

parkview parochial league

MILWAUKEE STING



Archdiocese Of Milwaukee 2009 Volleyball Coaches Clinic

DATE: SATURDAY August 15 **REGISTRATION NOON – 12:30 PM CLINIC 12:30 PM – 4:00 PM**

PLACE: ST. LEONARDS GYM W173 S7777 Westwood Dr. Muskego, WI

COST: \$30 **Make checks Payable to ROGER LEWICKI**

CONTACT: ROGER LEWICKI **PHONE:** 262-894-0093 **Email:** rogerlewicki@hotmail.com

INSTRUCTORS

Colleen Houk – Milwaukee Sting Volleyball Club – Program Director – Colleen is in her 15th year with Sting. She is CAP I & II certified. She has coached at Pewaukee HS, Waukesha South HS & Catholic Memorial HS along with starting the womens VB program at WCTC in the middle 1970's. Colleen has coached at many levels in the Sting program but prefers 14 & under as this is where the passion for the sport begins.

Pat Houk – Milwaukee Sting Volleyball Club- Program Trainer-Pat is in his 6th season with Sting. Originally a baseball & basketball coach, Pat's teams always compete with the strongest in the region. His 2009 13 Gold team finished 9th at the JVDA Championships. Pat is taking on more responsibilities with Sting as the Strength, Agility & Conditioning coach. Pat has also developed a VB strength program using resistance bands.

Additional Instructor- TBA

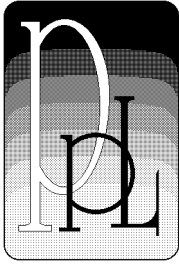
Roger Lewicki – Director of Volleyball for the Parkview Parochial League past 10 years. Regional Referee for USA Volleyball - WIAA Level 4 Referee – Parkview Referee. Coached St. Luke 8th grade Girls for 17 years. Previous Athletic Director at St. Luke for 5 years and Volleyball coordinator for 10 years. Coached St. Leonard 8th grade Boys to Seton Champions in 2008. Volleyball player for many years and is still playing today.

AGENDA / TOPICS TO BE COVERED:

- ◆ Coaching Philosophies etiquette and sportsmanship
- ◆ Rules of the Game and Regulations (WIAA and Parkview, Metro and WACC adaptations)
- ◆ How to Plan a Practice
- ◆ Games – Preparation, Line Ups, Strategies, Time Outs, Substitutions
- ◆ Offenses 4 -2, 4-2 International – 6-2 / 5-1 Defenses – Middle Up/Setter Up & Rotational
- ◆ Serve Receive – 5 Person, 4 Person – 3 Person – Switching Positions
- ◆ Skill Development and Drills – Passing, Serving, Setting and Hitting

A manual will be supplied to all participants.

What should I bring? : Coaches should come prepared for activity. Drill participation voluntary. You may also want to bring a pen or pencil and paper for notes.



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REGISTRATION FORM

YOUR NAME: _____
ADDRESS: _____
CITY, ZIP _____
PHONE # _____
EMAIL _____

SCHOOL AFFILIATION _____
LEAGUE AFFILIATION _____
GRADE COACHING _____
BOYS OR GIRLS _____

Registration Fee \$30

Please mail at least 1 week prior to clinic (Aug. 8) for advance registration
Make checks payable to Roger Lewicki

Mail Form and Check to:

Roger Lewicki
W176 S8670 Nature Court
Muskego, WI 53150

Questions: Email rogerlewicki@hotmail.com or Phone 262-894-0093