

SOUTHERN PERFORMANCE VOLLEYBALL

2017- 2018 Informational Packet

www.southernperformancevolleyball.com

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

103 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

2017 AAU Nationals - 17 Club Champions

2016 AAU Nationals 18 National, 3rd place Gold

2 AAU National Championship

18 AAU Gold Division Championships

14 AAU Silver Division Championships

12 AAU All Americans

2 AAU MVP

14 AAU Academic All Americans

50 JVA All American Watch List

4 JVA All Americans

2 JVA Academic All American

48 AVCA Phenom Award Winners

5 Players Named To USA National HP Sand Program

35 Qualifying Teams to AAU Sand Nationals

18 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, Olivia Dailey, Kelsea Bivins

*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 2017-2018 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 partnered with SAVL create SAVL West Division, one of the largest power leagues in the country.

Projected Possible Team List & Divisions

Southern Performance Volleyball College Prep

18 National, Elite, CTE, Red, White, Blue, Navy
17 National, Elite, CTE, Red, White, Blue, Navy
16 National, Elite, CTE, Red, White, Blue, Navy
15 National, Elite, CTE, Red, White, Blue, Navy

Southern Performance Volleyball Scholastic Prep

14 National, Elite, CTE, Red, White, Blue, Navy
13 National, Elite, CTE, Red, White, Blue, Navy

Southern Performance Youth Academy

12 National, Elite, CTE, Red, White, Blue, Navy

*New Youth Academy Director Adriane Wheat

*Practice Players

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

SOUTHERN PERFORMANCE VBC WELCOMES YOU:

Hello, my name is Julie Myers-Dailey. I have grown up in Birmingham and am 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 31 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 13 years ago and initiated the process of making Birmingham a regional and national volleyball destination and recruiting hot bed. We have amazing athletes here in our area and my desire as well as our coaches is to provide intense, fundamental and technical coaching while helping develop these young ladies to become the best volleyball players they can be. With over 100 scholarships in just 12 years of seniors, Southern Performance is dedicated to progression.

It is an exciting time to be a part of Southern Performance VBC. The city of Hoover graciously reached out to us and asked to house us in their new 17 court, state of the art Finley Center. Continuing to have our own facility where players can train year round has placed our athletes in the national spotlight. With the move, we have been able to maintain our training on a suspended Sport Court flooring system, continuing 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 BEACH training program called, “Southern Performance Beach 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 5 sand players now playing collegiately.

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 are pleased to announce our new league, The SAVL West (Southern Alliance Volleyball League) in conjunction with the SAVL based on the east coast. We have have partnered with K2, Tennessee Performance, Atlanta Performance and many other southeastern clubs to provide constant competition level for our teams.

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 2017-2018

“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 Nutrition 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 Finley Center

100 Ben Chapman Dr, Hoover, AL 35244

We want to thank the City of Hoover for extending the invitation to run Southern Performance out of the new state of the art Finley Center.

Having a central Alabama 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 6th 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 Finley Center
- 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 SAVL West

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 New SAVL West

- **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) Gym Rats

BACK FOR A 7th 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 Mon-Thurs. 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.

Fundraising Supervisor - Ashley Atkinson aatkinsonspvb@gmail.com

MORE INFO TO COME AFTER PLAYER COMMITMENT!!