

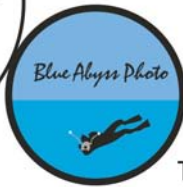


La Jolla Volleyball

2014



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La Jolla Volleyball 2014 Program Guide

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"LJV has been more than volleyball to our daughter. It has been a mainstay of confidence, friendship, fun, and belonging through the middle school years. On top of that our daughter has become a mean volleyball player!" -Parent of 13-year old

"I have been extremely impressed with the coaching my daughter has received during her two years at LJV. The skills that she and her teammates have been taught have allowed them to compete at a high level with much older girls," -Mother of a 10-year old





Director's Letter

Welcome to our first publication of La Jolla Volleyball program!

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

Volleyball is one of the largest and fastest-growing sports in the United States and we are thrilled to be a part of this growth and excitement. Personally, it is my favorite sport; I played in college at UCSB, and then professionally on the beach with the WPVA and AVP tours. Since I have never grown out of my love for volleyball, 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. Because of the high interest level, we decided to start indoor teams as well, fielding 8 girls indoor teams 10U-12U in Spring 2012. In Spring 2014, we had 10 girls teams, 2 boys teams, and over 130 participants in our beach camps and clinics.

As I reflect on the success of our club, it's very clear to me 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 other coaches 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!).

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 Travel/Local Teams

- tryouts in Fall, tournaments January-May/June
- local teams compete in 6+ half-day tournaments in Poway
- local teams are for ages 10-14, travel teams are typically 13 and older
- travel teams compete in 9+ one-day SCVA tournaments throughout Southern California
- travel teams will enter 1-3 additional overnight tournaments



Boys Fall/Spring Teams

- open to boys 14 and under
- teams compete in 4-6 tournaments in Rancho Bernardo

Private Lessons

- all 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 will 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



La Jolla Volleyball Beach Programs

Summer Beach Teams

- LJV is starting its 2-person beach volleyball program in Summer 2015 for girls and boys
- Coaches: Kelly Drobeck, Tina Kinkead, Missy Ross, and Mike Brunsting
- tryouts in early June



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
- touching the net can be allowed if it does not affect game play
- 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.



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 ball allowed only on a hard-driven attack
- no open handed "dinks"
- touch on the block counts as one of 3 team contacts
- players may never touch the net. 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 skill and agility in the sand are major factors for success
- 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	Grad
9	Talia Freund	S/OPP	Muirlands MS	2019
21	Rosaly Glawson	S/OPP	Standley MS	2018
13	Bethany Kepner	MB	Pacific Beach MS	2019
17	Amanda Majernik	MB	Stella Maris Academy	2018
18	Shoshana Printz	MB/OH	Pacific Ridge	2018
16	Kayla Sabo	MB	Muirlands MS	2018
10	Olivia Seidel	S/L	Pacific Ridge	2018
12	Lexie Stabile	OH	School of the Madeline	2018
4	Kimmi Weiss	OH	Standley MS	2019
15	Gretchen Wichman	S/OPP	The Children's School	2018



Head Coaches: Roy Agbulos and Barb Birnbaum

Coach Roy's favorite memory: "Working with a bunch of kids who were talented, nice, and worked hard to improve"

Coach Barb's favorite memories: "Seeing the vast improvement of this great group of girls and going 3-0 on our final day at Summer Soiree to win our division."

14-Miles



#	Name	Pos	School	Grad Year
24	Dominique Basford	MB	All Hallows Academy	2018
22	Lydia Cosford	UTIL	Standley MS	2018
19	Carly Hunt	MB	Standley MS	2018
20	Madeline Masser-Frye	S/OH	Standley MS	2018
14	Tara McCollough	UTIL	Stella Maris Academy	2018
28	Allison Quach	S/OH	The Children's School	2018
26	Sarah Staton	S/OPP	DePortola MS	2019
2	Claire Taylor	OPP	Standley MS	2018

Head Coach: Miles Durfee

"The girls were consistently learning and made big improvements in developing their volleyball skills."

13-Carol

#	Name	Pos	School	Grad Year
7	Rachel Bucon	S/OH	Stella Maris Academy	2019
6	Rachel Gonsalves	S/OPP	Standley Middle	2019
4	Laney Gustafson	MB/OH	Francis Parker	2019
23	Ashley Meader	OH/MB	Standley MS	2019
21	Donatella Rubelj	MB	Stella Maris Academy	2019
8	Roxy Shimp	S	Muirlands MS	2019
3	Sophia Strukel	OH/MB	Muirlands MS	2019
11	Hannah Webster	OH/L	Muirlands MS	2019
17	Natalie Wittkow	MB	Muirlands MS	2019



Head Coach: Carol Hamilton

Coach Carol's favorite memories: "Our team's unique cheers: Chicken noodle soup, chicken noodle soup, chicken noodle soup...with the soup on the side. Noodle Asia!"

13-Kandiss



#	Name	School	Grad Year
20	Hailey Colman	Stella Maris Academy	2019
14	Tasha Goldberger	Muirlands MS	2019
12	Kiana Hamrah	Muirlands MS	2019
10	Celina Lucke	Stella Maris Academy	2019
16	Lily Mesri	Mission Bay Montessori	2019
21	Maile Moyrong	Stella Maris Academy	2019
15	Sofia Ortiz	Stella Maris Academy	2020
9	Gabriella Riche	San Diego French-American	2019
4	Elisia Savoca	Muirlands MS	2019
2	Paige Wischmeyer	Muirlands MS	2019

Head Coach: Kandiss Anderson

"It was great watching the girls grow together, learning how to play volleyball as a team, and reaching the goals they set for themselves in the beginning of the season"

12-Missy

#	Name	Pos	School	Grad Year
10	Kaitlin Birnbaum	OH/L	Muirlands MS	2019
9	Leyla Blackwell	MB	Muirlands MS	2020
14	Vale Bonomie	MB	Muirlands MS	2020
13	Trinity Durfee	UTIL	The Children's School	2020
7	Georgia Figueiredo	UTIL	Muirlands MS	2020
8	Jesse Grigolite	OH/L	Pacific Beach MS	2020
6	Malaya Hood	S	Muirlands MS	2020
5	Maeryn McCally	OH	Muirlands MS	2020
12	Amalia Parzen	OH/L	Muirlands MS	2020
11	Chloe Yachanin	OH	Muirlands MS	2019



Head Coach: Missy Ross

On highlight of the season: "Finishing the season at Summer Soiree going 3-0 and winning our championship bracket"

12-Nicole



#	Name	School	Grad Year
6	Hannah Chakravarty	Del Mar Heights	2020
4	Maya Gessner	Muirlands MS	2020
2	Zoe Hazuka	Muirlands MS	2020
3	Lucy Hendricks	Albert Einstein	2020
11	Mia Michaels	Muirlands MS	2020
14	Arianna Monell	Muirlands MS	2020
18	Alee Pestana	Muirlands MS	2020
15	Kennedy Snyder	Muirlands MS	2020
17	Kira Tran	The Children's School	2020
21	Priscilla Yamini	Muirlands MS	2020

Head Coach: Nicole Blackwell

On the team's philosophy: "Aim high and keep the squirrels at bay!"



11-Kelly

#	Name	Pos	School	Grad
13	Allegra Bark	OH	La Jolla	2021
8	Jenna Drobeck	S/OPP	Bay Park	2022
7	Abby Espinoza	OH	Torrey Pines	2021
5	Sara Jodayri	MB	Kate Sessions	2021
10	Sofia Roberts	OH	All Hallows Academy	2021
16	Isabella Rohrbach	OH	Bird Rock	2021
12	Lila Ryan	S/OPP	Bird Rock	2021
3	Leilah Tashakorian	OH	La Jolla	2021
4	Alexandria Young	MB	La Jolla	2021
2	Isabella Youngdale	OH/MB	La Jolla	2021



Head Coach: Kelly Drobeck

On her favorite memory: “Our annual St. Patrick’s Day scavenger hunt. We always have so much fun at that practice”

11-Sarah



#	Name	School	Grad Year
4	Amaya Bishop	The Gillispie School	2021
17	Devin Canino	Maria Montessori	2022
25	Terra Evans	La Jolla	2021
5	Aisha Hansen	Bird Rock	2021
11	Brin Jaffe	Bird Rock	2021
7	Lida Mesri	Mission Bay Montessori	2021
21	Kyrah Panfil	Paciic Beach	2021
18	Casey Wilson	Bird Rock	2021
2	Ahna Wittkow	La Jolla	2021
6	Alexa Yachanin	La Jolla	2021

Head Coach: Sarah Lewis:

“My team impressed me every practice and every tournament. Each player improved tremendously and it was such a joy to coach these girls. They all put a smile on my face. I’m truly blessed to be a part of LJV.”



10-Tina

#	Name	School	Grad Year
12	Mia Adams	All Hallows Academy	2022
6	Sydney Bold	The Gillispie School	2023
7	Devon Denecochea	Toler	2023
10	Sophine Kevorkian	Bird Rock	2022
9	Jordan Kinkead	The Gillispie School	2023
22	Amelia Mullen	The Gillispie School	2023
15	Mirabella Nichols	Bird Rock	2022
26	Lucie Scoma	La Jolla	2022
19	Faith Tyson	All Hallows Academy	2022



Head Coach: Tina Kinkead

On most memorable moment: "being down 15-23, I told the team if we can find a way to win, we will play Splat for the entire next practice. We came back and won."

10-Tonya



#	Name	School	Grad Year
4	Malia Brown	Torrey Pines	2023
10	Sofia Burity	The Gillispie School	2022
23	Brook Cousino	Bird Rock	2022
2	Kaia Grieve	La Jolla	2024
	Sarah Kaplan	La Jolla	2023
3	Lauren Klimkiewicz	Bird Rock	2023
5	Rheily McWhorter	Bird Rock	2023
8	Maya Mitchell	St. Paul's Lutheran	2022
14	Samantha Ponticello	La Jolla	2023
16	Lucy Scott	The Gillispie School	2023

Head Coach: Tonya Kepner

"I loved the energy the girls brought to every practice, and it was so exciting to see how much they improved in their first year of playing!"

14-Tina

#	Name	School	Grad Year
5	Walter Birnbaum	La Jolla	2023
2	Levi Darling-Grant	Bird Rock	2022
27	Jake Kepner	Kate Sessions	2022
15	Ames Kinkead	The Gillispie School	2022
16	Levi Lentin	Muirlands MS	2021
4	Christopher Lloyd	School of the Madeline	2020
30	Matthew North	Marshall MS	2020
20	Brody Odmark	Torrey Pines	2021
12	Sean Ross	La Jolla	2021
18	Kyle Schweider	Muirlands MS	2020
17	Ben Snyder	La Jolla	2022
25	Nathan Turcek	Muirlands MS	2020



Head Coach: Tina Kinkead

On the high point of the season : “Going undefeated at our final tournament”

14-Kandiss/Barb



#	Name	School	Grad Year
7	Dante Arminio	Bird Rock	2021
23	Jerett Ayoub	Torrey Pines	2021
6	Dustin Drobeck	Bay Park	2022
13	Ryan Ellis	Bird Rock	2021
11	Gus Folkers	Bay Park	2021
28	Rafi Freund	Muirlands MS	2021
8	Adam Gans	Bird Rock	2022
19	Tanner Shimp	La Jolla	2021
24	Trevor Nelson	Muirlands MS	2019
21	Mac Simpson	Muirlands MS	2021
14	Matthew Turecek	La Jolla	2021
22	Lucas Turecek	La Jolla	2021

Head Coach: Kandiss Anderson (Session 1), Barb Birnbaum (Session 2)

“So fun to see the boys give it “their all” and improve so much in one season!”



Coaching Staff

We at LJV are extremely proud of our coaching staff. All are background-checked and registered with USA Volleyball. All travel team coaches are at least USA Volleyball Impact certified, most have college and professional playing and coaching experience. All of our coaches care deeply about teaching and developing your children.

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 at 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 enters her 4th 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 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 enters her 3rd year at LJV. She is currently in her 17th year heading the girls' volleyball program at Cathedral Catholic (formerly University of San Diego). 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.

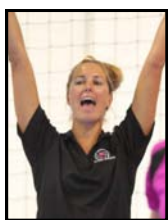


Roy Agbulos- Head Coach Roy enters his 3rd year at LJV. Roy has been coaching volleyball in San Diego County since 1988. He is also an accomplished baseball coach, having coached for La Jolla Youth Baseball since the 90's. Roy has played in both indoor and outdoor USVBA volleyball tournaments.



Tina Kinkead– Head Coach Tina enters her 3rd 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.





Carol Hamilton– Head Coach

Carol enters 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.



Nicole Blackwell– Head Coach

Nicole enters her 4th year at LJV. She had previously coached at the Solana Beach VBC, and assistant coached at her alma mater Georgetown. Nicole played collegiately at Georgetown, earning Big East MVP honors. After college, Nicole played professional beach volleyball on the East and West Coasts.



Megan Volger– Head Coach

Megan starts 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.



Miles Durfee– Head Coach

Miles enters 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.



Kandiss Anderson– Head Coach

Kandiss played collegiately for the top-25 University of San Diego as the starting libero. She has coached volleyball since high school. She still plays competitive beach volleyball.



Tonya Kepner– Head Coach

Tonya enters 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.



Mike Brunsting– Head Coach

Mike enters 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.



Sarah Lewis– Head Coach

Sarah enters 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- Assistant Coach-

Morgan enters 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

Stan 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.

"LJVB coaching staff is very knowledgeable and passionate about volleyball which has inspired my daughter to become a better player and has taken her to the next level." -Mio H., Parent of 13-year old



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: A backrow player is 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.

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 their 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 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 sticking a spatula under a pancake to flip it over.

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

Roof: A block for a point. Usually when the blockers arms pike over the ball.

Shank: When a player receives a serve or dig so badly that it is unplayable by their 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

“For me LJV is the foundation and core of volleyball. The coaching, experience, and playing available there shaped the player I am today and taught me the values of teamwork and unity within volleyball, both on and off of the court.”

-Alexandra Backlund, 9th grade



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!

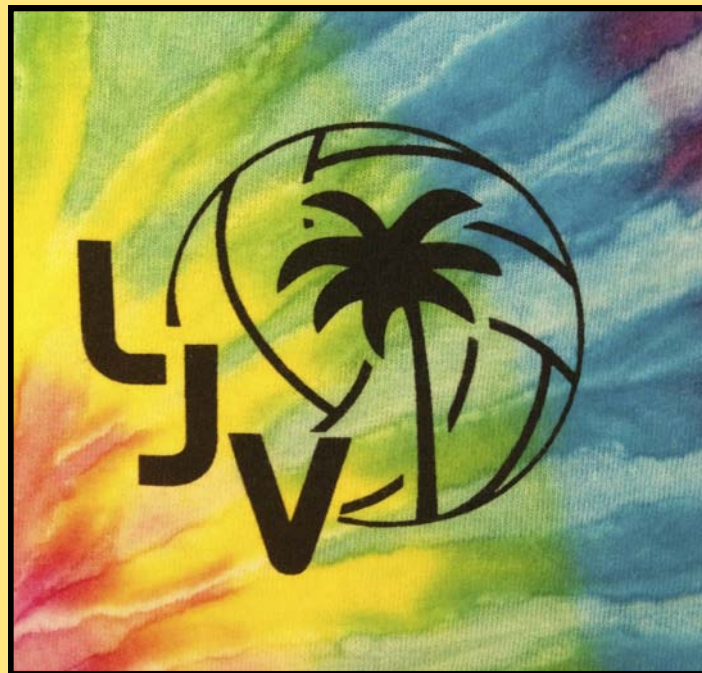
Parents

- 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

[your ad here]

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





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