



2023 IHSVCA COACHES CLINIC

Kyle Shondell, Butler University's Womens Volleyball Coach, will be our featured presenter at the 2023 IHSVCA Coaches Clinic.

Coach Shondell will bring his energy and expertise of the game to this year's clinic.

MORNING SESSIONS

8:30-9:25 Serve receive techniques and strategy

9:30-10:25 Setting techniques and strategy

10:30-11:25 Blocking techniques and strategies.

Bring your ENTIRE coaching staff.

1 coach- \$75*

2-3 coaches—\$135*

4-5 coaches - \$175*

6-7coaches - \$215*

8 -9 coaches - \$255*

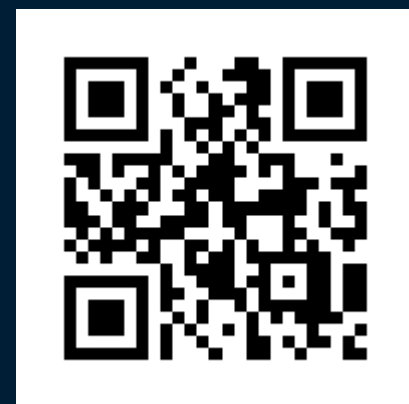
THIS INCLUDES A BOX LUNCH.

*if registered by July 17th



BUTLER.
Kyle Shondell
HEAD COACH

[https://
ihsvca.com/2023-
coaches-clinic-
registration/](https://ihsvca.com/2023-coaches-clinic-registration/)



23 July, 2023

**Cathedral High School
5225 E. 56th Street
Indianapolis**

AFTERNOON SESSIONS-MR. COACH K COURT

Back by popular demand - Coach Donan Cruz is returning to help grow the boys game in Indiana and beyond. He earned the 2022 AVCA Men's Division I-II National Coach of the Year honors. The Cardinals won the MIVA regular season.



Donan Cruz
BALL STATE UNIVERSITY
HEAD MEN'S COACH

1:30-2:25 Attack Techniques and Strategies.

2:30-3:25 Serving in the Men's Game Plus Other Differences.



In Season Conditioning
3:30-4:30

Is your school's weight room packed with other fall sports teams? A panel of winning coaches will instruct on how they conditioned their players on the court.



Brooke Behnke
COVENANT CHRISTIAN HS (RET)



Matt Curts
WINCHESTER HS



Rhonda Low
CATHEDRAL HS (RET)



Bart Powell
FLOYD CENTRAL HS



Scott Vanderkolk
LINTON-STOCKTON HS

AFTERNOON SESSIONS

Main Gym

1:30-2:25



**Floor
Defensive
Techniques
and Strategies**

Stephanie Bloom
YORKTOWN HIGH SCHOOL

Classroom



**Coaching the
Mental Side of
the
High School
Athlete**

Kelly Naugle
IUPUI Associate Professor

2:30-3:25



**Free Ball,
Backrow
Attack, Out of
System
Transition**

Jason Young
HAMILTON SOUTHEASTERN HS



**Making in
Match
Adjustments
to Win**

Jean Kesterson
RETIRED - CATHEDRAL HS

3:30-4:30



**Middle/Junior
Track

Basic
Volleyball
Fundamentals+**

Cindy DeWitt
VOLLEYKATS OWNER



**IHSAA
Volleyball
Coaches Rules
Interpretation
In-person
Meeting**

Kerrie Rosati
ASSISTANT COMMISSIONER
OF THE IHSAA

2023 Fall Coaches Clinic Schedule

Morning Sessions – Main Court

8:30-9:25 Kyle Shondell (Butler) Serve receive techniques and strategy	9:30-10:25 – Door Prizes Kyle Shondell (Butler) Setting techniques and strategy	10:45-11:45 - Door Prizes Kyle Shondell (Butler) Blocking techniques and strategy
11:50-12:30 TOWN HALL MEETING Proposal Year/ IHSAA Updates/Changes to our Website/Other Nuggets Door prizes – Q & A 12:30-1:30 Lunch		
Afternoon Sessions		
Main Court	Fieldhouse	Classroom
1:30- 2:25 - Door Prizes		
Stephanie Bloom (Yorktown) Floor Defensive Techniques and Strategies	Coach Cruz (Ball State) Attack Techniques and Strategies in the Men's Game.	Dr. Kelly Naugle (IUPUI Associate Professor) Coaching the Mental Side of the High School Athlete
2:30-3:25 - Door Prizes		
Jason Young (Hamilton Southeastern) Free Ball, Backrow Attack, Out of Season Transition	Coach Cruz (Ball State) Serving in the Men's Game Plus Other Differences.	Jean Kesterson (retired Cathedral HS) Making in Match Adjustment to Win
3:30-4:25 - Door Prizes		
Cindy DeWitt (Volleykats) Teaching Basic Fundamentals – Middle/Jr. High Track	Panel of Award-Winning Coaches In Season Conditioning Options	Assistant Commissioner Kerrie Rosati IHSAA Volleyball Coaches Rules Interpretation In-Person Meeting