



### ELITE TEAMS

*College preparatory training  
Two mandatory practices weekly  
Additional practices involving position  
specific & skill specific training  
Local tournaments and travel tournaments  
Extended season through JO Nationals  
and/or AAU Nationals in June or July*

### PERFORMANCE TEAMS

*College preparatory training  
Two mandatory practices weekly  
Additional practices involving position  
specific & skill specific training  
Local tournaments and travel tournaments  
Extended season through mid-late April*

### REGION TEAMS

*Middle and high school preparatory training  
Two mandatory practices weekly  
Play local tournaments through the  
Regional Championships*

### KIDS POWER TEAMS

*Developmental program for ages 7-12  
Learn skills and fundamentals in a fun atmosphere  
Practice once a week  
Kids Power Tournaments with culminating  
Tournament play in March*

**REGISTER ONLINE AT**  
[www.scmidlandsvolleyball.com](http://www.scmidlandsvolleyball.com)



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# SOUTH MIDLANDS CAROLINA VOLLEYBALL



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Together featuring 50+ athletes at the collegiate level as well as countless others achieving success on their middle and high school teams!

## SC Junior and Midlands Volleyball have joined forces!

Resulting in the merger of SC Juniors and Midlands Volleyball, South Carolina Midlands Volleyball is the collaboration of three volleyball families who have come together to bring their extensive playing and coaching experience to the youth players of the greater Midlands, SC area.

USC Head Volleyball Coach Ben Somera and former USC and Oregon State University Head Coach Nancy Somera; long time directors and coaches of SC Juniors Cynthia and Glen Dimapan; and Michelle Collier, current USC Assistant Coach and husband Rafael Silva, professional volleyball player, have come together to provide a club experience that will surround players with the core values that have brought them success as players and coaches.



## Our Training Philosophy

South Carolina Midlands Volleyball is a USA Junior Olympic Volleyball Program that prides itself on excellence. Developed with the vision of providing the highest level of volleyball training, our club training philosophy is to build training continuity from the youngest players to the most elite in the club. Fundamentals in movement and skill execution, as well as an emphasis on teamwork and communication will be fostered. Ben and Nancy Somera of USC will act as Directors of Coaching, providing tutelage and mentorship to all coaches so that training goals are consistently met at all levels.

## The Premier Volleyball Training Center of South Carolina

Since opening its doors in 2004, Plex Indoor Sports has been home to SC Juniors serving both as a mecca for volleyball training, as well as a prime location for statewide tournaments. This year, this first class facility will be the main training site for SC Midlands Volleyball.



...combined

## 2010 Club to College Athletes



- Alex Angel-Savannah Coll of Art & Design
- Ally Greer-Spartanburg Methodist
- Amber Bennett-Tulane University
- Andrea Keese-Charleston Southern
- Anna Butrym-Erskine College
- Anna Vizvary-Pfieffer University
- Caleen Hawkins-SC State University
- Chapin Talbot-Spartanburg Methodist
- Deidre Noble-Winthrop University
- Emma Blich-Mountain State University
- Hannah Dederick-Lander University
- Kellie Schmidt-University of South Carolina
- Kiki Hennessey-Lander University
- Kindra Bailey-Coastal Carolina
- Laura Grace Swindler-Charleston Southern
- Megan Woodall-Berry College
- Shealy Bigach-Tusculum College

