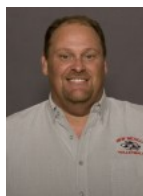


Why Performance Plus Coaches Clinics?

Performance Plus Coaches Clinics provide volleyball coaches the opportunity to come together in the off-season to develop ideas for individual & team skill improvement. Our clinics also serve as an educational setting, intended to specifically gear our sessions for coaches of all levels of experience. With hands-on coaching education sessions, you will be able to take your volleyball program to the next level! Lecture sessions, along with live court sessions, give Performance Plus Clinic participants the opportunity to take new volleyball knowledge back to their teams to excel!

Jeff Nelson

Head Volleyball Coach
University of New Mexico
Albuquerque, CO
Mountain West Conference



Alana Rowland

Head Volleyball Coach
Odessa College
Odessa, TX



D. Barkley

K. Mashima

B. Wallis



Rio Rancho High School
C/o Toby Manzanares
301 Loma Colorado
Rio Rancho NM, 87124

**“Making a Dream
today, a Reality
Tomorrow!”**

Performance Plus Volleyball Coaches Clinic 2011

Sponsored by:

Ultimate Team Sales
Graphic Connections
Team Athletic Supply
Maestas Gold Inc.

Date: April 8-9, 2011

Time: 4:00 p.m.

Albuquerque Metro Area

Rio Rancho High School
301 Loma Colorado Blvd
Rio Rancho, NM 87114

Directions to Rio Rancho High School

From Bernalillo (Exit #242 (I-25 South): Take exit 242, go west on route 550. At Highway 528 (approx. .25 miles past Santa Ana Casino) turn left (south). Go South for approx. 5 miles to Northern Blvd. Turn right on Northern Blvd. At the second stop light, turn left onto Loma Colorado. Down the hill and past the high school, turn into the "Athletic Entrance". Enter the parking lot and turn right towards building with "Home of the Rams" sign. Enter through front of gymnasium around the side of the building.

From Albuquerque (I-25 North): Take Paseo del Norte exit off of I-25 North. Turn Left on Paseo del Norte and go approx. 5 miles west to Coors Blvd. Turn right on Coors Blvd, get on left lane and continue on Coors Bypass (around Cottonwood Mall), and up the hill into Rio Rancho. As you enter Rio Rancho, stay on left lane and continue until you approach High Resort. Turn left on High Resort and travel until you get to Broadmoor. Turn right on Broadmoor to Loma Colorado. Turn right on Loma Colorado and turn left into "Athletic Entrance". Enter the parking lot and turn right towards building with "Home of the Rams" sign. Enter through front of gymnasium around the side of the building.

Clinic Schedule of Speakers

(Registration 3:00 pm-3:45 pm)

Friday April 8, 2011

Session I: 4:00 pm-4:50 pm

Kyle Mashima, Head Coach-Nexxt VBC (16-1)
San Jose, CA

Topic: "Controlled Chaos" A Paradigm for Coaching Junior's Volleyball

Session II: 5:00pm-5:50 pm

Kyle Mashima, Developer-Rotate 1-2-3 Software
San Jose, CA

Topic: Rotate 1-2-3 Software (Line-up & Rotation Optimization)

Session III: 6:00 pm-6:50 pm

Jeff Nelson, Head Coach-University of New Mexico
Mountain West Conference

Topic: Lobo VB Practice Condensed to 1 Hr.

Session IV: 7:00 pm-7:50 pm

Alana Rowland, Head Coach-Odessa College, TX
Western Junior College Athletic Conference

Topic: Fun Warm-up Games & Mind Teasers

Saturday April 9, 2011

Session V: 9:00 am-9:50 am

Mondo Begay, Head Coach, 17-1 (High Country VBC)
Salt Lake City, UT

Topic: Principles & Drills for the "Middle-Middle" Defense

Session VI: 10:00 am-10:50 am

David Barkley, Head Coach-Cheyenne Mt. HS (Colorado Springs)
2010 Colorado 4A State Champion

Topic: Considerations in Running a "Fast" Offense

Session VII: 11:00 am-11:50 am

Mondo Begay, Intermountain Region Event/Facilities Director
Salt Lake City, UT

Topic: Fundraising for your HS or Club Program

**** Lunch Provided (11:55 pm-12:55 pm)**

Session VIII: 1:00 pm-1:50 pm

David Barkley, Head Coach-Cheyenne Mt. HS (CO Springs)
2010 Colorado 4A State Champion

Topic: TBA

Session IX: 2:00 pm-2:50 pm

Ben Wallis, Head Coach-Sue Cleveland HS
2010 New Mexico 5A State Finalist

Topic: Establishing a Communication System for Offense

Session X: 3:00 pm-3:50 pm

Rio Rancho HS Coaching Staff-Rio Rancho HS
2010 New Mexico 5A State Semi-Finalist

Topic: Ball Control Drills-Maximizing Contacts & Reps



Transportation to Albuquerque -Airport (30 minutes to RRHS from Airport)

- Southwest Airlines-http://www.southwest.com
- (Amarillo, Midland-Odessa, Phoenix, & Denver)

Hotels in Rio Rancho (5-10 minutes from RRHS)

- **Comfort Inn (505) 892-5998** Super 8 Motel- (505) 896-8888
- Extended Stay America DELUXE- (505) 892-7900
- Days Inn -(505) 892-8800

Performance Plus Volleyball Coaches Clinic Registration Form

Performance Plus Volleyball Coaches Clinic-April 8-9, 2011

By April 1st (Mail/Fax) \$75
(each add'l coach) \$70

After April 1st (Mail/Fax) \$80
(each add'l coach) \$75

Name of School

Address

Email

Coach #1

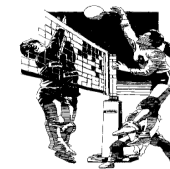
Coach #2

Coach #3

Phone

Method of Payment

- Check (Personal, School)
- Cash
- Money Order



Signature

How to register: Registrations are accepted by mail, fax, email and on the day of clinic.

By mail: return this form with payment to:

**Rio Rancho Volleyball
301 Loma Colorado Blvd.
Rio Rancho NM 87124**

Make checks payable: **Rams Club Inc-Volleyball**

Contact: Toby Manzanares- Clinic Director

Office Phone: 505.896.5685

Cell Phone: 505.263.7224

Fax: 505.896.5903

E-mail:tmanzanares@rrps.net

Website: http:critical.unm.edu