

**The Palmetto Region Proudly Presents:**

# 1<sup>st</sup> Annual Kick-Off Festival

A weekend Playing & Educational Experience

## January 5-6, 2013



To be held in the Charleston Convention Center, South Carolina

## Festival Agenda:

**\*\*Two Sessions will be offered since tournament format is in Waves; this way all attendees can take advantage of all Educational Experiences and Clinics. \*\***

### **Saturday January 5, 2013 – AM WAVE**

9:30 – 10:15am: Volleyball 101 (Parents) – John Kessel, USAV

9:30 – 10:15am: Drill Share (Coaches) – Chuck Rey, Winthrop University

10:30 – 12:30pm: Coaches Clinic (Coaches/Directors) – John Kessel, USAV

9:30 – 11:30am: Junior Scorekeeper Clinic (Anyone needing Junior SK Certification) – Amber Cornett, PVA Official Chair

### **ONLY ONE SESSION AVAILABLE:**

12:30 – 1:30pm: College Recruiting Seminar (Parents/Coaches) – Chuck Rey, Winthrop University

1:00 – 1:30pm: Getting Boys Involved!! (Directors) – John Kessel, USAV

### **Saturday January 5, 2013 – PM WAVE**

2:30 – 3:15pm: Volleyball 101 (Parents) – John Kessel, USAV

2:30 – 3:15pm: Drill Share (Coaches) – Chuck Rey, Winthrop University

3:30 – 4:30pm: Coaches Clinic (Coaches/Directors) – John Kessel, USAV

2:30 – 4:30pm: Junior Scorekeeper Clinic (Anyone needing Junior SK Certification) – Amber Cornett, PVA Official Chair

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**Volleyball 101:** This session is intended for Parents of student athletes. All are welcome, although it may be the most beneficial for parents who have just gotten involved. We will cover tryouts, choosing a club, how club tournaments work, and the differences between USA Volleyball and School volleyball from a rules standpoint. We will also explain some of the offensive systems and defensive systems as well as go over some of the rules and official's signals. Our plan is that parents in attendance will be more informed supporters and spectators of their children.

**Drill Share:** The best use of your time during player training sessions will be presented. This will highlight some useful resources for drills and information available from the USAV and other organizations. *Attendees are encouraged to submit their favorite drill when they come to the session.* These drills will be compiled into a 2013 Palmetto Region PDF Drill Book and will be available on our Region Website.

**Coaches Clinic:** This session is intended for Coaches and Directors. John Kessel will address practice planning and general coaching philosophies before specifically addressing offensive and defensive systems. John will also speak specifically about team serve receive and developmental volleyball techniques.

**Junior SK Clinic:** For members wanting to take care of this requirement early in the season. The clinic provided by VolleyballRefTraining will be used with a clinician present to assist and answer questions. A paper test will also be offered so Clinic and Exam requirements can be MET during this clinic.

**College Recruiting Seminar:** Intended for Club Coaches, Directors, and Parents of student-athletes. Coach Rey will be able to give some insight into the process both from the viewpoint of a college coach and how you need to prepare as a parent.

**Getting Boys Involved:** This session is intended for Club Directors and Coaches to discuss and share ideas regarding growing the Boys program in the Palmetto Region.

## JOHN L. KESSEL

Since 1985 John has been working for the National Governing Body of the sport, USA Volleyball (USAV), now as Director of Sport Development. He serves as the staff liaison for Disabled Programs, USA Deaflympic Teams, Starlings USA, National Parks and Recreation Assoc., the YMCA and over 30 other Affiliated Organizations working with USAV. He is Secretary of the NORCECA Technical, Coaches and Development Commission, and World Organization for the Disabled Director of Development. He was Team Leader for the 2000 USA Olympic Beach Volleyball Teams in Sydney, which brought home one gold medal, and for the 2004 USA Paralympic Women's Sitting Volleyball Team in Athens, which came home with the bronze medal. In 1995, *Volleyball Magazine's* special Centennial issue named him one of the 50 most important people in the sport in the past 100 years.

He has been coaching since 1971 at the collegiate level or above, including Women's U.S. Open titles in 1986 & 87. A sought after international lecturer, he has conducted seminars in all 50 states, and in over 30 nations. He is also a busy author, with over half a dozen USAV books, including the IMPACT coaching manual, the Jr. Olympic Volleyball Program Guide, and most recently the Minivolley 4 Youth, Youth Coloring Book, and countless articles. His blog called "Growing the Game Together" is the second most popular blog of the hundreds found on the US Olympic Committee's Team USA website and he promotes the "Grassroots" Button on the USAV website with material, posters, and information for clubs, schools, coaches, parents, players, and officials. He has received many awards, including USA Volleyball's Honorable Mention in 1978 and 1986, the Harry Wilson Distinguished International Service in 2004, the George Fisher Leader in Volleyball in 2006 and in 2007 was named a Sport Ethics Fellow by the Institute for International Sport.

John has been a staff member of every summer Olympics or Paralympics since 1984, but two. For over a decade he served as one of 8 members of the International Volleyball Federation's Technical Commission, as Secretary, and he remains a FIVB Level IV Instructor. Since 2001 he has served on the NORCECA Technical and Coaches Commission, developing clinics and the "Leave a Ball Behind" Program to enhance zonal volleyball growth, and directed a two year State Department Sports United Grant to assist coaches in six NORCECA nations in 2011-12. He helped run the World Sitting Volleyball Championships in 2010, is was voted in as Director of the World Organization of Volleyball for the Disabled (WOVD) Development Commission for 2012-2016, and served on Jury at the London 2012 Paralympics for Sitting Volleyball.

His main goal is to help make coaches more efficient, positive and creative, no matter what level - 7 year olds in an elementary school program or National team players and programs. He challenges old ways of thinking and help coaches create what they need, while having fun in the process. John has a BA in Biology and Economics received from The Colorado College in 1974, and is a single dad, raising his kids alone since 1996. His son is a starter at Princeton for their men's team and his daughter, after her school won 4 straight state HS volleyball titles, now plays at Bowdoin. His pastimes beside volleyball include fly-fishing, writing, skiing, lacrosse, upland game hunting, deep-sea fishing and travel. John can be reached at USA Volleyball –

719.228.6800 and [john.kessel@usav.org](mailto:john.kessel@usav.org)

### **Current Activities:**

International Volleyball Federation Level IV/Course Instructor (since 1986) [www.fivb.org](http://www.fivb.org) Director, World Organization of Volleyball for the Disabled (WOVD) Development Commission – [www.wovd.info](http://www.wovd.info)

Secretary, NORCECA Technical, Coaches and Development Commission, 2000-2012. Jury member, London 2012 Paralympics –Sitting Volleyball Competition.

USA Volleyball Director of Sport Development - Staff liaison to the USA Deaf National Volleyball Teams and the World Organization for Disabled Volleyball, Special Olympics International, National Parks and Recreation Assoc., Positive Coaching Alliance, Girl Scouts USA Sports, Starlings USA, YMCA/YWCA, and many other national volleyball programs (including the Leave a Ball Behind program), and the USAV Diversity, Grassroots, Sports Medicine and Performance, and Disabled Volleyball Commissions [www.usavolleyball.org](http://www.usavolleyball.org)

Author of The Coach's Encyclopedia, the Coaches Guide to Beginning Volleyball Programs, The Junior Olympic Volleyball Program Guidebook, Collegiate Recruiting Guide, IMPACT Manual, IMPACT Plus Manual, Summer Camps Success, Thoughts & Quotes for Coaches, Kessel's Krazy Kollection, Places to Play, Minivolley 4 Youth, USAV Boys/NIRSA/Youth/Beach/Disabled/Girls Development CDs, and more.

USOC/US Paralympics – Sponsor Trainings, Olympic University lecturer, Symposium speaker for Developing Amazing Leaders (2007-12), Paralympic Military Sports Outreach training for coaches and players, Tournament Director – Wounded Warrior Games (2010-2012)

Director U.S. State Department Sports United Grant for Dominican Republic, Haiti, Honduras, Nicaragua, Barbados and Trinidad Tobago.

USAV Blog on Growing the Game [www.usavolleyball.org/blog/blog/220](http://www.usavolleyball.org/blog/blog/220) - 2nd most popular blog on the US Olympic Committee Team USA website for the last 3 years.

USA Coaches Accreditation Program Level III Charter Cadre Instructor since 1988. Positive Coaching Alliance Double Goal Coach Instructor – [www.positivecoach.org](http://www.positivecoach.org) Parents for Good Sports Fellow and National Instructor [www.parentsforgoodsports.org](http://www.parentsforgoodsports.org)

Clinician for the President's Council on Physical Fitness and Sports, Native American Sports Council, National Parks and Recreation Association, AAHPERD Regional & National Sessions, Boys and Girls Clubs of America, Boys Scouts of America, National High School Federation, AVCA, YMCA, YWCA, USA Disabled Sports, Athletic Business Convention, Positive Coaching Alliance Against the Grain, Character Counts Youth Summit, Girl Scouts USA, NCAA National Youth Sports Program, Police Athletic League, USA Volleyball/US Olympic Committee national clinics, USAFA National Character and Leadership Symposium, Olympic University Lecturer on Listening and Change topics.

Head Coach - USA National Development Camps -18 years USAV Regional Official, since 1975

Member of Mensa, AAPHERD, National Strength Coaches Association, American Volleyball Coaches Association



**Chuck Rey**

Assistant Volleyball Coach  
Winthrop University



Coach Chuck Rey enters his fourth season as assistant coach at Winthrop University and continues to be one of the top offensive coordinators, middle hitter and setter coaches in the Big South Conference.

Under Coach Rey's assistance, the 2011 Winthrop Volleyball team earned a Big South Conference Regular Season Championship, led the conference in hitting percentage, middle hitter Becca Toor earned Big South Conference Player of the Year, a record setting seven Big South Player of the Week honors as well as led the Big South Conference in hitting percentage. Sophomore setter Stephanie Palmer was named to the First Team Big South Conference team, and freshman Jennica Mullins was 3<sup>rd</sup> overall in blocks in the conference. In 2010, the Winthrop Volleyball team was 1<sup>st</sup> in kills per set and 1<sup>st</sup> in setter assists per set. Junior middle hitter Becca Toor was 2<sup>nd</sup> in the conference in hitting percentage. During Coach Rey's first season at Winthrop (2009), he helped turn the offense to 1<sup>st</sup> in the conference in hitting percentage from 7<sup>th</sup> in the conference the previous season. Also during this season, he assisted Kelley Taylor to a Big South Conference Player of the Year award as well 2<sup>nd</sup> in the conference in hitting percentage.

Coach Rey came to Winthrop after spending a season as volunteer assistant coach at the University of Minnesota, one of the top programs in the country with 10 straight NCAA berths and the team was ranked as high as 6<sup>th</sup> in the nation. His responsibility included offensive game-planning, working with the setters and defensive specialists. During the 2008 season, the University of Minnesota was 2nd in the Big Ten in Hitting Percentage and 1st in the Big Ten in Team Digs. Coach Rey, assisted Minnesota's libero, Christine Tan, to a Big Ten Defensive Player of the Year award and earned a record tying seven Big Ten Player of the Week honors. In addition, Coach Rey had the opportunity to work with middle blocker, Lauren Gibbemeyer, named 2<sup>nd</sup> team All American and current USA Women's National Team player.

Prior to his time at the University of Minnesota, Coach Rey started his college coaching career as assistant coach at Georgia Southern University, where he helped guide a freshman middle blocker to 3<sup>rd</sup> in the Southern Conference in hitting percentage.

Coach Rey has also coached at Carolina Juniors Volleyball Club (Charlotte, NC), Low Country Volleyball Club (Bluffton, SC), Minnesota Select Volleyball Club (Minneapolis, MN), East Valley Juniors Volleyball Club (Chandler, AZ), Bluffton High School (Bluffton, SC) and Saguaro High School (Scottsdale, AZ). In addition, he has coached at numerous camps and with USA Volleyball High Performance.

He is a member of USA Volleyball, the American Volleyball Coaches Association (AVCA), Founder and Chairman of the AVCA First Time Attendees Committee, worked on the AVCA Assistant Coaches Committee as Big South Conference representative and USA Volleyball sub-committee representative.