

INTENSITY

It's not the will to win, but the will to prepare to win that makes the difference. - Bear Bryant



Southwind Volleyball Club offers preeminent volleyball training in the INTENSITY program.

Athletes meet for 7 weeks, twice a week, for volleyball training, conditioning in strength, and speed and agility while working on their "mental" game. Former athletes who attended INTENSITY have increased speed, jumping ability, and volleyball skills.

This is the third year Southwind has offered this training program by invitation only. As we strive to develop an elite level club

producing national athletes, we have made a commitment to our club players by giving them the first opportunity to take advantage of this intense training program. If an invited athlete declines our offer, another offer will be extended to another member of the club or potential member of the club. Players are given 7 days, after an invitation is extended, to commit to the program. Otherwise, their position is offered to another athlete.

If these sessions are not full by March 31, 2010 they will then open

Southwind Volleyball Club is a non-profit/501C3 organization that provides premier Junior Olympic volleyball teams in the Kansas City area for competition. In addition to the numerous Junior Olympic teams Southwind also provides entry level teams by participating in the area Parks and Recreation leagues for recreation and intermediate athletes. Southwind Volleyball also provides volleyball training for athletes (both youth and adult) and education for coaches. Now in their fifth year of operation Southwind provides Junior Olympic teams for 10 & under thru 18 & under



athletes and recreation teams for 6th thru 8th grade athletes. During the 2007 - 2008 season Southwind qualified two teams in the Junior Olympic National Championship Tournament hosted in Dallas, Texas.

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to players outside of Southwind Volleyball Club.

For players who will miss some sessions due to other summer activities they will be allowed to make up their time by attending another session either the week before they leave or return from missing. Participants of National Level sessions can make up sessions in both National and Gold Level sessions. Participants of Gold Level sessions can make up sessions in other Gold Level sessions.

If you have questions concerning attendance please contact Rachel Magana at 913.515.7757 or email: rachelmagana@hotmail.com



Emphasis for 3rd thru 6th graders: Fundamental skills will be covered during this session with an emphasis on passing and serving. Players will also be introduced to game-like drills as well as competition.

Emphasis for the 7th thru 9th graders: Players at this level will work on fundamental skills with an emphasis on more advanced aspects of the game. We will work with players in their specialized positions to increase their skills in blocking, hitting, setting, and defensive movements.

Emphasis for the 10th thru 12th graders: While players continue to work on fundamental skills we will work towards developing a better understanding of the game. Players will learn various offensive and defensive systems and strategies that are involved in the game. Players will be trained in faster offensive systems and learn how to defend highly effective offenses.

All players will be trained and conditioned in strength, speed, and agility. Athletes will also be introduced to “mental” aspects of competition.

Beginning Monday, June 7th and ending Thursday, July 29th.

Session I: M & W 8:30 am - 11:30 am 7th and 8th grade (national level)

Session II: M & W 10:30 am - 1:30 pm 8th and 9th grade (gold level)

Session III: M & W 12:30 pm - 3:30 pm 10th thru 12th grade (national level)

Session IV: M & W 2:30 pm - 5:30 pm 10th thru 12th grade (gold level)

Session V: T & Th 8:30 am - 10:30 am 3rd and 6th grade (gold level)

Session VI: T & Th 9:30 am - 12:30 pm 9th and 10th grade (national level)

Session VII: T & TH 11:30 pm - 2:30 pm 7th and 8th grade (gold level)

Session VIII: T & TH 1:30 pm - 4:30 pm 9th and 10th grade (gold level)

For non-Southwind athletes in 10th thru 12th grade that are interested in attending INTENSITY please contact Rachel Magana at 913.515.7757 or email at rachelmagana@southwindvb.com

* **Note: INTENSITY is designed for the serious volleyball athlete, we ask that only dedicated, committed athletes register in this program.**

* *Participation in the Summer Intensity Program does not guarantee a position in the Southwind Volleyball Club during the Junior Olympic season. During the Junior Olympic season players must tryout for the club.*

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Limited space: 16-20 participants per session so register SOON! Players offered an invitation to participate will have 7 days to accept the invitation. If a player does not respond or declines the opportunity to participate the invitation will then be extended to another player.

Location: Land Gymnasium
MidAmerica Nazarene University Campus
2030 College Way, Olathe, KS (Location may change, more information to come. See website for location.)

Southwind hosts various educational and training events throughout the year including coaching clinics, adult clinics, fundamental camps, and training programs. Coaches of Southwind are also available for specialized training sessions in both volleyball and speed/agility training.

Southwind is affiliated with the Heart of America

Price for 14 sessions of training:

7th thru 12 grade
Southwind members \$395.00
(athletes from the 2009 - 2010 season)
Non-members \$490.00

3rd thru 6th grade
Southwind members \$345.00
(athletes from the 2009 - 2010 season)
Non-members \$390.00

Region and works in conjunction with the Johnson County Parks & Recreation District, the Blue Valley Parks & Recreation Department, and the Merriam Parks & Recreation Department.

To find out more about the various camps, clinics, and training we do visit our website.

www.southwindvb.com

Refund Policy: If a participant is unable to follow through on their commitment to the INTENSITY Summer Training Program a 100% refund will be given if Southwind is notified 4 weeks in advance, by Monday, May 10th. A 75% refund will be given if Southwind is notified 3 weeks in advance, by Monday, May 17th. A 50% refund is notified 2 weeks in advance, Monday, May 24th. And a 25% refund will be given if notified a week in advance, Monday, May 31st. If notification is received after Monday, May 31st there will be NO REFUND. Notification must be received in writing.

REGISTRATION FORM (OR REGISTER ON LINE AT WWW.SOUTHWINDVB.COM)

Player: _____

Mother: _____

Father: _____

Street Address: _____

City: _____ State _____ Zip _____

Home phone: _____

Cell phone: _____

Email: _____

School: _____

Club: _____

Position: _____

Birthday: _____

Grade 10-11: _____

Tshirt size (adult size) _____

Payment made upon registration for the Southwind Summer Intensity Program.

I would like to attend the following session.

Session I: _____

M & W 8:30 am - 11:30 am 7th and 8th grade (gold level)

Session II: _____

M & W 10:30 am - 1:30 pm 8th and 9th grade (national level)

Session III: _____

M & W 12:30 pm - 3:30 pm 10th thru 12th grade (national level)

Session IV: _____

M & W 2:30 pm - 5:30 pm 10th thru 12th grade (gold level)

Session V: _____

T & Th 8:30 am - 10:30 am 3rd and 6th grade (gold level)

Session VI: _____

T & Th 9:30 am - 12:30 pm 9th and 10th grade (national level)

Session VII: _____

T & TH 11:30 pm - 2:30 pm 7th and 8th grade (national level)

Session VIII: _____

T & TH 1:30 pm - 4:30 pm 9th and 10th grade (gold level)

Southwind Mission Statement

Southwind Volleyball Club is dedicated to youth and young adult athletes. Our primary focus is developing the fundamental skills for a successful life by teaching the fundamental skills of volleyball.

Goals in attaining our Mission:

- 1) Developing elite athletes with sports training that emphasizes, physical development and proper nutrition.
- 2) Educating youth and young adults in the areas of volleyball skills and strategy, as well as the mental aspects of competition

including work ethics, commitment, and team.

- 3) Training players in the areas of leadership and communication in order to build a successful club, successful teams, and successful individuals.

(Upon registration participants will need to fill out and return a medical release form, web/model release form and Intensity Participant agreement form. All forms are found at www.southwindvb.com)

Club Quote

Badness you can get in quantity; the road is smooth and it lies close by. But in front of excellence the immortal gods have put sweat, and long and steep is the way to it; and rough at first. But when you come to the top than it is easy even though it is hard.

-Hesiod

Greek Philosopher