



**BYOP**  
Bring Your Own Parent

# 2013 SPRING SCHEDULE

**Program Overview:** This training program is designed for any player, no matter what skill or ability level, as long as their goal is to become the best they can be! Parents must be fully dedicated to be actively involved in this program. BYOP™ will provide excellent volleyball fundamental skills training as well as life lessons to both player and parent.

**Program Details:** Each training session will build upon a solid foundation of all fundamental skills needed to participate in the sport of volleyball. Parents must be engaged in every training session and involved in the home training program involving physical and skills activities.

Innovator, educator, motivator and trainer ... **Ruth N. Nelson** has over 40 years of experience (16 years collegiate Head Coaching at George Williams, Houston, LSU and Iowa). Nelson has been a USA National Team Player, USA National Team Assistant Coach, USA National Team Technical Advisor, Junior National Team Head Coach, World University Games Head Coach and Dallas Belles Major League Volleyball Professional Team Head Coach. Nelson has also received three prestigious awards: in 2013 University of Northern Colorado's Hall of Fame; 2011 USA Volleyball's All-time Great Coach Award – Pioneer Division and in 1996 USA Volleyball's George J. Fisher Volleyball Award for significant service rendered to the sport of volleyball for at least 20 years. With a **focus on youth** over the past 13 years, Nelson developed and tested her BYOP™ program for players 10 and under.



photos courtesy of KHisel & APedron



**TOURNAMENTS**

*March 9*  
Pre-Season

*May 18*  
Post-Season

**COURT NUMBER:**  
GREEN 5,4 OR 2

**REGULAR MATCHES**

*March 23: 11:30am & 12:30;  
30: 1:30pm; April 6: 10:30am;  
13: 8:30 am; 20: 11:30 am &  
May 4: 10:30 am; 11: 1:30pm*

**LOCATION: PLANO**  
**SPORTS ASSOCIATION**

