



UW-Whitewater • Thursday, July 29, 2010  
Featuring • Kris Russell • Teri Clemens

## The Legend Continues

For 24 years, Kris has conducted the Volleyball Coaches Clinic at UW-Whitewater. She and Teri continue to provide the expertise necessary to take your team to a new level of competitive play. Please join Kris at UW-Whitewater to update your coaching resume!

### Clinic Info

This clinic will provide basic and advanced skills in offensive and defensive strategies, motivational team topics, offensive strategies for all levels, and competitive team drills.

### Location

Williams Center, UW-Whitewater Campus

### Housing

Housing will be available at the following motels in Whitewater:

Super 8..... 262-473-8818

Baymont Inn ..... 262-472-9400

### Clinic Fees

**\$150** | Covers instructional costs and handouts.  
\* There is a 10% discount if postmarked before May 15, 2010.

### Clinic Speakers

#### Kris Russell

Kris is the former head volleyball coach for UW-Whitewater with an overall coaching record of 812-227. She also has had 13 straight NCAA appearances, two National Runner-Up finishes, and a 2002 National Title. Kris was also named four times the NCAA National Coach of the Year.

#### Teri Clemens

Teri is the former head volleyball coach for Washington University. She led the Bears to seven NCAA Division III National titles, was named NCAA Division Coach of the Year five times, coached in the U.S. Olympic Festival twice, wrote and published *Get With It Girls! Life is Competition*.

### Agenda

9:30 - 10:00  
10:00 - 10:40  
10:45 - 11:25  
11:30 - 12:10  
12:15 - 1:00  
1:00 - 1:40  
1:45 - 2:15  
2:20 - 3:00  
3:00 - 3:30

CHECK IN - LOBBY OF WILLIAMS CENTER, OUTSIDE OF GYM 4  
DEVELOP YOUR OWN COACHING STYLE THAT WORKS FOR YOU  
DEVELOPING A COMPETITIVE PRACTICE ENVIRONMENT  
IMPROVE YOUR BLOCKING OPTIONS  
LUNCH  
SETTING OPTIONS  
FAST OFFENSIVE OPTIONS  
COMBO DRILL SESSION WITH COMPETITIVE OPTIONS  
OPEN QUESTION SESSION

### Volleyball Coaches' Clinic • Thursday, July 29, 2010

Name \_\_\_\_\_ School/Club \_\_\_\_\_  
Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_  
Email \_\_\_\_\_

Register before May 15, 2010 and receive a 10% discount (\$135).

\$ \_\_\_\_\_ AMOUNT ENCLOSED. Make check payable to *UW-Whitewater*.

**Register by Mail:** Volleyball Coaches' Clinic  
University of Wisconsin-Whitewater  
Continuing Education Services  
Roseman Bldg. Rm. 2005  
800 West Main Street  
Whitewater, WI 53190



**To pay using Mastercard or Visa:** Call 1-800-622-0350 or 262-472-3165 (7:45 am - 4:15 pm, Monday-Friday).

**Register online:** <http://camps.uww.edu>

**Questions:** [www.krisrussellvb.net](http://www.krisrussellvb.net) or 262-903-1261