

**NJSCA/NJSIAA 15<sup>th</sup> ANNUAL MEN'S AND WOMEN'S  
VOLLEYBALL COACHES CLINIC**

Sunday, August 29, 2010  
LIVINGSTON HIGH SCHOOL  
Livingston, New Jersey



**AGENDA & REGISTRATION FORM**

- 8:00 – 9:00 AM Registration
- 9:00 – 9:15 AM Welcome/NJSIAA Update:  
Jack DuBois – Assistant Director, NJSIAA
- 9:15 - 11:30 AM Split Session  
Beginning Coaches – “Planning Practice”  
Tom Armour, Head Coach, Eastern HS
- Advanced Coaches – “Balancing Cooperative and Competitive Drills in Your Practice Plan Progression”  
Sam Shwersky, Head Volleyball Coach, Princeton University
- 11:30 - 12:30 PM Coaches Business Meeting - Break  
Awards for Coaching Milestones  
Years Coaching: 10 years, 20 years, 30 years  
Wins: 100 wins, 200 wins, 300 wins  
Any Coach that has reached the above milestones please call Mike Tully at 973-800-5836 or email: [edgetully@optonline.net](mailto:edgetully@optonline.net) or mail at 900 Valley Road, Unit D1, Clifton, NJ 07013
- 12:30 - 1:00 PM Increasing Vertical Jump  
Steve Leo, Parisi School of Speed and Agility
- 1:00 - 2:30 PM Afternoon Session  
Basic – “Deciding Who to Keep”  
Advanced – “Getting Psyched for Sport”  
Sport Psychology Tools You Can Use With Your Team

**NJSIAA is a New Jersey Department of Education Provider: 5 Credit Hours**  
**Cancellations will be posted on the NJSIAA website: [www.njsiaa.org](http://www.njsiaa.org) (T) 609-259-2776 (FAX) 609-259-3047**  
**Attendees have option to participate/demonstrate on court**

Name(s) \_\_\_\_\_ School \_\_\_\_\_  
 \_\_\_\_\_ Email Address \_\_\_\_\_  
 \_\_\_\_\_

Address \_\_\_\_\_

Registration Information

**Please Circle:**

- |         |                                     |
|---------|-------------------------------------|
| \$50.00 | 2009 – 2010 NJSCA members           |
| \$70.00 | Non NJSCA members                   |
| \$80.00 | Includes 2009-2010 NJSCA membership |

**\*\*REGISTRATIONS MUST BE POSTMARKED OR FAXED BY AUGUST 20, 2010. On-site registration will be available the day of the event for an additional \$25.00 per attendee. All on-site registrations must be accompanied by check, money order, purchase order, or letter from the school principal guaranteeing payment. All Registrations postmarked after August 20, 2010 will be considered on-site registration and the \$25.00 on-site fee will apply. Registration payments are non-refundable. Thank you.**

Please make check payable to NJSIAA and return with registration to:  
 NJSIAA, PO Box 487, Robbinsville, NJ 08691  
 Attn: NJSCA Volleyball Coaches Clinic

\_\_\_\_\_ Attending @ \$ \_\_\_\_\_ Check enclosed \$ \_\_\_\_\_ PO enclosed \$ \_\_\_\_\_