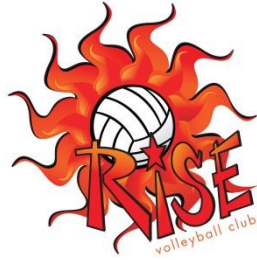




JVA CLUB OF THE MONTH

May 2013



Rise Volleyball Academy
Meridian, Idaho
[Website](#)

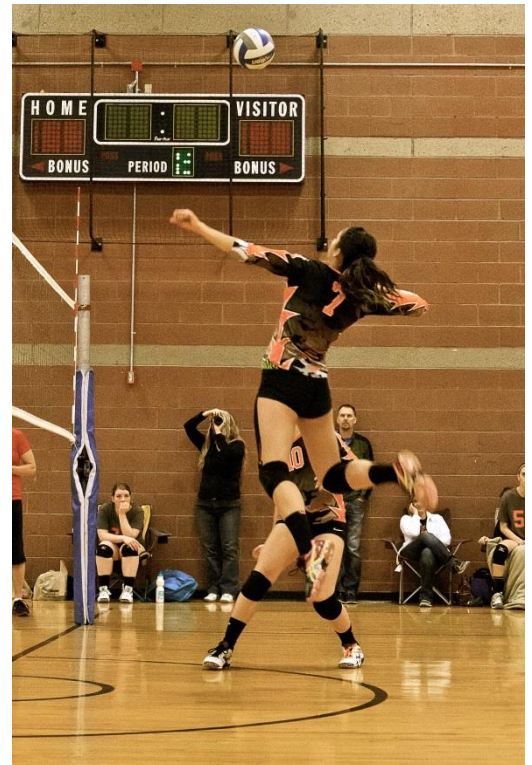
At the center of Rise Volleyball Academy is the club's commitment to providing 3 key motivational elements: Mastery, Autonomy, and Purpose. The club is not just a loose collection of individual teams, but a true athletic program in which teams get to know each other and support each other, on and off the court. Club Director, Loren Anderson believes that they have a club concept that is very unique in the Inter Mountain Region.

A main component of Rise Volleyball Academy's mission statement is character development in each and every athlete. "Our number one goal is to have each athlete reach their utmost potential while teaching skills such as teamwork, dedication, and other values that will enhance them not only as players, but as people." Statistics show that 5-10% of junior volleyball players will play at the next level, so what are we doing for the other 90%? The poem below is a driving force behind the club and is an important part of Rise Volleyball's culture.

**"Our deepest fear
is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves,
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking
so that other people won't feel insecure around you.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine,
we unconsciously give other people
permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others."**

Marianne Williamson

In only its third year, Rise Volleyball Academy was founded on the belief that a systemic approach to training at all levels is essential to proper development. Loren founded Rise Volleyball after having coached for 6 other clubs in Idaho, Colorado and Arizona. The club is based on the Master Coach model where one coach or director runs every practice for every level, and in this case it's Loren. He spends a lot of time educating his coaches to help them understand how to coach and how to create change. In the end, Loren believes coaches wear 3 important hats: they are change agents,



salesmen and teachers. Rise Volleyball places a big emphasis on the performance pyramid, where fundamental human movement is at the bottom of the pyramid, athletic movement next, and volleyball specific movement skills at the top.

When training athletes, modern technology is utilized as an enormous advantage. There are multiple iPad apps that are very useful for coaching such as Coach's Eye, Ubersense, BAM, and Video Delay. Specifically, Video Delay allows Rise coaches to mirror the image on the iPad to a large screen TV using the mirroring function of Apple TV. The club uses this at every level, in any situation: private lessons, group settings, team practices, strength & conditioning, etc.



This video shows an example of a video feedback session where the players are able to view themselves performing the skill immediately after so they can make faster corrections and see what they need to improve on.

Last November Rise Volleyball Academy moved into its own facility. Due to financial concerns in the school districts, the

price of gym rental was going up, so the club began looking for a facility. The one that was chosen is not ideal, as there is only one court, with a lot of unusable office space, but it was the best Loren could find. A 2 year lease was set up as a short term option in hopes of finding a larger facility down the road. With the new facility, Rise Volleyball was able to

add extra teams. Due to having access to it 24 hours a day rather than having to abide by the school's schedule, the club can run practices any day of the week, any time. Rise went from 7 teams in 2012 to 14 teams in 2013 with the addition of the new facility (Yes, they run 14 teams out of a one court facility!).



Rise Volleyball stays busy all year long with grass volleyball leagues, in addition to camps and clinics all year round. In order to expose its athletes to the outdoor game, the club runs a grass doubles series of 5 tournaments since there is no access to sand courts in their area. Looking ahead, Loren has plans to expand Rise Volleyball Academy by starting a VolleyTots program, as well as adding boys volleyball. There is very little

that this club does not do, or does not intend to do in the next few years. Sending its teams to the JVA World Challenge and supporting an organization that does not have much presence in their area of the country is an example of why this club is a leader. As an organization of leaders, the JVA is proud to award Rise Volleyball Academy as this month's JVA Club of the Month.



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