



La Jolla Volleyball
2015





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La Jolla Volleyball 2015 Program Guide

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Table of Contents.....	1
Director’s Letter.....	2
LJV Indoor Programs.....	3
LJV Beach Programs.....	4
Differences between Indoor and Beach.....	5
2015 Team Rosters	
14s.....	6
13s.....	7
12s.....	8
11s.....	9
10s.....	10
Boys.....	11
Coaching Staff.....	12-13
Glossary.....	14-15
Club Code of Conduct.....	16
Sponsors.....	17

"Volleyball has become Lila’s favorite sport and I think this is largely due to the fun and supportive learning environment Barb and the coaches establish for the younger players. Her improvement over the past few seasons has been impressive and the team play has really come along so it is a lot of fun to watch the games. The coaching staff has consistently done a great job of balancing fun and hard work."
- Heather, parent of a 12U player

"We had an amazing season, would highly recommend this program to any one that wants to improve their volleyball skills."
- Diane T., Parent of 13-year old



Director's Letter

It's been a pleasure to grow youth volleyball in the greater La Jolla area by offering camps, clinics, and indoor teams, and recently adding boys programs and beach doubles training.

Volleyball is one of the largest and fastest-growing sports in the United States and LJV is thrilled to be a part of this growth and excitement. Volleyball is my favorite sport; I played in college at UCSB, and then professionally on the beach with the WPVA, BVA and AVP tours. It's a thrill to be giving back to the sport that has taught me so much.

La Jolla Volleyball Club was founded in the Summer of 2011, with over 100 young players attending our inaugural beach camps. We then began to field indoor girls local teams in Spring 2012. Today, we have 12 teams, including boys teams, SCVA girls travel teams, and 7 girls local teams in Fall and Winter/Spring. We also had over 140 participants in our summer camps and clinics.

As I reflect on the success of our club, it's clear that the heart and soul of our club is the amazing coaches who help instruct, develop and motivate all the young players. I'd like to thank each and every La Jolla Volleyball coach, as they all give so much of their time and energy to their players, as well as collaborating with each other to ensure a consistent approach and continuity throughout La Jolla Volleyball club.

I'd also like to thank all the parents for all their support, for being carpool-coordinators and snack-providers and making every tournament memorable and fun for our children. We appreciate your support and dedication and we know your daughters and sons can't do this without you (at least not yet!).

Lastly, I'd like to thank our fantastic players, for all their energy and enthusiasm they bring to every practice and tournament. It's a pleasure watching them develop not only their skills but also a love for the sport of volleyball, both indoors and on the sand!

Sincerely,

Barb Birnbaum, Director

La Jolla Volleyball Club

Barb@LJVolleyball.com

858-353-2272

La Jolla Volleyball's Mission Statement

La Jolla Volleyball teaches proper volleyball skills and techniques, while providing opportunities for personal and athletic growth. La Jolla Volleyball promotes sportsmanship, self-esteem and development of life skills while providing a safe, healthy, positive environment where youth can learn the fundamentals of volleyball and competition.



www.LaJollaVolleyball.com

La Jolla Volleyball Indoor Programs

Spring Local Teams

- Tryouts in Fall, 6 half-day tournaments from Jan-May in Poway
- Developmental focus

Spring Travel Teams

- Tryouts in Fall
- 8-11 tournaments ranging throughout Southern California with possible travel outside CA
- More competitive focus. Our top SCVA team maintained Gold division ranking this season



Boys Fall/Spring Teams

- Open to boys 14 and under
- Teams compete in local tournaments in Rancho Bernardo

Private Lessons

- LJV coaches are available for one-on-one or small group private lessons

Fall Middle School Teams

- Muirlands-area based teams
- Grades 5th-8th girls
- Teams compete in 3-4 local half-day tournaments from Sep-Oct
- Teams scrimmage against other middle schools

Sunday Clinic Series

- Open to 9-14 year olds
- 2 hour clinics at La Jolla High designed to introduce all skills to beginners and novices

"We would love to share what a wonderful experience our daughter Julie has enjoyed with LJV. As a new player, she was instantly made to feel welcome and the team feel kept her coming back to learn more." -14U Parent



La Jolla Volleyball Beach Programs

Sand Volleyball is the fastest growing sport in NCAA history, and it's showing no signs of slowing down. There are sand opportunities for all ages and abilities, and La Jolla Volleyball is a great place to get hooked and get some great training! Experienced players will benefit from our older beach camps and doubles sand training programs. Younger and less-experienced players can learn the sport on the sand, without fear of getting hurt while diving for a ball. We have experienced coaches for all ages and abilities!

Summer Beach Teams

- Coaches: Missy Ross, Mike Brunsting, and Barb Birnbaum
- Practices twice a week for 4-weeks and tournament coaching
- Emphasizing 2-person skills, strategy, and game management
- Includes volleyball-specific conditioning



Summer Camps

- open to girls and boys entering 3rd through 10th grade
- 3 or 4-day 3-hour morning sessions at South Mission Beach
- sessions vary by experience level, but every camp develops all volleyball skills and game strategy
- courts separated by age and skill and gender

Summer Clinics

- two-hour clinics at the beach
- beginners: introduction to all skills
- intermediate/advanced: skill-specific



What's the difference?

Indoor Volleyball vs. Beach Volleyball

Indoor

- 6 players on a side
- court size: 30ft x 60ft.
- entire team must rotate after siding out
- block of attack does not count as one of team's 3-contacts
- players may never cross the centerline
- there are over 300 Division I women's volleyball programs in the country. Their first NCAA Championship was held in 1981 (USC defeated UCLA 3-2)
- volleyball in the Olympics debuted in 1964. The US men have won 3 gold and 1 bronze medals, the women have won 3 silver, 1 bronze
- positions are very specialized (setters set, outside hitters pass serve, middles hitters block, liberos play defense)
- height is a major factor for front-row success. Most collegiate middle blockers are over 6' tall.



Juliann Faucette, USA Volleyball Photo by Stan Liu



Karch Kiraly

Photo by Stan Liu

Beach

- 2 players on a team. Players touch the ball more frequently
- court size: 27ft. x 54ft.
- mandatory rotation of servers only
- open hand reception of the ball is allowed only on a hard-driven attack
- no open handed "dinks"
- teams switch sides every 7-points for wind and sun
- touch on the block counts as one of 3 team contacts
- going under the net to play the ball is allowed as long as it does not affect the opponents ability to play the ball
- Over 40 colleges offer sand volleyball as a fully funded varsity sport.
- beach volleyball debuted in the Olympics in 1996. The US men and women have brought home 9 medals (6 gold)
- ball control and agility in the sand are major factors for success, players must be able to perform all skills
- multiple gold medalists Misty May and Karch Kiraly attribute much of their success to playing beach volleyball as children

14-Roy/Barb

#	Name	Pos	School	Ht	Grad Year
8	Rachel Bucon	OH	Stella Maris Academy	5'4"	2019
9	Talia Freund	S/OPP	Muirlands MS	5'8"	2019
6	Rachel Gonsalves	OH	Standley MS	5'5"	2019
7	Bethany Kepner	MB/OH	PB Middle	5'9"	2019
7	Nadia Merkel	MB	Standley MS	5'9"	2019
37	Roxy Shimp	S/OPP/L	Muirlands MS	5'2"	2019
3	Sophia Strukel	MB/OH	Muirlands MS	5'9"	2019
11	Hannah Webster	OH/L	Muirlands MS	5'5"	2019
4	Natalie Wittkow	MB	Muirlands MS	5'10"	2019



Head Coaches: Roy Agbulos and Barb Birnbaum

Coach Roy's favorite memories: "I remember great digs turning into great sets turning into great kills. I remember kids flying out of nowhere and diving to save a ball everyone in the gym considered to be down. I remember watching our servers rattle off 5 aces or service winners in a row. These make for great memories but what made our "team" memorable was 9 sisters that worked hard, played for each other and had fun."

14-Miles



#	Name	Pos	School	Ht	Grad Year
2	Kira Axmann	S/OH	All Hallows Academy	5'5"	2020
10	Megan Cheever	S/OH	Lewis Middle	5'5"	2019
20	Hailey Colman	MB/OH	Stella Maris Academy	5'7"	2019
9	Lucy Hendricks	OH	Albert Einstein	5'4"	2020
23	Ashley Meader	OH	Standley MS	5'8"	2019
16	Lily Mesri	OPP	Muirlands MS	5'8"	2019
8	Alee Pestana	L/OH	Muirlands MS	5'5"	2020
21	Nyla Sammak	MB	Muirlands MS	5'8"	2019
26	Sarah Staten	S/OH	DePortola MS	5'8"	2019
4	Paige Wischmeyer	OH	Muirlands MS	5'5"	2019

Head Coach: Miles Durfee

"It's been a pleasure to coach this group and to watch them rise to the occasion and embrace playing in SCVA travel tournaments so well. Their growth as individuals and as a team has been tremendous."

13-Carol

#	Name	Pos	School	Ht	Grad Year
10	Kaitlin Birnbaum	L/OH	Muirlands MS	5'4"	2019
15	Valeria Bonomie	MB	Muirlands MS	5'7"	2020
13	Bridget Cass	S	Muirlands MS	5'6"	2020
24	Sophia Chavez	OH/MB	High Tech Middle	5'8"	2020
7	Georgia Figueiredo	S/OH	Muirlands MS	5'4"	2020
3	Jesse Grigolite	OH	Pacific Beach MS	5'4"	2020
18	Malaya Hood	S	Muirlands MS	5'4"	2020
14	Bryn Howard	MB	Muirlands MS	5'8"	2020
5	Maeryn McCally	OH	Muirlands MS	5'3"	2020
12	Amalia Parzen	OH/S	Muirlands MS	5'3"	2020
33	Megan Waldichuk	L/OH	Standley MS	5'1"	2020



Head Coach: Carol Welcher

"The girls have a tremendous competitive spirit. They have a cheer for every type of play, and are extremely entertaining to watch because they are so dynamic!"

13/14-Mike



#	Name	School	Grad Year
8	Sofia Bly	Standley MS	2020
2	Zoe Hazuka	Muirlands MS	2020
6	Chantal Lanatta	SD French American	2019
10	Celina Lucke	Stella Maris Academy	2019
3	Ines Ortega	Stella Maris Academy	2020
9	Sofia Ortiz	Stella Maris Academy	2020
9	Gabrielle Riche	SD French American	2019
4	Lili Rubin	Standley MS	2020
12	Kennedy Snyder	Muirlands MS	2020
7	Kira Tran	The Children's School	2020
11	Julie Whitehill	Standley MS	2020

Head Coach: Mike Brunsting

"I can't praise my team enough for how much they have progressed throughout the season. All while having a blast!"

12-Missy

#	Name	Pos	School	Grad Year
13	Allegra Bark	OH	Muirlands MS	2021
5	Amaya Bishop	MB	Muirlands MS	2021
11	Abby Espinoza	S/OH	Muirlands MS	2021
33	Brin Jaffee	OH	Muirlands MS	2021
29	Sara Jodayri	MB	All Hallows Academy	2021
31	Lida Mesri	OH	Muirlands MS	2021
24	Caroline Palmer	MB/OH	Muirlands MS	2021
16	Bella Rohrbach	S/OH	Muirlands MS	2021
12	Lila Ryan	S/OH	Muirlands MS	2021
4	Casey Wilson	OH	Muirlands MS	2021
2	Ahna Wittkow	S/OH	Muirlands MS	2021



Head Coach: Missy Ross

"It's been so cool watching this team combine their improving volleyball skills with their competitiveness... this team gets after it and competes!!"

12-Nicole



#	Name	Pos	School	Grad Year
30	Ella Brinton	MB	Muirlands MS	2021
32	Zoe Hein	OH	Muirlands MS	2021
23	Maya Jessee	OH	Pacific Beach MS	2021
17	Jorie MacDonald	OH	Muirlands MS	2021
28	Amaya McMillin	S/OH	Muirlands MS	2021
27	Sabrina Rubio	OH	All Hallows Academy	2021
21	Abby Wintringer	OH	Muirlands MS	2021
14	Izzy Wiseman	OH	Muirlands MS	2021
3	Alexa Yachanin	S/OH	Muirlands MS	2021
18	Chiara Zavala	MB	Muirlands MS	2021

Head Coach: Nicole Blackwell

"We can do this!!!"

11-Kelly

#	Name	School	Grad Year
25	Mia Adams	All Hallows Academy	2022
6	Sydney Bold	The Gillispie School	2023
20	Kelsey Branson	All Hallows Academy	2022
27	Devon Denecochea	Toler Elementary	2023
8	Jenna Drobeck	Bay Park Elementary	2022
9	Jordan Kinkead	Bird Rock Elementary	2023
22	Amelia Mullen	The Gillispie School	2023
15	Mirabella Nichols	Bird Rock Elementary	2022
10	Sofia Roberts	All Hallows Academy	2022
26	Ashley Sottosanti	The Children's School	2022
19	Faith Tyson	All Hallows Academy	2022



Head Coach: Kelly Drobeck

"They play with so much energy and heart and they just love to compete! We are undersized and younger than most of the teams we play, but my girls aren't afraid of anyone! I love that about them."

11-Megan

#	Name	School	Grad Year
30	Ella Alford	All Hallows Academy	2022
9	Emma Berglund-Perl	Bird Rock Elementary	2022
17	Devin Canino	Maria Montessori	2022
23	Brook Cousino	Bird Rock Elementary	2022
15	Lauren Ferrell	La Jolla Elementary	2022
28	Emily Fisher	Bird Rock Elementary	2022
3	Leila Laumann	La Jolla Elementary	2022
19	Olivia Sampson	The Gillispie School	2022
26	Kenan Thomas	The Gillispie School	2022
5	Ilayda Tinney	Bird Rock Elementary	2022



Head Coach: Megan Volger:

"I am extremely proud of how much progress my team made this year. Most of the girls had little or no experience playing volleyball before this year, but by the end of the season they were consistently passing, setting, AND hitting like pros. They were really fun to watch and I know they all have great futures ahead of them!"

10-Sarah

#	Name	School	Grad Year
20	Margareta Backlund	La Jolla Elementary	2024
4	Malia Brown	Torrey Pines	2024
11	Catalina Dooling	La Jolla Elementary	2023
14	Elaine Garrett	St. Vincent's	2023
2	Kaia Grieve	La Jolla Elementary	2024
21	Lucia Ortiz	Stella Maris	2023
8	Samantha Ponticello	La Jolla Elementary	2023
24	Paige Repp	La Jolla Elementary	2023
27	Eva Rohrbach	Bird Rock Elementary	2023
16	Lucy Scott	The Gillispie School	2023



Head Coach: Sarah Lewis

"My team is so fun! I love that they always have smiles on their faces. Even during our warm up and stretches, they find a way to make it fun and keep me laughing. I've enjoyed seeing how much each of them have improved."

10/11-Tonya



#	Name	School	Grad Year
31	Abigail Crosbie	Longfellow Elementary	2023
1	Sara Francis	Bird Rock Elementary	2023
12	Sarah Kaplan	La Jolla Elementary	2023
22	Katrin Klassen	La Jolla Elementary	2023
6	Grayson Lejuwaan	La Jolla Elementary	2023
25	Kendall Olivo	All Hallows Academy	2022
7	Sophia Rys	All Hallows Academy	2022
29	Melanie Syrios	All Hallows Academy	2023
10	Isabella Underdahl	La Jolla Elementary	2022
18	Grace Van Wert	All Hallows Academy	2022

Head Coach: Tonya Kepner

"These girls came up with the team name "Pink Fireballs" at the very beginning of our season, and they have proved to be just that. They are so much fun, and due to their constant want to better themselves, they have become one of my most improved teams ever! Go LJV Pink Fireballs!!!"

14-Mike



#	Name	School	Grad Year
18	Walter Birnbaum	La Jolla	2023
11	Bode Grieve	La Jolla	2022
20	Brandon Hafenstein	School of the Madeline	2022
9	Jake Kepner	Kate Sessions	2022
25	Ames Kinkead	Bird Rock	2022
16	Maximo Nichols	Bird Rock	2022
14	Jackson Parr	Bird Rock	2022
4	Sean Ross	Muirlands	2021
15	Kyle Schweidler	Muirlands	2020
7	Tyler Simpson	Muirlands	2021
6	Ben Snyder	La Jolla	2022
17	Lucas Turcek	La Jolla	2022
10	Shane Whitney	John Muir	2019
3	Nathan Wittkow	La Jolla	2024

Head Coach: Mike Brunsting

Assistant Coach: Chris Albers

Coach Mike on the season so far: "The boys program is a pleasure to coach! Their enthusiasm for the game is unmatched."

Coaching Staff

LJV is extremely proud of our coaching staff. Our coaches are USA Volleyball Impact certified, many have additional certifications, and most have college and professional playing and coaching experience. All are background-checked and registered with USA Volleyball. Every one of us cares deeply about teaching, developing and inspiring your children in the sport of volleyball and in their lives.



Barb Birnbaum- Founder, Director, Coach

Barb played Division I collegiate volleyball and club water polo at UC Santa Barbara. In 1990, she used her blocking skills to win the water polo National Championship as goalie. Barb earned her B.S. in Geology at UC-Santa Barbara, and worked as a geologist for 8 years, while pursuing volleyball as a player and coach. In 1992, she co-founded Sierra Nevada Juniors program in Reno. Barb competed professionally for 10 years, both indoors and on the WPVA, BVA and AVP beach tours. Barb has over 20 years experience coaching volleyball. She has coached high school varsity teams, numerous camps and clinics, as well as pro beach players and club players ages 8-18. Barb also stays current with her coaching education and is a USA Volleyball Impact and CAP I certified volleyball coach.



Missy Ross– Head Coach

Missy is in her 5th year at LJV. She has coached locally at the club, high school, and collegiate levels for the last 16 years. She is currently the head girls coach at The Francis Parker Middle School and the head coach for the high school beach volleyball team. Missy has completed Impact and Beach CAP I certification through USA Volleyball. Missy was an All-American setter at Univ. of Texas, winning the NCAA national championship in 1988. On the beach, she competed professionally on the WPVA, BVA, and AVP 2-person tours as well as starring on the Bud Light 4-person tour.



Kelly Drobeck– Head Coach

Kelly is in her 4th year at LJV. She is currently in her 17th year heading the girls' volleyball program at Cathedral Catholic HS. Under her direction, the Dons have won 14 league titles, 15 CIF titles, 4 Southern California Regional titles, and 4 State Championships. She heads the beach volleyball team at Cathedral, and is co-director of the San Diego high school beach volleyball league. Kelly played collegiately at San Francisco State, and currently holds a AAA rating on the beach.



Roy Agbulos- Head Coach

Roy is in his 4th year at LJV. Roy has been coaching volleyball in San Diego County since 1988 including a CIF championship at Mount Carmel High. He is also an accomplished baseball coach, having coached for La Jolla Youth Baseball since the 90's. Roy has played in both indoor and outdoor USVBA volleyball tournaments.



Nicole Blackwell– Head Coach

Nicole is in her 4th year at LJV. She had previously assistant coached at her alma mater Georgetown and head coached at the Solana Beach VBC. Nicole played at Georgetown earning Big East MVP honors. After college, Nicole played professional beach volleyball on the East and West Coasts. In 2014, Nicole's 50 and over team earned a silver medal at USVBA Nationals in Phoenix.





Carol Welcher – Head Coach

Carol is in her 2nd year at LJV. She recently coached the JV girls team at La Jolla Country Day, and is currently a volunteer assistant at San Diego State and with the USA National Team. Carol played collegiately at Cal State-Dominguez Hills and professionally in Europe. On the beach, she has played on the AVP tour and is a AAA-rated player.



Tina Kinkead– Asst. Coach

Tina is in her 4th year at LJV. Previously, she had coached locally as an assistant for the Point Loma Nazarene women, as varsity head coach for the La Jolla High girls, and is currently the varsity assistant coach at The Bishops School. Tina played collegiately at Santa Clara, and has a AAA rating on the beach.



Megan Volger– Head Coach

Megan is in her 1st year with LJV. She played 4 years of varsity volleyball at La Jolla High and played collegiately for the club team at UCLA. Megan assistant coached at La Jolla High and then on the East Coast while obtaining her master’s degree in Education.



Miles Durfee– Head Coach

Miles is in his 4th year at LJV. He got his start coaching volleyball while in college at UC-Santa Barbara in the 90’s. Miles has been competing in grass, indoor, and beach volleyball tournaments since moving to San Diego 15 years ago.



Mike Brunsting– Head Coach

Mike is in his 1st year at LJV. He is currently the freshman girl’s volleyball coach at Cathedral Catholic. Mike played in high school at Francis Parker and collegiately at UC-San Diego where he was the starting setter. In only his 2nd AVP tournament, Mike finished 13th.



Tonya Kepner– Head Coach

Tonya is in her 4th year at LJV. Tonya played at the high school and club levels in the Fresno area. A school teacher by day, Tonya loves teaching her favorite sport.



Chris Albers– Asst. Coach

Chris is in his 1st year at LJV. He played at Valley Christian High winning three League Championships and a CIF Championship. He was a 1st team all-league selection and 1st team all-CIF. While at Highline VBC his team won a bronze medal at Junior Nationals.



Sarah Lewis– Head Coach

Sarah is in her 2nd year with LJV. She has been coaching volleyball for the last 11 years including a stint at the Bishop’s School in La Jolla. Sarah played collegiately at San Diego Christian College where she was a 4-year starter at setter.



Morgan Mitruka- Asst. Coach

Morgan is in her 2nd year at LJV assistant coaching multiple teams. She played 2 years for La Jolla High as a setter. Morgan brings great energy and passion and is an excellent role-model for our players.



Stan Liu– Multimedia Coordinator/ Assistant Coach

Stan is in his 2nd year with LJV. He is responsible for the photo and video content for the club. Stan has received a CAP II and Beach Impact coaching certification through USA Volleyball.



Volleyball Terms

4-2, 5-1, 6-2, 6-6: Designation for different team offenses. First number designates how many attackers, 2nd number designates how many setters.

10-foot line: Line that travels from sideline-to-sideline, 10 feet away from the centerline. Backrow players may not attack the ball from in front of the 10-foot line, if the ball is above the horizontal plane of the net.

Ace: A serve that hits the ground without being touched, or is shanked (see below) so badly that the 2nd contact is impossible.

Antenna: Vertical poles that extend from where the top of the net intersects with the sideline. All balls must cross completely within the vertical extension of the antennas or are considered out of bounds.

Backrow attack: Backrow players are allowed to attack the ball from above the height of the net provided that their feet leave the ground behind the 10-foot line. However, the libero is never allowed to attack the ball above the height of the net.

Cut Shot/Cuttie: A very sharp angled hit/shot traveling nearly parallel to the net.

Dink: An off-speed attack. Usually a short shot over the block, in front of the defenders. Similar to a basketball lay-up.

Down ball: A hard overhand attack where the attacker does not jump, but keeps his/her feet "down" on the ground.

Facial: Getting hit directly in the face by a spike. A "Facial Disgracial" is getting hit in the face so hard that the player has to be subbed out. Can also be referred to as a "six-pack".

Floater/Float serve: A serve that has little or no spin, causing it to move unpredictably. Like a knuckleball in baseball.

Foo: A fun term for the awkward location of a ball set between the location of a four and a two

Free ball: An easy attack where the player typically underhand bumps the ball over the net. Players should yell "FREE" to initiate a shift, and prepare to receive the free ball.

Husband and Wife/Hubby-Wife: When the ball lands between two players who make no call for the ball. The ensuing miscommunication and bickering resembles a fighting married couple. More commonly seen on the beach when a serve lands between both players.



Joust: When the ball is on top of the net, opposing players simultaneously try to push the ball onto the opposite side.

Kill: Any offensive attack that results in winning the point

Libero: Designated defense specialist. Wears a different colored jersey than the rest of the team. Is only allowed to serve and play backrow. Can never attack the ball from above the height of the net. Players cannot change jerseys during the game.

Overlap/Overlapping At the moment of service, players are not allowed to overlap their positions with their teammates who are directly in front, behind, or on either side of them. Violation results in a point and/or loss of serve.

Pancake: When a player prevents the ball from touching the ground by extending their hand, palm down on the floor, letting the ball hit the back of their hand. Similar to sliding a spatula under a pancake.

Pepper: A simple warm-up routine where typically 2 players will bump, set, and hit the ball back and forth.

Pipe: A middle set to a backrow attacker

Pokey: Playing the ball off an extended knuckle. Usually to "poke" a tight set over the net, or to dig a ball far above the player's head.

Roll Shot/Looper/Rainbow/Jumbo: An attack with high trajectory sent deep into the opponent's court. Similar to a lob shot in tennis.

Roof: A block for a point. Usually when blockers penetrate over the net, causing the blocked ball to go nearly straight down on the attacker's side, as if it had been spiked into the underside of a roof.

Shank: When a player receives a serve or dig so badly that it is unplayable by his/her teammate(s)

Sideout: To win a point when receiving serve.

Throw: A bad set that should be called by the referee

Tooling the block/Tool: To purposely hit the ball off the block and out of play of the defense to earn a point

"My kids have been involved in sports at different clubs for a decade now and what makes LJV stand out is the emphasis on team building and team spirit"
- Bjorn, parent



La Jolla Volleyball's Code of Conduct

We strive to teach, model, and emphasize good sportsmanship at all times.

Coaches

- provide an environment for every player to physically, mentally, and emotionally thrive
- maintain an appropriate coach-player relationship on-and-off the court
- come to practices on time and prepared
- display good sportsmanship towards players, officials, and opponents
- make decisions based on what is best for the team
- instruct and emphasize good fundamentals
- place an emphasis on growth and development over winning

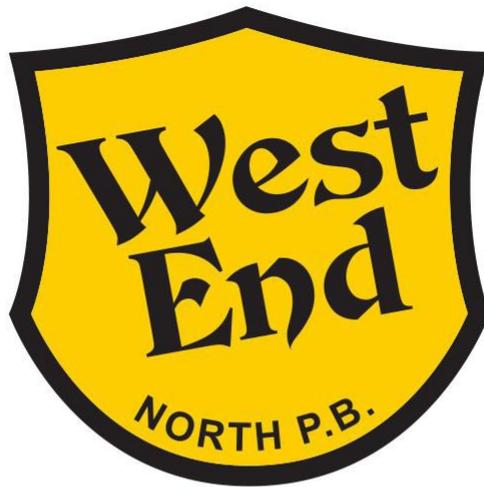
Players

- come to practice committed to work hard with a positive attitude
- show up on time to practices and tournaments; give coach 24 hour notice if you are going to miss a practice
- display good sportsmanship and respect for coaches, officials, and opponents
- give optimal effort no matter what the score or situation; always strive to do the next thing right
- team before individual
- Have Fun!

Parents

- drop off/pick up children on time
- display good sportsmanship to coaches, players, officials, opponents and other parents
- be involved when possible with team activities (carpool, chaperone, food/drinks, tents/chairs, hosting, supporting coach)
- pay all club fees on time
- be supportive of your child; cheer for him/her but refrain from instructional comments during competitions
- bring concerns directly to coach
- enjoy the season and your child's development as a player and teammate

Thank You to our Sponsors



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www.westendpb.com

 THE SPORTING CLUB

The Sporting Club
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Phone: (858) 552-8000
thesportingclub.com

Contact Barb@LJVolleyball.com to be a
part of this program next year!

