

2014 HIGH PERFORMANCE ATTENDEES



2015 Delta Region High Performance

April 2015 Newsletter

The Delta Region High Performance Camp is designed for players who have been identified as having the potential to travel up the USA Volleyball Athlete Pipeline as their careers progress. The Delta Region High Performance Program is a regional branch of USA Volleyball's National HP Program. The Delta Region HP Camp is operated to provide junior athletes with high-level training and skill development with some of the top coaches in the region and country. The Delta Region HP Camp is a 2-day training camp that includes sustained athlete training that is consistent with USAV National criteria and standards.



2015 Delta Region High Performance Update

Congratulations you have been selected to attend the 2015 Delta Region High Performance Camp. A total of 453 athletes tried out for all three groups! A complete list of those selected can now be found on the Delta Region website at www.deltavolleyball.net. All players selected to attend this year's camp will receive updates from Joanie regarding the camp and several of the activities that are being planned for those in attendance, including parents. Please make sure that you have a good, current email address in your USAV member account so you won't miss out. It should schedule out to be a very busy, fun-filled weekend.

Each participant will receive two Delta Region HP Camp t-shirts to wear during the camp. Each of the players selected for the HP Camp, when registering, should have received a HP Camp Info form to fill out and email to Joanie at reg@deltavolleyball.net. Please mark your selection as youth large; adult x-small; adult small; adult medium; adult large; or adult x-large. Complete this form ASAP so that camp shirts can be purchased in advance.

Participants are expected to provide their own travel and accommodations. There are several hotels in the Conway area at reasonable prices, if needed.

SESSIONS FOR THIS YEAR'S CAMPS ARE AS FOLLOWS *(Please note: In many cases the gym will be empty during breaks- so expect to be picked up for lunch and dinner).*

Saturday, May 30:

Check-in 8-8:30am

1st session: 8:30-12:00

2nd session: 2:00-5:00

3rd session: 7:00-9:00

Sunday, May 31:

Worship Service: 8:00 (optional)

Roll Call at 8:30

1st session: 8:30-12:00

2nd session: 1:30-3:30

Awards Presented: 3:30-4:30

LEAD COACHES FOR 2015 DELTA REGION HP CAMP

We bring in three coaches each year to head up the coaching staff for the different ages of the camp. These Lead Coaches will help to coordinate the training sessions for the camp and will oversee the coaching staff. We have been blessed each year with quality Lead Coaches—which also helps us attract a strong college coaching staff that are not only looking for recruits but are also wanting to learn more about the game.

The Lead Coach for the Youth Division will be David Rehr, head coach at Arkansas State University. Coach Rehr just completed his third season as head coach of the A-State volleyball squad and 15th season overall as a head coach. Rehr has compiled an overall record of 427-97 (.815) over 14 seasons as a head coach, which included stints at Blinn College and Frank Phillips College before being named the seventh head coach in A-State volleyball history. During his second season as head coach of the Red Wolves, he led the 2013 squad to a 15-20 record and an appearance in the semifinals of the Sun Belt Conference Tournament after defeating UALR 3-2 in the first round; marking the first time A-State won a match in back-to-back SBC



Tournaments since 1999-2000. Under his guidance, Megan Baska became the second player in school history to record 2,000 digs and finished her career with the second most digs at Arkansas State with 2,190.

In his first season as Arkansas State's head coach he led the Red Wolves to a 19-14 record and 8-6 mark in conference play. Coach Rehr led A-State to its first Sun Belt Conference Tournament win since 2000 with a 3-1 victory over UALR in the first round. Under his leadership, Allison Kearney earned a spot on the All-SBC First Team, while Baska was named to the All-SBC Second Team.

Prior to being named the head coach at Arkansas State, Rehr spent nine seasons at Blinn College in Texas. During his time at Blinn he led the Buccaneers to two NJCAA National Championships (2008 and 2011), was a two-time NJCAA National Tournament Coach of the Year, a three-time AVCA Southwest Region Coach of the Year and a nine-time NJCAA District Coach of the Year.

While at Blinn, Rehr posted a 313-35 record and led the Buccaneers to eight regional championships including six straight from 2003-08. He helped Blinn win its first national championship in 2008, guiding the Buccaneers to a 33-2 mark. He again led Blinn to a national title in 2011 with a perfect 38-0 record that ended with a four-set victory over Western Wyoming in the NJCAA National Championship match.

When he arrived at Blinn in 2003 he won his first 41 matches as head coach and led the school to their first appearance in the NJCAA National Tournament that same year. He was inducted into the NJCAA Volleyball Coaches Hall of Fame on Nov. 16, 2011.

From 2007-11 Rehr served as Blinn's Director of Athletics and helped guide to the school to success in other sports. In 2009 the Buccaneer football team won the NJCAA National Championship, the fourth in the program's history. The squad was led by eventual 2010 Heisman Trophy winner Cam Newton.

Prior to coaching at Blinn College, Rehr coached for three seasons at Frank Phillips College in Texas, where he amassed an 80-28 record. In 2002 he led the squad to the regional championship and an NJCAA tournament appearance. The Lady Plainsmen won the Western Junior College Athletic Conference title in 2001 and 2002, going undefeated in conference play both seasons. Rehr was named the WJCAC Volleyball Coach of the year both seasons, as well as winning the District C Volleyball Coach of the Year award in 2002.

During his career, Rehr has helped lead teams to 10 conference championships, 10 NJCAA regional championships and nine NJCAA tournament appearances. He has coached 14 NJCAA All-Americans, 11 AVCA All-Americans, 10 NJCAA Academic All-Americans, 55 all-region players and 46 all-conference players.

Lead Coach for the Select Division will be Todd Dagenais, head coach of University of Central Florida. Coach Degenais



is no stranger to the Delta Region HP Program serving as a lead coach in past camps. In seven seasons at UCF, Coach Dagenais returned the Knights to a place they had not been since 2003; the NCAA Tournament.

In the best season under Dagenais' direction, the 2014 squad posted 25 wins-tying the best mark since the 2003 campaign-en route to the American Athletic Conference championship and earned the first bid to the NCAA Tournament in 11 seasons. The Knights garnered national attention, landing as high as 27 in the RPI and garnered 22 votes in the AVCA poll. A program-best three Knights earned AVCA All-America Honorable Mention honors, including DeLaina Sarden, who became the first three-time All-American.

A program-best four players were named AAC First Team selections, with DeLaina Sarden earning Player of the Year honors and Dagenais earning Coach of the Year recognition after UCF opened conference play with 13 straight wins.

Since arriving on campus in 2008, the Knights have been trending upward under Dagenais, finishing the last five seasons with winning records and topping out at 21 wins in 2013 for the most wins in a campaign since 2003. UCF finished its first season in the American Athletic Conference with a third place finish and 12-6 mark in league play.

Several UCF athletes were honored for their work in the AAC, as DeLaina Sarden was a unanimous first team selection to the All-American Conference team while Angelica Crump, Kaye-Alese Green, Jade Hayes and Marie Reiterova were all named to the second team. Sarden also earned AVCA Honorable Mention All-America and became the first player in school history to be honored two-consecutive years. After starting the 2012 season 3-10, the Knights went on a massive tear, closing the season winning 15 of their final 20 matches. UCF made a thrilling run to the C-USA championship match, just five years after finishing winless in conference play. Sarden earned AVCA Honorable Mention All-America for her efforts in the Knights final year in C-USA.

2011 was also a record-breaking season for the program in C-USA and outside of league play. The Knights tallied an 8-3 non-conference record that included sweeps of No. 3 Southern California and future BIG EAST opponent Pittsburgh. UCF narrowly missed receiving an at-large bid for the postseason after ending that year with a RPI at 73.

While in C-USA, the Knights totaled a program-best 12 wins to finish tied for fourth in the league. UCF topped Houston for the first time in school history and notched wins on the road at Rice and at SMU for the first time as well.

UCF student-athletes under Dagenais were rewarded greatly for their efforts. Both outside hitter Angelica Crump and setter Rachel Vukson earned AVCA Honorable Mention All-America honors while also making the AVCA All-Region Team. Crump became the first Knight in program history to earn All-C-USA First Team distinction while Vuskon and Evija Vilde made the second team and rookie middle blocker DeLaina Sarden was named C-USA Freshman of the Year.

In 2010, the Knights opened the season with seven-straight wins, the best start for the squad since 1983 and since playing in the Division I ranks. Overall, the 16-16 mark was a program-best since 2003 at the time, and the nine wins in conference were the highest since the Knights joined Conference USA in 2005.

The 2010 team also garnered two post-season awards as Kristin Fisher became only the third Knight in program history to be named to the All-CUSA Second Team. Nichole Riedel was named to the C-USA All-Freshman Team, and it was the first time a pair of Knights were named to the All-CUSA teams in the same season.

In his sophomore coaching season with the Black and Gold, Dagenais helped guide outside hitter Erin Campbell to the team's second-consecutive All-Conference USA selection when she was honored with a spot on the league's second team at the conclusion of the 2009 season.

The skipper also honed the skills of his younger players in 2010, as six freshmen saw playing time at one time or another during the season.

In his first campaign at UCF, Dagenais made his presence known and proved quickly that he has what it takes to put UCF volleyball on the national map.

Under Dagenais, the Knights posted a 15-17 overall record, its best mark since 2003, and matched its best Conference USA record, going 6-10 in the fifth-toughest volleyball conference in the nation.

UCF jumped from 244 to 113 on the NCAA Women's Volleyball RPI with Dagenais at the helm, an improvement of 131 spots and defeated five teams in C-USA that it had never previously beaten: East Carolina, Marshall, SMU, Tulsa and UTEP.

Additional firsts for the UCF volleyball program were achieved under the guidance of Dagenais in 2008, as Jenny Heppert became the first UCF volleyball player to be named an ESPN The Magazine Academic All-American® after being named to the second team in 2008, while Stephanie Serna became the first Knight to be voted onto an All-C-USA Volleyball Team, earning second team honors at the conclusion of the season. Serna would then go on to earn AVCA All-Midwest Region Honorable Mention honors. Lauren Rosenthal added to the firsts when she became the first UCF volleyball player to be named a C-USA Player of the Week, earning Setter of the Week honors on two occasions.

Dagenais also managed to bring in one of the most dominant volleyball teams in NCAA history when Stanford helped the Knights open the newly completed Venue at UCF on Sept. 2. A record 1,568 fans came to the opening match in which Dagenais and the Knights also honored the 1978 UCF volleyball squad that claimed the AIAW National Championship.

Lead Coach for the Future Select Division will be Justin Dee, head coach of Belhaven University in Jackson, MS. Back



by popular demand; this will be Justin's 8th year as a Lead Coach for the Delta Region HP Camp. Justin receives rave reviews each year from campers and their parents. We are thrilled to have him back as a lead Coach. As the Head Volleyball Coach at Belhaven University in Jackson, MS, Justin Dee completed his third season. Dee spent the 2012 season at Buchholz High School in Gainesville, FL where his team was a semifinalist in the 7A Florida playoffs.

Prior to arriving at Buchholz High School, Dee coached at Briarwood Christian School in Birmingham, Ala, leading the team to second and third place finishes in the state playoffs. Dee was named the 2009 Birmingham News Coach of the Year.

Dee is no stranger to the collegiate game or the NAIA, having spent time at Lyon College (AR) and Simpson College (CA). Dee coached at Lyon from 2004 through the 2007 and led the Scots to their first ever NAIA Regional Tournament berth. During his stint at Simpson, Dee was twice named NCCAA West Region Coach of the Year and posted third and fifth place finishes in the NCCAA Nationals.

COACHING STAFF

Delta Region High Performance coaches teach the systems and techniques used by our USA Volleyball National Teams. In addition, the drills and games used at the camps will be modeled directly from the daily training sessions of our National Teams. The volleyball activities in which you will participate at a Delta Region HP Camp will often be exactly the same as what the National Team members are doing in their practice the very same day in Anaheim, California.

Coaches selected to work the Delta Region High Performance camp include current college and top club and high school coaches from across the nation. All Delta Region HP coaches are experienced, knowledgeable, and highly-trained teachers of the game of volleyball. The Delta Region HP Programs will feature a 1:8 coach to athlete ratio, meaning that players will receive hours of personal instruction during training sessions. Already committed to being at the camp are coaches from Arkansas State, University of Central Florida, Belhaven University, Eastern Illinois, Lyon College, Harding University, Arkansas Tech, Hendrix, Stephens College, Bethel University & Louisiana Tech... just to name a few.

We are looking forward to seeing you at the camp! If you have any questions please contact Joanie at reg@deltavolleyball.net.