

Milwaukee Rally Volleyball Club

Volume I, Issue I
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Milwaukee Rally Welcomes over 70 Athletes!

With the 2007-2008 club volleyball season now in play, the coaching staff of the Milwaukee Rally Volleyball Club is encouraged by the great turnouts at tryouts, and the stunning talent of our teams. With almost 70 athletes and eleven members on our coaching staff, we are looking forward to our best and biggest year yet.

Club volleyball has grown steadily over the past decade, and we are happy to contribute to that trend. Our philosophy is clearly stated on our website: Milwaukee Rally believes strongly that high school athletes should be able to participate in both high school and club sports. Milwaukee Rally recognizes that high school athletics in season have first priority. Milwaukee Rally does its best to support multi-sport athletes by offering a flexible approach to club volleyball. Practices and tournament selection are geared toward reducing scheduling conflict for parents and players. Rally coaches aim to teach and train the sport of volleyball in an environment that emphasizes individual skill development and strong team orientation.

Milwaukee Rally welcomes all parents, players, coaches, and fans to the 2007-2008 season of Badger Region volleyball. Work hard, have fun, and we'll see you on the courts! **GO RALLY!**

Sincerely,
Milwaukee Rally Staff

Please visit www.milwaukeerallyvbc.com for more information about our club, along with team information, tournaments, etc.!

From the Director...

Welcome to the First Edition of the Rally Newsletter!

It is our intent to use these newsletters as a way to impart team, player, and club information as well as tips, ideas, reminders, etc. We really want this to be a fun yet informative tool. To do

so we need your help. Please forward Coach Kendra (our Newsletter Editor) your ideas on what you would like to see in the newsletter each month. As always, we welcome your input. If any of you would like to work on the newsletter, or write an article, etc. contact Kendra as well! We will be printing and

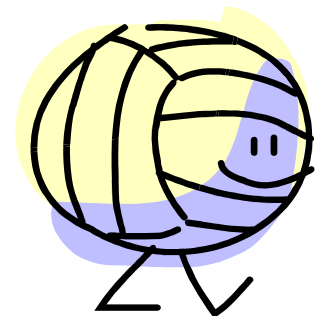
handing the newsletter out at practices, and also archiving copies of each month's newsletter on the Rally website in case you lose your hard copy, or want to see how we've progressed as a club!

Enjoy the read, and **GO RALLY!**

Sincerely,
Dennis Casey, Director of Milwaukee Rally

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DID YOU KNOW?

Cuba was the first to win three consecutive gold medals in women's volleyball!

The Volleyball Hall of Fame is located in Holyoke, Massachusetts!

Volleyball was invented in 1895!

Facts from funtrivia.com



Coaches Corner: Become a better server!

Serving is one of the most important skills in the game of volleyball, and the only skill that you have complete control over. That being said, serving is crucial for a winning season. This month, we asked our Rally staff to give their best tips, suggestions and strategies about serving to help you become an awesome server! Here's what they said:

Dennis Casey: Be confident!

Serving is all about having confidence and a consistent technique. When you go back to the end line, have a plan in mind for what you will be doing when you serve. If your coach gives you an area to serve, don't look at that spot; you will tip off the other team as to where you are going to serve. If your coach let's you decide where to serve, look to a player that has been struggling to pass, or to the corners of the court. Lastly, execute your serve. Don't forget to get into the court and play great defense after your serve!

Kendra Casey: Take your time!

A rushed serve will never be your best serve. You get 5-8 seconds once the up-referee signals you to serve. It may seem short, but in volleyball, that is an eternity! Take a minute to compose yourself and focus on basic fundamentals that your coaches have been teaching you in practice. Pick a particular spot on the court to aim for as well! Taking your time on your serve, will help ensure you get an ACE!

Christine Crowley: Stick with it!

Being of small stature, I used to think that I needed to take at least three steps to get some extra power into my serve. It turns out I was making things more difficult for myself! Because I was moving forward, I had a very hard time perfecting my toss. In addition, my accuracy and consistency were decreased. Since serving is the one area of the game that a player has complete control over, I was taking away my advantage as a server. My tip is to eliminate any steps you take while serving. Instead, simply shift your weight

from your serving-hand foot to your opposite foot as you swing. You might lack power at first, but strength will come from arm swing and weight shift as you become adjusted.

Janelle Balcerzak: Take a step!

If you serve standing still, there is a possibility that the ball will end up out of bounds or in the net. If you take a step when you serve, not only do you give yourself more forward momentum, but you gain the ability to place your serve. Placing your serve can be crucial in tough games. Having good placement and enough momentum are two of the "steps" in having a good serve. So remember...take a step!

Mike Walker Answers Your Questions!

As you all know, Mike Walker from 121 Fitness, LLC will be running conditioning sessions for the Rally this season. Mike will answer players, parents, or coaches questions regarding fitness, working out, and training. If you have a question for Mike to answer, send it to

kendralynncasey@gmail.com

Q: Mike, I really want to increase my vertical so I can become a better hitter. What is the fastest and best way to do that?

A: If you are a professional or amateur athlete, and want to be a successful volleyball player, it is imperative that you have the skill to jump as high as possible. This

is a vital skill that will enable you to compete with others. You would need to constantly concentrate on training designed to increase your vertical. This requires perfect development and toning of your leg muscles. One of the best ways to improve vertical jump is weight training exercises, which should be done under an expert observer. Your jump training will help improve all elements of your volleyball game too! There are some simple ways that you can use, to start developing your vertical jump. The idea is to strengthen your muscle fibers and your legs. The following are a few tips on how you can start training:

- 1) When you start your daily work-out, you must start with warming up the muscles and do leg stretches.
- 2) You first need to build strength in your muscles and only then can you go to phase 2, which is power exercises. These include explosive stretching and jumping exercises which really increase your leap.
- 3) The jumping skill that you develop should be enhanced by cardiovascular conditioning which could be done by doing jump rope exercises.
- 4) Building your muscles for jumping ability will improve vertical jump, as well as provide you with the stamina required for sprinting. That's just another benefit from the training!
- 5) You would also need to do the elevated, explosive, and double jumps to complete your training.



Milwaukee Rally would like to thank the following organizations!

Immanuel Lutheran Church

A graphic of a black t-shirt with a blue outline. The front of the t-shirt features the following text and graphics:

**City Screen Print
& Embroidery**



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Questions, comments, suggestions? We welcome your ideas!

Contact Coach Kendra at kendralynncasey@gmail.com