



## 2013 AVCA/NCSA College Prep Combine Building Your Recruiting Profile

**What:** The AVCA/NCSA College Prep Combine is a 90 minute low-impact data assessment for athletes who wish to build their recruiting profile. This event is being held in conjunction with the 2013 JVA World Challenge.

**When:** Thursday, April 11, 2013

Wave 1 will be held from 6:00-7:30 pm. Wave 2 will be held from 7:30-9:00 pm.

**Where:** Kentucky Exposition Center (Louisville, KY)

**Who:** Any uncommitted and unsigned girls' volleyball players who will be graduating high school in the class of 2013 - 2016.

Registration Type	Registration Period	Price
AVCA/NCSA College Prep Combine Early Registration	2/4/13 - 3/6/13	\$89.00
AVCA/NCSA College Prep Combine Standard Registration	3/7/13 - 3/20/13	\$109.00

Note: There is a limited number of spots available to participate in the AVCA/NCSA College Prep Combine. Therefore, registration will be on a first-come, first-served basis. It is recommended that you register at your earliest convenience to ensure your spot. Registration will close promptly on **Wednesday, March 20, 2013** at 5:00 pm (EST) **OR** as soon as the event reaches maximum capacity. Once registration is closed wave assignments will be announced.

### The AVCA/NCSA College Prep Combine will consist of three major components:

- 1. Volleyball Performance Index (VPI):** this electronically-validated battery of tests will measure vertical jump, approach jump, arm swing speed, height of attack, standing block jump, swing block jump, lateral quickness, reaction time, and acceleration.
- 2. Athlete Behavioral Profile (ABP):** using the proven DISC assessment tool, participants will receive a succinct overview of their behavioral tendencies on the court, as well as, their natural predispositions. This profile is valuable for self-awareness for players and will give coaches the opportunity to improve their effectiveness with feedback and to shape team chemistry.
- 3. Position-specific Video Clips (PVC):** each player will be videotaped performing skills needed for their position. These brief snippets, collected in a uniform way, will give college coaches a quick look at a player's current ability and, when paired with the VPI & ABP, will round out the participants recruiting profile.

\*Girls who are in the top percentile of their class will be automatically invited to the 2013 AVCA Phenom College Preparatory Program that will be held at the AVCA Annual Convention in Seattle, WA this December.

All of the results from the combine will be shared with participating athletes and AVCA member college coaches who request to receive them.

### **Detailed Combine Schedule**

#### **Wave 1: 6:00-7:30 pm: Combine/ Athletes Only**

- 6:00-6:30 pm: Recruiting Information (Parents) - Matt Sonnichsen, NCSA
- 6:30-7:30 pm: College Coaches Panel (Parents) - Moderator, Matt Sonnichsen
- 7:30-8:30 pm: ABP Debrief (Parents & Athletes) - Kathy DeBoer, AVCA

#### **Wave 2: 7:30-9:00 pm: Combine/ Athletes Only**

- 7:30-8:00 pm: Recruiting Information (Parents) - Matt Sonnichsen, NCSA
- 8:00-8:45 pm: College Coaches Panel (Parents) - Moderator, Matt Sonnichsen
- 9:00-10:00 pm: ABP Debrief (Parents & Athletes) - Kathy DeBoer, AVCA

### **\*\*Participant Insurance\*\***

- All participants must be AAU members to participate in the combine. If you are participating in the JVA World Challenge you will be registered with AAU through your club.
- If you are not participating in the JVA World Challenge and are already an AAU member please send us your membership ID.
- If you are not an AAU member and not playing in the JVA World Challenge you will need to obtain a one year AAU membership for \$14. Click [here](#) to complete your AAU membership online and pay by credit card.

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.

- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event
- AAU **Youth** Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- **Be Prepared:** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed
- Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

For questions regarding the AVCA/NCSA College Prep Combine please contact Haley Booth at [haley.booth@avca.org](mailto:haley.booth@avca.org). For questions regarding AAU Membership contact the AAU membership department at (407) 934-7200.