

# 2008 Fall IAD® Train/Compete Volleyball Combo

**Session V: August 25 - October 20; Session VI: October 27- December 17**

**Sign up early to get a discount on 16 session programs !**

**Train: Grades 7 & 8 and Compete: Grades 9-12**

The Train and Compete Volleyball Combo program is designed to challenge athletes at increasing levels of demand. Athletes have an opportunity to gain knowledge of why sports performance training and proper nutrition are vital to preventing injuries and creating a foundation for success. In addition, each athlete will learn sports performance training, basic court movement, and ball handling skills and how to apply them in competition.



**Program: Train Combo (7<sup>th</sup> and 8<sup>th</sup> grade); Compete Combo (9<sup>th</sup> – 12<sup>th</sup> grade)**

**Schedule:** Eight (8) or sixteen (16) 120-minute training sessions (sessions include 60-minutes of sports performance training and 60-minutes of volleyball training).

8 week period, training sessions on the court are specifically designed for volleyball players striving to improve their speed, quickness and agility as well as their volleyball fundamental skills.

**Time:** 7:00-9:00 pm **Session:** Limited to first 24 players **Registration Deadline:** 8/22/08 & 10/20/08

**Session V Dates:** August 25, 27; September 3, 8, 10, 15, 17, 22, 24, 29; October 1, 6, 8, 13, 15, 20

**Session VI Dates:** October 27, 29; November 3, 5, 10, 12, 17, 19, 24, 26; December 1, 3, 8, 10, 15, 17

**Days:** Monday and Wednesday program or select Monday or Wednesday

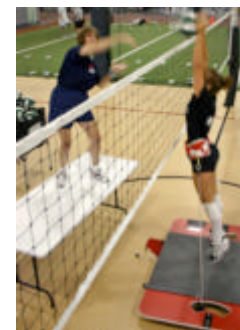
**Fee:** \$55 per session when signing up for 8 week program attending 2 sessions per week (16 total sessions); \$60 per session for 8 week program attending 1 session per week (8 total sessions)

**Pre-register:** Select your grade (Train or Compete) and select sixteen (16) sessions or select eight (8) and select specific session (V or VI) and be sure to select the specific day if you are registering for eight session program whether Monday or Wednesday session. Early registration is 8/15/08 & 10/15/08

**To register:** please contact Ruth N. Nelson at [rnelson@iadathletes.com](mailto:rnelson@iadathletes.com) or call 972.242.6000 X 1405

**Final confirmation of acceptance:** is dependent on completion of two (2) aspects: your present volleyball skill level determined by Director of Volleyball and a trail/evaluation conducted by the performance training office. Both of these must be completed and confirmed prior to attending any session.

If you are interested in only the volleyball training session please contact Ruth N. Nelson before attending!



## Outstanding Facility

- Over 100,000 square feet
- 12 regulation hardwood volleyball courts
- Over 30,000 square feet performance training area
- Lobby area
- Mezzanine viewing area



**Ruth N. Nelson** is Director of Volleyball with IAD. She is also chief executive officer of brvc inc., a sports marketing consulting company in Dallas, Texas, and co-founder and president of Collegiate Athlete, Inc. An experienced coach, former student-athlete, and featured trainer, presenter and sports marketer, Ruth will be responsible for the above IAD programs. Ruth's career spans over 36 years of sport experience. Over the past 8 years, she has trained 4-12 year olds in volleyball fundamental skills development, which included teaching each athlete how to analyze skills as they improve. She coached three former collegiate athletes (Flo Hyman, Rita Crockett and Rose Magers), who were starters on the 1984 Silver medal U.S. Women's Volleyball Olympic Team. Ruth has also served as the head women's volleyball coach at the University of Iowa, Louisiana State University and the University of Houston; was the head women's volleyball Coach of the USA Junior National Team; and was an assistant coach for the USA Women's National Team. Among her clients have included Olympic Volleyball Player Danielle Scott and Olympic Gold medallist racewalker Yueling Chen. She was a member of the USA Women's National Volleyball Team in 1972, 1974 and 1975. Ruth holds a Bachelor of Arts degree in Health and Physical Education with a minor in Psychology from the University of Northern Colorado and a Master of Science degree in Physical Education from George Williams College.

**Bryan McCall** is Director of Performance Training with IAD and has been working in the field of Sport Performance Enhancement for the past 9 years. Currently, Bryan oversees the IAD performance-training program and develops staff and programs for youth, collegiate and professional athletes. Bryan has worked directly with Ruth in designing the performance training program that addresses specific volleyball movements needed on the court to enhanced speed, quickness and agility in order to perform at the highest level.

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