

## Directions to Saint Louis University



**HWY 70:** I-70 W towards St. Louis. Continue on I-64 W (US-40 W) Take exit 38A for Forest Park Blvd. Merge onto Forest Park Ave. Turn right at S. Grand Ave. Turn Left at Laclede Ave.

**HWY 55:** Highway 55 take exit 207B to merge onto I-44 W. Take exit 288 for Louisiana Ave towards Grand Ave. Turn left at Lafayette Ave. Turn Right at S. Grand. Turn Left at Laclede Ave.



### Address Questions To:

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Saint Louis, MO 63108

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Saint Louis Volleyball Clinics  
Saint Louis University  
3672 West Pine Mall  
Saint Louis, MO 63108



# Saint Louis Volleyball

Coaches Clinic

2008

May 9th—10th



**B I L L I K E N S**

**Special Guests**

**Ron Kordes**

Club Director  
KIVA

**Teri Clemens**

Head Coach—Ret.  
Washington University

**Anne Kordes**

Head Coach  
Saint Louis University

**John Kordes**

Head Coach  
KIVA 13U

**Lisa Orlet**

Assistant Coach  
Saint Louis University

**Kyle Walton**

Assistant Coach  
Saint Louis University

Sessions For all Levels  
Middle School—College

Saint Louis University Volleyball  
2006 A-10 Tournament Champions

**The coaches clinic will feature sessions with the Billikens staff , along with presentations by some of the top high school, college and club coaches.**

**Anne Kordes,  
Head Volleyball Coach  
Saint Louis University**

**Ron Kordes  
Club Director KIVA Volleyball Club  
Head Coach Assumption High School**

**John Kordes  
Head Coach KIVA 13U  
13 National Championships**

**Teri Clemens  
Head Volleyball Coach Ret.  
Washington University St. Louis**

**Clinic Hotel**

**WATER TOWER INN  
AVAILABLE FOR OUT OF TOWN COACHES  
3545 Lafayette Ave, St Louis, MO 63104, (314)  
977-7500**

**Clinic Cost**

The Clinic Cost is \$120 per person. Registration fees include: Clinic notebook including all clinic material, Appetizers on Friday, Lunch on Saturday. Please make checks payable to Saint Louis Volleyball, 3672 West Pine Mall, Saint Louis, MO 63108

**Continuing Education**

Saint Louis Volleyball Coaches Clinic is pleased to offer this year's coaches the opportunity to earn a Continuing Education Credit. By attending the combined 11 hours of sessions you will earn one credit towards continuing education or CAP module.

**Clinic Schedule**

**Friday May 9<sup>th</sup>:**

5:30-6:00 pm

6:00-6:30

6:30-7:00

7:00-7:45

7:45-8:30

8:30-10:30

**(Saturday May 10<sup>th</sup>:**

8:30-9:25 am

9:30-10:15

10:20-11:05

11:10-11:55

12:00-1:00

1:00-2:00

2:00-3:00

3:15-4:00

4:00-4:45

4:45-5:00

Check in and greeting  
Ron Kordes – What to do if you do not have someone to demonstrate skills.  
How to get your athletes to move!  
How to make the best use of a timeout.  
Ron Kordes – Passing and ball control...the KIVA way.

**Breakout sessions:**

**Court 1** – Anne Kordes- Practice design and progression. Organize a balanced training program.  
**Court 2-** Ron Kordes/Lisa Orlet- Teaching fundamentals to players of all ages. Progression in skill development.  
REPEAT Breakout sessions  
**Social at Humphrey's**

Anne Kordes – How to build a team and build your program.

**Breakout sessions:**

**Court 1** – Anne Kordes- Advanced Setter training. **Court 2** – Kyle Walton/Lisa Orlet- Beginner to inter.  
**Court 1** – Anne Korde Serve receive techniques, formations, and passing lanes. **Court 2** – Lisa Orlet- Serve receive options in a 5-1 & 6-2; ).  
**Court 1** – Anne Kordes- Intermediate/Advanced team drills. **Court 2** – Lisa Orlet- Basic team drills & fun team drills.  
LUNCH (provided)  
Teri Clemens – **Getting a competitive edge from your athletes and your team.**  
**Progression in training: (speakers – all)**  
\*Building the attacker  
\*Blocking footwork and Transition  
\*Developing an offensive system  
**DEFENSE!** Building the player, training the team, & choosing a system. Each coach will share their individual philosophy.  
**Panel Discussion:**  
\*Teaching athletes' responsibility  
\*Building Team Leaders  
\*Dealing with Parents  
\*Keys to Success  
Questions and Closing

**Registration**

Name \_\_\_\_\_

School/Club \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

\*\*There will be a coaches social at Humphrey's where appetizers' will be provided  
You will receive lunch on Saturday

**Community Building**

**Coaches Social:** Please bring a copy of your favorite drill and contact information.

**Please make checks payable to:  
Saint Louis Volleyball**

**Cost: \$120.00**

**\* No Purchase Orders will be accepted**

**Continuing Education Credit**

\_\_\_ Yes, I would like to receive continuing education credit for attending. Camp will serve as CAP Module also.