

History of Premier Volleyball

Premier Volleyball is a non-profit corporation and a registered junior program affiliate of USA Volleyball. The club is directed by Rick Welch. Premier Volleyball was established in 1997, beginning with only two teams with players from the former Omaha Volleyball Club. Premier's first tryout was held for a 16's team. Five players from the tryout and three recruited players completed that team. Prior to the season another former club with four younger age group teams joined the club.

Premier Volleyball has continued working with surrounding area schools, colleges and coaches to organize and manage teams for all USA volleyball age groups (10 through 18). The players in the club are from neighboring communities and numerous schools. We take pride in producing competitive teams in all age groups while maintaining FUN and skill improvement as priorities. Current strategies are stressed, even with the younger teams, to provide a consistent base for continuing development within the club volleyball environment.

In 2006, Premier consisted of 139 players, 15 teams and 37 coaches. We were able to provide at least two practices per week for each of our teams with 3 special sessions. Once again, Premier Volleyball participated in many events, including the POWER Tournaments, Colorado Crossroads National Qualifier, Northern Lights National Qualifier, Great Plains Region BID Championships, and the Junior Olympic Nationals in Atlanta, Georgia.

Premier's Class of 2006 marks the second time in Premier Volleyball history we have had 15 recruited athletes in one year! ALL fifteen seniors will be playing at the collegiate level in the upcoming Fall season.

Experience Club Volleyball at its BEST



The goals of **Premier Volleyball** are to introduce the fundamentals of volleyball to the younger age groups, improve the techniques of the middle age groups and to develop the physical and mental strengths of all groups through the sport of volleyball.

Premier Volleyball endeavors to produce competitive teams in all age groups. Current strategies are stressed, even with the younger teams, to provide a consistent base for continuing development within the club volleyball environment.

We encourage support from parents at practice sessions, clinics, and competitions. We feel it is important for everyone involved in our club to understand all parts of the game so they portray our club philosophies along with their children.

We dedicate practice time to the development of all athletes. Specialized skill sessions are incorporated with drills designated to improve individual and team oriented skills.

In addition to the club's season, Premier also provides special late Summer and Fall camps for athletes to prepare for their grade school and high school seasons.

★ *Play Under the STAR!* ★

Rick Welch
Club Director
Premier Volleyball
www.premiervolleyball.org

PREMIER
★
V O L L E Y B A L L

Our Purpose and Objectives



Premier Volleyball is dedicated to providing players with the opportunity to improve physically, mentally and emotionally through the sport of volleyball.

Premier Volleyball Objectives:

Introduce the fundamentals of volleyball to the younger age groups. Improve techniques and knowledge of the sport. Develop a positive attitude toward the club, teammates and authorities, winning, and losing. Teach the athlete respect for themselves, teammates, and opponents. Develop the physical and mental strengths of all groups through the sport of volleyball. Provide opportunities to continue playing volleyball at the collegiate or adult level.

Team Structure

Each team consists of 8 to 10 athletes and at least two qualified coaches. It's important that our coaches teach and believe in our philosophy for a consistent approach to the game from year to year. If we feel it is in the best interest of both the player and the team, we will ask a player to play up an age group.

Coaching Staff

Premier Volleyball is directed by Rick Welch; he is assisted by Michelle Lund and Marian Gyhra and a staff of over 37 coaches. All coaches are required to be IMPACT certified at the minimum. At these certification clinics, coaches learn coaching techniques, drills and how to interact positively with players, co-coaches and parents.

Coaches are expected to communicate with players and parents in a constructive, positive, and professional manner. Premier Volleyball strives to provide a high level of coaching experience for the player. Please see the "Staff" page for coaches that are selected to provide the expertise we seek.

Practices

Premier Volleyball has a new home for the 2006-2007 Season! This year, practices will be held at The Courts, a new volleyball facility in the Omaha area. Teams will practice twice a week in addition to tournaments. We also hold special training sessions for those athletes who want to expand their individual skills. Players are expected to work hard to get the most out of each practice.

We dedicate practice time to the development of all athletes. Specialized skill sessions are incorporated with drills designated to improve overall and team oriented skills. All practices are supervised.

Strength Training

We recommend involvement in the Xplosive Edge program for the complete development and care of our players. This is a "Division I-quality" strength program for anyone who wants their child to develop safely, under the direction of expert strength coaches. See the "Xplosive Edge" link on our website for more information.

Tournaments

The location and number of tournaments varies with the age level and skill level. Listed below is the number of tournaments included in your player fee. 12U, 13U, 14U, 15U, 16U, 17U, and 18U teams will be provided with 7 local tournaments. Tournament play begins in January and continues through April. Most of these tournaments are one-day tournaments, primarily held on Sundays and occasionally Saturdays. Tournaments are typically set up to be pools of 3, 4 or 5 teams each. Each team will play teams in their pool once or cross-pool. Then depending on the final records and scores, teams will be placed in a Gold, Silver, Bronze, etc. single elimination playoff. Teams are



guaranteed a minimum of four matches in each tournament.

If a team is to qualify for Nationals or the Invitational tournaments, they will continue to practice and play in June. US Junior Girls' National Tournaments will be held the last week in June and first week in July.

Traveling

Travel events are planned based on each team's interest. We want to offer the opportunity for our athletes to be exposed to top competition. We encourage those teams to enter National Qualifier Tournaments as a preferred venue and a great experience. These tournaments are budgeted separately from the regular season dues.



2006-2007 Tryouts

Players will be evaluated on skill level, attitude and effort. Basic skills include: passing, setting, hitting, blocking, digging, serving and communication.

Teams are formed based on player evaluation, player position, and team chemistry. Teamwork is highly encouraged and used as a rating element. Understanding these events can be very stressful on young athletes, we strive to make this time positive and fun for all participants. Coaches will evaluate each player and select final team rosters.

November tryouts will be posted on our website in the Fall.

Check out our Web Site

For more information about Premier Volleyball, visit our website!
www.premiervolleyball.org