



# IOWA VOLLEYBALL



## Clinic Details

### Cost

\$100 Per Coach (Sat & Sun)  
\$80 per coach (Sunday Only)

### Hotel Options

*Hotel information will be provided with your confirmation letter.*

### Clinic Location

**THE NEW AIR CONDITIONED  
PRACTICE GYM OF  
CARVER HAWKEYE AREA**

Located on the corner of Hawkins Drive and  
Newton Road in Iowa City, IA

*Parking is available at no charge in Lot 46  
on the west side of Carver Hawkeye Arena*

### Questions?

Contact Director of Volleyball Operations  
Angie Boldt  
319-335-9351  
angie-boldt@uiowa.edu



## Clinic Schedule

### Saturday, August 11th

**6:00pm - 9:00pm**

- 5:30pm
- 6:00pm **Clinic Registration**  
How to Train Serving  
by Sharon Dingman
- 6:30pm **How to Train Passing**  
by Sharon Dingman
- 7:00pm **How to Train Setting**  
by Jenny McDowell
- 8:00pm **How to Train Hitting**  
by Jason Allen

### Sunday, August 12th

**9:00am - 5:00pm**

- 9:00am **Drills, Drills, Drills - Ball Control**  
By Jenny McDowell
- 10:00am **Defensive Systems**  
by Ben Boldt
- 11:00am **Offensive Systems**  
by Tom Keating
- 12:00pm **Lunch Provided**
- 1:00pm **Round Tables**  
Designing Practice Plans  
By Ben Boldt  
Ways to Evaluate Team Performance  
by Tom Keating  
Maximizing Team Performance  
by Gale Mote
- 3:00pm **Strength and Conditioning**  
by Dan Hammes
- 4:00pm **Drills, Drills, Drills - 6 v 6**  
by Iowa Coaching Staff
- 5:00pm **Clinic Ends**

## Registration Form

Send Registration Form and Payment To:

**Iowa Volleyball Coaches Clinic**  
**Attn: Angie Boldt**  
**S210 Carver Hawkeye Arena**  
**Iowa City, IA 52242**

**Make checks payable to the:**  
*University of Iowa*

\_\_\_\_\_  
Name

\_\_\_\_\_  
School/Club

\_\_\_\_\_  
Home Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Email

**Confirmation letters will be sent via email.**  
**Please write email address legibly.**



## Clinician's Biographies

### University of Iowa Coaching Staff



Sharon Dingman  
Head Coach



Jason Allen  
Assistant Coach



Ben Boldt  
Assistant Coach



Angie Boldt  
Director of Operations

## Gale Mote

### Owner of Gale Mote Associates

Catalyst and Coach for Revolution with a  
Passion for People

High Impact Training to Grow  
Your Organization or Team

Has worked with the Iowa Volleyball team for  
the past 3 years in areas of team chemistry,  
goal setting, and communication.

## Clinician's Biographies

### TOM KEATING

#### Coaching Highlights

Overall Record: 776-82

11 State Championships

17 Conference  
Championships

#### Coaching Accolades

2009 IGCA Hall of Fame Inductee

7 Time Iowa Coach of the Year

2003 NFHS National Coach of the Year

2003 Prepvolleyball.com National  
Coach of the Year

2002 NHSACA National Coach Hall of Fame

IGCA Eagle Award for Service

### Jenny McDowell

#### Coaching Highlights

Overall Record: 476-123

2008 NCAA Division III National Champions

15 Straight NCAA Division III  
Tournament Appearances

#### Coaching Accolades

2008 NCAA Division III National  
Coach of the Year



**2012 COACHES CLINIC**  
**August 11<sup>th</sup> - 12<sup>th</sup>**

## FEATURING

### **Tom Keating**

**Former Dubuque-Wahlert Head Coach**  
**11 State Championships**

### **Jenny McDowell**

**Emory University Head Coach**  
**2008 NCAA Division III**  
**National Champions**

## **Gale Mote**

**Owner of Gale Mote Associates**

## **IOWA COACHING STAFF**

### **Sharon Dingman**

**Head Volleyball Coach**

### **Jason Allen**

**Assistant Coach**

### **Ben Boldt**

**Assistant Coach**

### **Angie Boldt**

**Director of Volleyball Operations**