



Alabama Volleyball Coaches Clinic

March 28, 2015 - Tuscaloosa, Ala.

LOCATION

Foster Auditorium
801 6th Ave.
Tuscaloosa, AL 35401

SCHEDULE

10:00 - Individual Technique and Skill Development; Defense and Blocking (Ryan Freeburg)
10:45 - Team Defense Drills and Strategies (Ed Allen)
11:30 - Volleyball Nutrition for Peak Performance (Sidney Smith)
12:00 - Lunch
12:30 - The 5th Set Program; Volleyball Specific Strength and Conditioning (Josh Hampton)
1:15 - Developing the Setter (Ed Allen, Ryan Freeburg)
2:00 - Individual Technique and Skill Development; Passing and Attacking (Ryan Freeburg)
2:45 - Serve Receive Offense (Ed Allen)
3:30 - Questions/Break/Warmups
4:00 - Alabama vs. UAB

TO REGISTER

Cost: \$60

Registration forms are available online at alabamavolleyballcamps.com or you can mail in this flier by filling out the following information:

Name: _____
High School/Club Affiliation: _____
Position: _____
Email: _____
Address: _____
Phone Number: (____) _____

Paper registration forms should be sent to:
Alabama Volleyball attn. Mara Jo Burroughs
P.O. Box 870308
Tuscaloosa, AL 35487

Checks should be made payable to "Ed Allen Volleyball Camps"

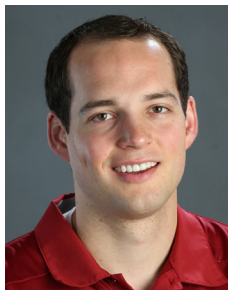
For questions email Ryan Freeburg at rfreeburg@ia.ua.edu

SPEAKERS



ED ALLEN - HEAD COACH

Allen has guided the Crimson Tide to unprecedented success during his four seasons at the helm, including back-to-back NCAA Tournament appearances, a school record for wins in a single season and multiple volleyball attendance records at Foster Auditorium. Under his guidance, Krysal Rivers became the program's first All-American in 2014 and also was one of two Academic All-Americans in 2014, along with teammate Sierra Wilson. In 23 years as a head coach, Allen owns a 573-235 (.709) record.



RYAN FREEBURG - ASSISTANT COACH

Freeburg joined the Crimson Tide coaching staff in 2014, bringing eight years of club coaching experience. Prior to his time at Alabama, he was an assistant coach at Dayton and George Washington and spent four years as both a student manager and volunteer assistant at Purdue under head coach Dave Shondell.



JOSH HAMPTON - STRENGTH & CONDITIONING

Coach Hampton is entering his third season as strength and conditioning coach for Alabama volleyball. He previously worked two seasons as a graduate assistant at Troy, working with baseball, softball and football. He is a 2010 graduate of the University of North Alabama and is a certified strength and conditioning specialist through the National Strength and Conditioning Association.



SIDNEY SMITH - NUTRITION

Smith has been with the sports nutrition department at Alabama since 2010 is currently completing her masters in exercise science. She is a Registered Dietitian(RD) as well as a Certified Strength and Conditioning Specialist(CSCS). In addition to volleyball, she works with the Crimson Tide football, baseball and women's basketball teams.

To register online, please visit www.alabamavolleyballcamps.com or rolltide.com