCordAlicia		2013	Faulkner State CC
Davis	Peyton	2013	Sned State CC
Roethler	Casey	2012	University of North Alabama
Armstrong	Nicole	2012	University of Mobile
Beford	Lauren	2012	Birmingham Southern

Deal	Alexis	2012	University of Alabama-Huntsville
Rivers	Krystal	2012	University of Alabama
Jackson Kendra		2012	Wallace State CC
Youngs Regan		2012	Limestone College
Layton	Alison	2012	Southern Union CC
Fink	Grace	2012	Troy University
Holt	Brandy	2012	Florida College
Graves	Kelsey	2012	Faulkner State CC
Myers	Rebekah	2011	Wallace State Community College
Wainwright	Abby	2011	Union University
Dailey	Shelbie	2011	The University of South Florida Tampa
Mahaffey	Madison	2011	Louisiana State University
Bell	Delaney	2011	The University of South Florida Tampa
Bell	Katherine	2011	The University of Texas
Barbi	Letizia	2010	John Carroll University Ohio
Powell	Paris	2010	Talladega College
Griffin	Kandace	2010	Converse College
Devold Courtney		2010	Dillard University
King	Kayla	2010	Birmingham Southern College
Taylor	Lindsey	2010	University of Mobile
Bemis	Leslie	2010	Wallace State Community College
Moore	Amelia	2010	Wallace State Community College
Niesler	Caroline	2010	The University of Alabama
Campbell	Jennifer	2010	Shorter University
Rayburn	Hope	2010	The University of North Alabama
Palmer	Taylor	2010	Samford University
Raymond	Rebekah	2009	William Wood College, MO
Cleveland	Cameron	2009	Mississippi College
Patterson	Whitney	2009	Faulkner University
Hurd	Victoria	2009	Huntingdon College
Clark	Addison	2009	Jacksonville State University
Sprouse	Lauren	2009	Union University
Cooper	Savannah	2009	Bethel College
Neisler	Elizabeth	2009	Samford University
Robinson	Ashely	2009	Reinhardt University
Brooks	Brittany	2009	Southern Union Community College
Von Pingel	Devin	2009	Troy University
Stricklin	Savannah	2009	Reindhart University
Munkus	Leanne	2008	University of Mobile
Sims	Anna	2008	Union University
Johnson	Haley	2008	Birmingham Southern College
Pardue	Kasi	2008	Central Alabama Community College
McNeely	Andrea	2008	Wallace State Community College
Clements	Christen	2008	The University of Tennessee Martin
Goss	Lora	2008	The University of Charleston W.VA
Risher	Kelsey	2008	Lander University

