



JVA October Club of the Month



Louisiana Volleyball Club

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Since 2000, Louisiana Volleyball has been developing volleyball players through individual skill training, team training, team competition, and mental training. Club Directors Jimmy and Peggy Miranda feel it is a humbling opportunity to touch the lives of over 1,000 athletes each year through LAVB's pipeline of opportunities. After losing their facility to hurricane Katrina in 2005, they were unsure about the club's future.

Louisiana Volleyball has been a member and supporter of the JVA since the very beginning. With 8 teams in 2000, LAVB has grown to over 50 teams ranging from New Orleans, the Greater New Orleans Area, Baton Rouge and Lafayette, all clubs with different names under the LAVB umbrella.

Prior to hurricane Katrina, LAVB's 25,000 square foot facility allowed the club to have four competition courts, and when they were not busy hosting tournaments, they fit in 8 practice courts to train their athletes. In addition, LAVB had a large class room for their PEP (Peak Effective Performance) Classes, a pro shop, a snack bar, offices and a game center. The original facility also had an advanced video setup with a wireless rolling cart that contained a computer, monitor, key board, mouse and camera. Installed on the computer was the Dartfish software, so skill videos and practice clips were instantly played back on a high definition projector to a 16' X '20' screen that was mounted on the center of the main wall.

Louisiana Volleyball was able to face adversity and bounce back. Today the club offers a variety of programs for players 5-18 years of age:

- Volley Tots (ages 5-9)
- AAU Local Teams (ages 10-14)
- Regional Teams (ages 10-18)
- National Travel Teams (ages 13-18)
- Beach Teams (ages 10-18) **Launching in 2012**
 - Each city will have their own teams that compete within Louisiana Volleyball Beach Series as well as regional and national tournaments.



Consistent with its mission of "Training Athletes and Equipping Lives," LAVB's club program teaches life skills through the sport of volleyball by emphasizing mental preparedness for high-level competition. LAVB's mental training curriculum is PEP, which is short for Peak Effective Performance. The curriculum includes a ring binder note book for each athlete and a Power Point Series of class room learning and discussions. Each athlete is required to attend the training and to keep a journal of the volleyball activities. The training sessions are conducted twice a month.

Although LAVB's mental training took a setback when it lost its training facility to hurricane Katrina, the mental training program (PEP) was resurrected last year with hopes to be back into full swing this season. At the present, PEP is only be offered to LAVB's travel teams, however Jimmy and Peggy are setting up a once a month series for all teams, titled the "TRIAD of Excellence" where they will discuss the importance of Technique-Strength-Mental preparations to be the best they can be. This series offers a glimpse into the mental aspects of the game for all participants.

Louisiana Volleyball now has two new homes: [Baton Rouge practice facility](#) and [Volleyball Institute of America](#). Recently, LAVB has partnered with Alliance Volleyball Club and Team Sting to develop a "Trilogy" of AAU Super Regional Tournaments in New Orleans, Nashville, and Birmingham. Louisiana Volleyball has proven that with dedication, determination and creativity, it can withstand adversity and continue to grow the sport of volleyball.



Interested in nominating your club for JVA Club of the Month? [Here's how.](#)