



★ USA Michigan Volleyball ★  
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### Welcome to the USA Michigan Volleyball Club!

The club officially started in 1995 in Kalamazoo, MI by Rob and Jackie Buck to compliment a year round instructional model started in the summer of 1994.

Rob's previous experience included coaching positions at the high school, club, university and USA Women's Junior National Team levels.

Jackie was an elite athlete winning state championships at the high school level, conference championships at the university level and represented our country on the USA World University Games Team. Jackie also received recognition as an NCAA Division One All American and was inducted into her university's athletic hall of fame.

The USA Michigan Volleyball Club encourages families and coaches from all schools to get more information about our opportunities for athlete development.

We look forward to helping all athletes get to their next level!

### Why Is Club Volleyball Important?

While club volleyball participation has obvious intrinsic value in itself, the reality is that it is a developmental model for future success at the interscholastic level or in some cases, the intercollegiate level.

Our society has moved in a direction where there is far more sport specific specialization at the age group level because the competition to make a team, become a starter or garner more individual recognition is stronger.

Interscholastic teams are more focused on competition and intercollegiate teams are looking for athletes with a high degree of skill.

But just joining and participating in a club program does not insure physical, technical or experiential growth. Families have to find the right fit. Each club has a different philosophy and approach to defined goals and objectives.

A family has to decide if club volleyball is the right pathway. If you choose to tryout for a club, participation is an investment in the sports education of the athlete.

Choose wisely!

### The USA Michigan Volleyball Club... A Unique Opportunity.

Rob and Jackie Buck created the philosophical model for the club from years of research and experience.

The club works out of a main office with a highly capable and courteous staff who love the sport of volleyball and the coaches, families and athletes they interact with. They are always available to assist in the process, to answer questions and to distribute timely information.

Rob is the director of training and the coaches' work with him and move through a process of individual instruction, group training and system work that fits the level of each team.

Our coaches are great people, committed to the sport of volleyball and love working with age group athletes. They love to learn, teach, train and compete and always put the organization, club and team ahead of their own self interests.

Our athletes are expected to show up practice to learn. Our goal is to return them to their respective schools visibly improved with a better understanding of self management which is the foundation of building great teams.

Always improve!

### Levels:

The Run-Bird level is for athletes interested in both a national training regimen as well as a national competition schedule. Athletes must be from within 90 miles of Kalamazoo as training expectations include six practice sessions per week as well as physical performance and nutrition requirements.

The Junior level is for athletes in grades 9-11 with a focus on improving for their respective interscholastic teams. Training is twice each week to allow participation in normal interscholastic activities. The competition model is developed based on the level of each team.

The Youth level is for athletes in grades 7-8 with a focus on quality instruction first followed by the formation of teams that participate in an appropriate level and amount of competitions. Athletes start by training one time per week for 3 months followed by team formation, an additional training day and the appropriate competition model.

Training only level. For athletes that want the benefits of our training model but for whatever reason cannot commit to a team competition schedule.

Satellite. American Athlete manages not on the USA Michigan Volleyball Club but other clubs ran primarily by school coaches. American Athlete provides the administrative and operational expertise that assists school coaches in the process of club volleyball development.

### Additional Advancement Opportunity

1. Whether you are a USA Michigan Volleyball Club athlete or play for another club, you can take advantage of specialized position advance classes offered by American Athlete throughout the academic year.
2. Athletes who are not involved with club volleyball can enroll in classes offered through American Athlete with a focus on the development of the four major skill of our sport (spike, volley, pass and dig).

For more information about the academic year and summer instructional programs offered by American Athlete, log onto [www.americanathlete.com](http://www.americanathlete.com) or contact our main office: (269) 342-0029.

The game teaches the game but we teach the fundamentals!

Always succeed!

### More Information!

Informational meeting dates:

October 24 - Youth.

November 7 - National and Junior

All information including training locations, days of the week, training times, competition models and costs will be outlined.

Every youth level athletes enters our club as an instructional athlete. Team placement will be advanced during the month of March.

National level athletes will be evaluated on Nov. 7. and Junior level athletes will be evaluated on Sunday, November 14.

Exact locations and times will be updated on our website during the fall.