



Wisconsin Volleyball  
Kellner Hall  
1440 Monroe St.  
Madison, WI 53711



Presents  
**2011  
Volleyball  
Coaches Clinic**

**UW Kohl Center  
Nicholas Johnson Pavilion**

601 West Dayton St.  
Madison, WI 53715

**Friday, April 22nd &  
Saturday, April 23rd**

**Clinic DVD's available for \$30!  
Attendance not required!**

**Directions to the UW Kohl Center**

**& Nicholas Johnson Pavilion**

- Take I-90 / 94 towards Madison
- Take exit **135 A-B** for **US-151 S** toward **Madison**
- Merge onto **US-151 W**
- Slight **left** at **US-151/E Washington Ave**
- Turn **right** at **S 1st St**
- Turn **left** at **E Johnson St/Pennsylvania Ave**
- Continue to follow E Johnson St.
- Continue onto E Gorham St.
- E Gorham St. turns slightly right and becomes University Ave.
- Turn **left** at **N Frances St** and the Fluno Center Parking Lot entrance will be on your right hand side

OR

- Turn **right** at **N Frances St** and the State Street Campus Garage entrance will be on your left hand side

**Parking Options:**

**UW Lot #83 Fluno Center**  
314 N. Frances Street Madison, WI 53715  
\$10 / day & \$6 / half day

**State Street Campus Garage**  
430 N Frances St & 415 N Lake St  
Max of \$5 / day

\*Once on Frances Street the Kohl Center will be two blocks to your right. Walk around the Kohl Center to the right and enter Gate B. Once inside the Pavilion will be on your right.

The University of Wisconsin Spring Volleyball Clinic is designed for coaches at the Elementary, Jr. High, High School and Club Level. The clinic will feature:

### Pete Waite

- Head Coach - University of Wisconsin
- 2000 & 2001 Big 10 Champions
- 2000,'01 & '06 - Big 10 Coach of the Year

### Colleen Bayer

- UW Assistant Coach – 7th year
- Starting setter on 97 Wisconsin Big 10 Championship Team
- Professional player in USPV & Germany

### Peter Netisingha

- Volunteer Asst. Coach UW Badgers
- Sports Performance Volleyball Club

### Dr. Gary Sater - Sport Psychologist

- Currently working with the UW VB & hockey teams. He has training and experience in sports psychology and performance enhancement. Owner/partner at Mental Health Solutions. (www.mhsolutions.com)

### John Dettmann

- UW Director of Strength & Conditioning
- Developed nutrition program for all UW athletes which includes, pre & post game habits, cooking and shopping instruction.
- With UW for 22 years and was Football Head Strength Coach for 19 years.



### Clinic Schedule

All Sessions will be at the UW Kohl Center (Nicholas Johnson Pavilion)

#### Friday, April 22

- 5:30 Registration starts
- 6:30 Team training & practice session with Badgers
- 8:00 Q & A with the Badger Players
- 8:45 Coaches Social—Nitty Gritty

#### Saturday, April 23

- 9:00 F-Squared (Focus and Feeling) Skills for Volleyball Teams - Dr. Gary Sater
- 9:30 Performance Nutrition... Fueling & Recovery for Athletes - John Dettmann
- 10:00 Teaching the Libero & Defenders to Set - Coach Peter Netisingha
- 10:45 Training Setters & Middles - Coach Colleen Bayer
- 11:30 Lunch (On your own)
- 1:00 Blocking: Training the Feet & Hands - Coach Waite
- 1:45 Serving up a Storm: Techniques & Tactics - Coach Peter Netisingha
- 2:30 Defensive Skills & Schemes - Coach Colleen Bayer
- 3:15 Badger Team Drills: Favorites List - Coach Waite

Hotel Arrangements: Doubletree Hotel @ \$89.00  
This hotel is only one block from the Kohl Center!

To reserve a room please call 608-251-5511 and use the Group Code: VCC. Or view this link to reserve online:  
[http://doubletree.hilton.com/en/dt/groups/personalized/M/MSNDTDTT-VCC-20110422/index.jhtml?WT.mc\\_id=POG](http://doubletree.hilton.com/en/dt/groups/personalized/M/MSNDTDTT-VCC-20110422/index.jhtml?WT.mc_id=POG)

For online registration please log on to:  
[www.uwcamps.com](http://www.uwcamps.com)

Name: \_\_\_\_\_  
 School &/or Club \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Additional coaches: \_\_\_\_\_

#### Method of payment

**\$90** per person, **\$80** for each additional coach from the same school. If a staff of 5 or more coaches sign up together the rate for the additional coaches will be dropped to \$65 each. If a coach is unable to attend all sessions you can pay a \$40 charge for any single session of evening, morning or afternoon. Just indicate sessions you will attend on the registration form.

Sessions attending: **All** 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>

Clinic DVD : \_\_\_\_\_ x \$30/each

Total clinic fee: \_\_\_\_\_

\_\_\_\_ Make checks payable to UW Athletic Dept.

\* Credit cards are accepted on-line only. \*

**We encourage on-line registration at [uwcamps.com](http://uwcamps.com), but if you prefer you can detach and mail application & check payment to:**

Badger Volleyball Coaches Clinic  
 UW Athletic Dept. Camp Administration  
 1440 Monroe St.  
 Madison, WI 53711