



The mission of American Athlete is to design, develop and facilitate age group programs, project and events that further advance the growth of the sport of Volleyball. American Athlete also serves as a brand ambassador for Mizuno, the world class sports equipment company!

<p><b>Welcome to American Athlete!</b></p> <p>American Athlete, the evolution of USA Michigan volleyball, was co-Founded in 1994 by Rob and Jackie Buck. USA Michigan was the first age group instructional, travel team and coach development program in the great state of Michigan.</p> <p>Rob has been coaching professionally since 1975 at the high school, club and university levels. Jackie is an accomplished elite level athlete at the high school and collegiate levels, was awarded All American and represented the USA at the World University Games.</p> <p>As USA Michigan Volleyball partnered with USA Volleyball High Performance the brand American Athlete was chosen to further develop the organizational mission.</p>	<p><b>M.I.V.C.A. CLINIC - July</b></p> <p>American Athlete is responsible for the coordination of the annual Michigan Interscholastic Volleyball Coaches Association Clinic (MIVCA).</p> <p>A wide variety of top class coaches present on court and classroom sessions designed to educate, enhance and excite the coaches participating in this event.</p> <p>Also included are an M.H.S.A.A. rules meeting, Hall of Fame and Senior All Star recognition banquet and M.I.V.C.A. general meeting breakfast.</p> <p>Competitive matches for the Senior All Star athletes with athlete equipment sponsored by American Athlete and Mizuno rounds out the program.</p>	<p><b>Kinetic Performance! - Available in August of 2011</b></p> <p>American Athlete is working with several specialist in the field of athlete performance to design, develop and deliver a one-of-a-kind pre/during and post athlete workout that covers the five critical areas of: Dynamic pre-training plan, Horizontal plyometrics with an emphasis on ACL injury prevention, Core development, Speed, quickness and agility, and Transitional movements.</p> <p>The program will be modular, with each season a new and improved plan will be developed that will evolve the entire workout plan. This inexpensive program is designed to be managed by the coach and has a built in fund-raising element for the teams that utilize the program.</p>	<p><b>MIZUNO! - August through July</b></p> <p>American Athlete is the official Mizuno equipment supplier to M.I.V.C.A. A % of ALL Mizuno sales to the M.I.V.C.A. membership is returned to the association and used for student-athlete post graduate scholarships and other projects specifically targeted to grow the game in Michigan. The Senior All Star athlete equipment is also sponsored—this gift in kind has been one of the catalysts in re-igniting the excitement the athletes and their families have in attending the training sessions, banquet and competitions.</p> <p>As brand ambassador for Mizuno, American Athlete offers quotes, personalized program fittings and our proprietary Mizuno on the Move program.</p>
<p><b>Pre-Season Middle School Coaching Clinics - August</b></p> <p>American Athlete coordinates one day pre-season middle school clinics for coaches to share our sport organizational model along with the strategies of teaching fundamental actions utilizing our unique Precision Skill Sequencing model.</p> <p>Designed to be an in-expensive choice for the entire coaching staff, these entry level clinics are a great way to prepare for the ever important middle school tryouts, training and competition season.</p> <p>While we know that the game teaches the game, we teach the fundamentals!</p>	<p><b>High School Tournaments—Coming in 2011!</b></p> <p>American Athlete is in the process of designing three great tournaments during the fall season of 2011. One will focus on varsity teams, one tournament will be for junior varsity teams and one tournament will be exclusively for frosh teams.</p> <p>American Athlete wants to ‘break the mold’ of the traditional tournaments and add something special for the coaches, provide something special for the participating athletes and make the competitions family friendly.</p> <p>For more information about our American Athlete Interscholastic tournaments contact our main office.</p>	<p><b>Position Advancement—September through May</b></p> <p>American Athlete coordinates skill specific training classes during the academic year designed to enhance an athlete’s current training regimen during their interscholastic and/or club training/competition season.</p> <p>Fundamental low impact/stress skill development focuses on the details of skill acquisition by observing sound biomechanics with an easy to understand teaching methodology. Athletes continue or return to their school and/or club environment with more knowledge about situational skill mechanics and only receive qualitative repetitions.</p> <p>Setting, Pass/Serve Reception, Attack reception and Biomechanics of Attacking classes run 1.5 hrs weekly for 5 weeks.</p>	<p><b>Club Management—October through July</b></p> <p>American Athlete is the parent company of the USA Michigan Volleyball Club with primary Regional Training Centers located in Kalamazoo, Ingham and Oakland Counties.</p> <p>American Athlete also provides administrative and operational management support for a variety of small clubs throughout the great state of Michigan.</p> <p>For more information on the USA Michigan Volleyball Club or for information on having American Athlete assist you in the development of a satellite club please review the reverse side of this document and contact our main office.</p>
<p><b>4 Majors—November through May</b></p> <p>Held on Sunday’s during the academic year, these skill development classes focus on an abbreviated weekly training model that allows athletes to continue to master the four primary skill of volleyball.</p> <p>Session are perfect for athletes that cannot commit to a club and have time constraints that might conflict with our Position Advancement classes. Weekly sessions are usually 2 hrs. in length and are held in five week blocks. Each lesson reviews and advances based upon skill level of the group.</p> <p>A great instruction model and another way in which American Athlete continues to offer opportunities for athletes of all skill levels.</p>	<p><b>Age Group Tournaments—January through May</b></p> <p>American Athlete coordinates single day tournaments on selected days during the normal club season.</p> <p>Tournaments are located in Kalamazoo and/or Battle Creek and offer a variety of age groups and formats.</p> <p>Coming in 2011 will be our newly designed Scramble 2 tournaments which are developed with the ‘game teaches the game’ model.</p> <p>Consider joining us and we look forward to hosting you!</p>	<p><b>USA Volleyball High Performance June - August</b></p> <p>American Athlete is the host organization for one USA Volleyball High Performance A3 camp and on Training Camp held at Davenport College in Grand Rapids, Michigan. Athletes must tryout for USA Volleyball’s High Performance program at locations throughout the country to be evaluated for a team, program or camp: <a href="http://usavolleyball.org/volleyball-disciplines/high-performance-indoor">http://usavolleyball.org/volleyball-disciplines/high-performance-indoor</a>.</p> <p>American Athlete manages the new High Performance In Your School camps that directs members of the national HP coaching cadre to your school for training with your coaching staff and athletes.</p>	<p><b>Summer Camp Programs—June through August</b></p> <p>American Athlete’s summer camp programs are the foundation of our year round development model. We offer a variety of models throughout the summer months and continue to have success year in and year out.</p> <p>In 2011 we will be offering the following formats: Site, Elite Sundays, Mini, Future Prep, Team, Pre-Season Training and Grade 9 Only.</p> <p>We look forward to working with you and your athletes. Please contact our main office for further information: <a href="mailto:headquarters@americanathlete.com">headquarters@americanathlete.com</a></p> <p>Good luck in all your great endeavors! All success to you and yours!</p>