



- A. Molten 6 Ball Bag**
- Zippered top
 - Detachable shoulder strap
 - Holds 6 balls • Color: black

A. Stock # MVB
Molten 6 Ball Bag
Unit Price \$21.99 ea



- B. Molten BKF Ball Cart**
- Holds approx. 30 balls
 - Nylon canvas w/ aluminum frame
 - Caster wheels for mobility
 - Color: black

B. Stock # MBKF
Molten Ball Cart
Unit Price \$129.99 ea



- C. Molten Collapsible Hammock Ball Cart**
- Hammock style for less back strain
 - Perfect for fast paced drills
 - Holds approx. 24 balls
 - Color: black

C. Stock # MBKHAM
Molten Hammock Ball Cart
Unit Price \$149.99 ea



- D. Baden All Purpose Ball Cart**
- 46"l x 25"w x 42"h
 - Holds 46+ balls open, 35 balls closed
 - Shallow for less back strain
 - Strong steel frame
 - Not collapsible
 - Heavy duty caster wheels
 - Zippered cover can fit a small lock
 - 600D polyester/nylon
 - Color: black

D. Stock # BADAPBC
Baden Ball Cart
Unit Price \$199.99 ea



- E. Baden Collapsible Ball Cart**
- Holds approx. 24 balls
 - Nylon fabric w/ an aluminum frame
 - Built high to reduce bending over
 - Caster wheels for mobility
 - Lockable zipper cover
 - Color: black

E. Stock # BACART Baden Ball Cart
Unit Price \$115.99 ea



- F. Baden 6 Ball Bag**
- Zippered top
 - Detachable shoulder strap
 - Holds 6 balls • Color: black

F. Stock # B6WS
Baden 6 Ball Bag
Unit Price \$21.99 ea



- G. Baden Hammock Ball Cart**
- Holds 30 balls
 - Shallow for less back strain
 - Strong steel frame
 - Heavy duty caster wheels
 - 600D polyester/nylon
 - Folds for easy storage
 - Color: black

G. Stock # BADBCH.90
Baden Hammock Ball Cart
Unit Price \$199.99 ea



- H. Giant Baden Ball Bag**
- Mesh and canvas
 - Holds up to 18 balls
 - Color: black

H. Stock # BIGBAG Giant Ball Bag
Unit Price \$26.99 ea



- I. ASICS Individual Ball Bag**
- Perfect for airline carry on
 - 600D Polyester mesh
 - Drawstring cord & toggle
 - Plastic hook to attach to any bag
 - Holds one volleyball
 - Size: 11" x 9" x 9" • Color: black

I. Stock # ZR900
ASICS Individual Ball Bag
Unit Price \$4.99 ea



- J. Mesh Ball Carrier Bag**
- 100% nylon
 - 30" x 48"
 - Open mesh design
 - Holds 8-12 balls
 - Color: white

J. Stock # MESH BAG
Mesh Ball Carrier
Unit Price \$7.99 ea



- K. Tachikara TV6 Rectangular Ball Bag**
- Zippered top • Side mesh pockets
 - Holds 6 balls
 - Detachable shoulder strap
 - Colors: black, red, forest, royal, navy, maroon, purple

K. Stock # TV6 TV6 Rectangular Bag
Unit Price \$20.99 ea



- L. Tachikara Collapsible Hammock Ball Cart**
- Holds approx. 24 balls
 - Galvanized steel frame
 - Hammock style nylon cover
 - Designed for fast paced drills
 - Nylon carrying bag
 - Colors: black, red, royal, navy, maroon, purple, forest, pink

L. Stock # BCHAM
Tachikara Hammock Ball Cart
Unit Price \$114.99 ea



- M. Tachikara Collapsible Ball Cart**
- Holds approx. 30 balls
 - Nylon canvas w/ galvanized steel frame
 - Oversized caster wheels for mobility
 - Nylon carrying bag
 - Color: black

M. Stock # TCART
Tachikara Ball Cart
Unit Price \$114.99 ea



**IN STOCK ORDERS
SHIP WITHIN 24 HOURS!**



N. Tandem Colossal Ball Cart

- Oversized to hold 40 balls
- Heavy duty powder coated steel
- Black nylon liner includes side pockets
- 42.5"x32"x38"

N. Stock # COLOSSAL

Tandem Colossal Ball Cart

Unit Price \$149.99 ea



O. Tandem Ball Cage

- Stores up to 40+ volleyballs
- Heavy duty galvanized steel
- Swing top
- Place to secure a padlock
- Lock not included
- Assembly required
- 42"x27"x34"

O. Stock # TACAG

Tandem Ball Cage

Unit Price \$329.99 ea



P. Mikasa Collapsible Hammock Ball Cart

- Sturdy steel frame
- Holds 24+ balls
- Hammock style nylon cover
- Designed for fast paced drills
- Nylon carrying bag included
- Colors: red, maroon, royal, navy, green, black
- Specify color please

P. Stock # MIKBCH

Mikasa Hammock Ball Cart

Unit Price \$119.99 ea

New Low Price!

Q. Cramer Plastic Water Bottle Carrier

- Holds 6 water bottles (not included)
- Collapses flat for easy storage

Q. Stock # CARRED

Plastic Bottle Carrier

Unit Price \$24.99 ea



R. MVW Translucent Water Bottle

- Holds 28 ounces
- Contour design
- Pop up water spout w/ firm seal
- No slip grip
- B.P.A. Free
- MVW logo on side of translucent bottle
- Colors: orange, red, blue, purple, green, black
- Hand Wash Only

R. Stock # TRANSWAT

Translucent Water Bottle

Quantities 1-23 24 +

Unit Price \$2.99 ea \$2.49 ea



S. MVW Stainless Steel Water Bottle

- Holds 34 ounces
- B.P.A. Free
- VB graphic on two sides of bottle
- Colors: yellow, red, silver, lime, blue

S. Stock # SB114

SS Water Bottle

Qty Unit Price

1-23 \$7.99 ea

24+ \$6.99 ea



T.

T. MVW Polycarbonate Volleyball Water Bottle

- Polycarbonate water bottle
- Holds 32 ounces
- Nearly indestructible
- Wide mouth bottle w/ easy opening
- Leakproof attached cap
- MVW logo on side of bottle
- Colors: red, purple, blue, orange, black, green
- B.P.A. Free
- Hand Wash Only

T. Stock # POLYWAT Polycarbonate Bottle

Quantities 1-23 24 +

Unit Price \$5.99 ea \$4.99 ea



U. Deluxe Score Flipper

- Portable score flipper with handle
- 7" white numbers
- Numbers 1-99 with center period
- Heavy duty plastic frame
- Folds flat for storage
- Light weight
- Sits on any flat surface
- 25"(l) x 13"(h) x 4"(base)

U. Stock # DELSCOR

Deluxe score Flipper

Unit Price \$45.99 ea

New Low Price!



V. Flip Score Board

- Portable score flipper
- Light weight
- 5.75" white numbers, 1 - 99
- Heavy duty plastic frame
- Sits on any flat surface
- 20"(l) x 12"(h) x 8"(base)

V. Stock # SCORE Flip score board

Unit Price \$37.99 ea

New Low Price!



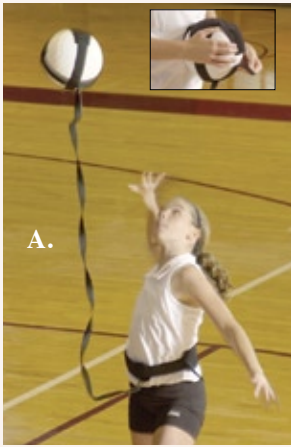
W. SportX® Spot Markers

- Best floor marking system available
- Thermo polymer
- Does not interfere with a player or ball
- Only 1/8" thick
- Easy to put in place and can easily be repositioned
- Available in the original "X" style or 15" line style
- "X's" have 6 orange / 6 black markers per box
- Lines have 5 orange / 5 black markers per box

W. Stock # SPORTX SportX "X" Markers Unit Price \$54.99 / box

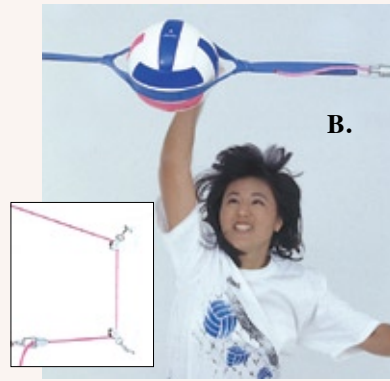
W. Stock # SPXLINE SportX Line Markers Unit Price \$54.99 / box





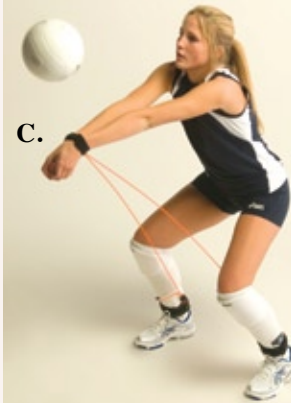
- A. Volleyball Pal**
- Practice serving tosses or arm swing technique without ever having to chase a ball
 - Velcro strap secures around the waist
 - Neoprene pouch holds a volleyball
 - Elastic cord connecting the waist strap to the ball pouch
 - Smooth action of cord guides ball back to the player each and every time
 - Practice for hours without the help of another person
 - Volleyball not included

A. Stock # PAL
Volleyball Pal
Unit Price \$18.99 ea



- B. Crush-It**
- Perform many repetitions without having to stop and shag balls
 - Improve spiking technique, approach, arm swing, vertical jump, and endurance
 - Easy set up in any corner
 - Adjusts to different heights
 - Ball attachments on side of the ball allow the player to hit on top of the ball
 - Ball included

B. Stock # CRUSH
Crush-it
Unit Price \$124.99 ea



- C. Pass Rite Training Aid**
- Easy to use training tool
 - Durable elastic band attaches to the passer's wrists and ankles
 - Band prevents excessive upward arm movement
 - Velcro wrist and ankle cuffs
 - Cuffs are small and lightweight to minimize interference with ball contact
 - Elastic band is adjustable to accommodate any height

C. Stock # PASSRITE
Pass Rite
Unit Price \$21.99 ea



- D. Two Team Rotation Locator Card**
- Keep track of both teams' positions at the same time
 - Write the player's number on the rotating plastic dial and turn it to track front and back row locations
 - Time outs and substitutions can be tracked
 - Comes with a dry erase marker
 - Card folds in half to fit in a pocket
 - Size: 4.5" x 6"

D. Stock # ROTCARD
2 Team Rotation Locator **Unit Price \$8.99 ea**



- E. Rotation Locator**
- Keep track of your players' positions
 - Write your player's number on the clear rotating plastic dial and turn it to track front and back row locations
 - Time out and substitution check off
 - Comes with a dry erase marker
 - Size: 5" x 7.75"

E. Stock # ROTLOC
Rotation Locator
Unit Price \$7.99 ea



- F. Skymeter**
- Easy way to measure and improve vertical jump
 - Hang the SkyMeter from the front of a basketball rim and you have a visual reference to measure an athlete's jump
 - Impact resistant plastic and flexible vinyl

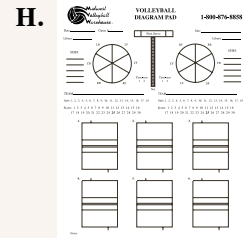
F. Stock # SKYM Skymeter
Unit Price \$24.99



- G. KBA Playmaker White Board**
- Show a play, then erase it away clean
 - Marker pen hooks to the clip w/velcro
 - Full size: 12" x 18"
 - Compact size: 9" x 15.5"

G. Stock # KBA1
Full size 12" x 18"
Unit Price \$12.99 ea

G. Stock # KBACOM
Compact size 9" x 15.5"
Unit Price \$9.99 ea



- H. Coaches Diagram Pad**
- 50 sheets per pad
 - Space to track essential elements such as rotations, time outs, substitutions, shot charts, serve receive patterns and miscellaneous notes
 - Accommodates rally scoring

H. Stock # DIAGRAM
Diagram Note Pad
Unit Price \$2.99 ea



- I. Mikasa Bump Board**
- Ultimate tool to develop volleyball passing and receiving skills
 - Perfect for the volleyball player who is looking to improve their passing skills
 - Designed to teach proper arm angles and proper platform technique
 - Padded arm supports take the sting out of practicing.

I. Stock # BUMPB Bump Board
Unit Price \$32.99



- J. Floor Tape**
- 2" x 180' rolls
 - Three rolls will tape 2 courts
 - Colors: white, red, royal, green, orange, yellow, black
 - Specify color please

J. Stock # FLOORT 180' Floor Tape
Unit Price \$8.49 ea

To correctly replace your volleyball net, it is necessary to know the length of your existing nets top cable. Measure your top cable, and be sure it is the same size as either net (K.-L.) below.



K. Power Volleyball Nets

- Herculite top and bottom bindings • 8 grommets
- Wooden dowels for end pockets • Nylon tie cords
- International size: 9.75 m x 1 m
- 41' x 3/16" top cable
- Net 2 & Net 3 will NOT fit a Senoh® system.

Net 2 : 1/8" bottom cable which is vinyl coated. **Net 3** : 1/4" bottom rope.

K. Stock # NET2 Unit Price **\$139.99** ea
K. Stock # NET3 Unit Price **\$124.99** ea

L. Super Pro Volleyball Nets (not pictured)

- WILL fit on a Senoh® system
- Herculite top and bottom bindings • Wooden dowels for end pockets
- 8 grommets • Nylon tie cords • International size: 9.75 m x 1 m
- 48' x 1/4" Nylon-Kevlar top fiber cable • 44' braided nylon bottom rope

L. Stock # NET4 Super Pro Volleyball Net Unit Price **\$164.99** ea

M. Tandem Net Antennas • Easy to set and adjust • Sold as a pair with case
 • Durable one piece fiberglass rods fit both 36" and 39" nets



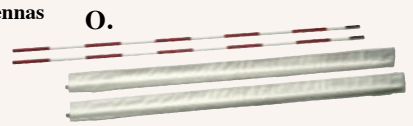
M. Stock # BF21TA Net Antennas Unit Price **\$78.99** pr

N. ASICS BF300 International Net Antennas (not pictured) • Fits 39" nets
 • Solid one piece fiberglass unit • Sold as a pair • Easy to set and adjust

N. Stock # ASICSANT ASICS BF300 Net Antennas Unit Price **\$119.99** pr

O. Tandem Collapsible Net Antennas

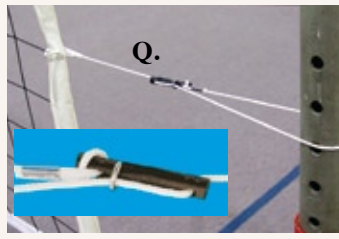
- Fiberglass red/white antennas
- Sold as a pair w/carrying bag
- 2" Vinyl pocket securely velcros antenna to net



O. Stock # TANANT Collapsible Antennas Unit Price **\$72.99** pr

P. AAI Net Antennas (not pictured) • Solid one piece fiberglass unit
 • Sold as a pair • Vinyl pocket velcros to net for a fast and sturdy attachment

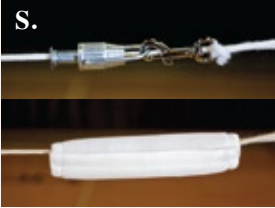
P. Stock # ANTENNA Net Antennas Unit Price **\$114.99** pr



Q. LeverKnot Volleyball Net Side Tensioning System

- Eliminates the need to tie knots
- Won't tangle, stretch or break
- Releases easily
- Compatible with indoor and outdoor net systems
- 4 foot rope length
- Sold as 6 pack

Q. Stock # LEVKNOT Unit Price **\$29.99** per six pack



S. Tandem Net Rope Tightener w/ Cover

- Easy to use locking device
- Attaches to bottom rope of net for quick tightening • Sold as a pair
- Cover included

S. Stock # TATIGHT
 Tandem Net Rope Tightener w/cover
 Unit Price **\$27.99** pair



V. Rope Tightener • No moving or metal parts
 • Once tied onto bottom net rope, simply wrap the rope around the standard and pull it tight locking the rope into this unique device

V. Stock # ROPTITE2 Rope Tightener
 Unit Price **\$13.99** pair



W. Inflation Needles
 • Three per pack

W. Stock # NEEDLE
 Inflation Needles 3 Pk
 Unit Price **\$1.99/pack**



Y. Tachikara Electric Air Compressor

- Gauge
- Safety control
- Compact
- Fast and quiet
- Heavy duty construction

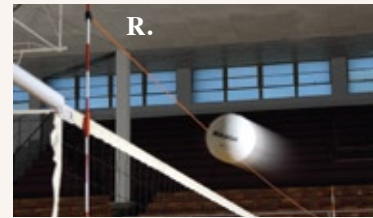
Y. Stock # COMPRES
 Electric Air Compressor
 Unit Price **\$124.99** ea



Z. Tachikara Portable Pump

- Safety control
- Gauge
- Compact air
- Fast, quiet

Z. Stock # PORTP
 Tachikara Portable Pump
 Unit Price **\$57.99** ea



R. Tandem Net Extender

- Practice serving or attacking in a specified plane above the net
- Easily connects to the net antennae with velcro fasteners
- Durable, stretchable elastic
- Adjust to almost any height
- Comes in a convenient carrying bag

R. Stock # NETEX Net Extender Unit Price **\$18.99** ea



T. Pocket Pump

- Use for any sport
- Flexible hose
- Easy one hand operation
- Air release valve
- Compact size: 6"

T. Stock # POCPUMP
 Pocket Ball Pump
 Unit Price **\$9.49** ea



U. Pocket Pump with Gauge

- All in one!
- Flexible hose
- Air release valve
- Gauge dial
- Compact in size

U. Stock # PUMPGAU
 Pocket Ball Pump w/Gauge
 Unit Price **\$19.99** ea



X. Mini Baden Ball Pump

- Quick
- Economical
- Fills soft balls
- Super compact 4" size
- Inflation needle included

X. Stock # PUMP2
 Baden Hand Ball Pump
 Unit Price **\$2.99** ea



AA. Tachikara Compact Ball Pump Kit

- Perfect size to carry in your bag
- Pocket gauge
- 3 inflation needles included
- Compact 8" ball pump

AA. Stock # IKIT
 Tachikara Pump Kit
 Unit Price **\$11.99** ea



BB. Ball Gauge

- Measures the air pressure
- Air release valve

BB. Stock # GAUGE
 Ball Gauge
 Price **\$12.99** ea



CC. Tachikara Digital Gauge

- Provides a quick read out
- Precise and accurate reading

CC. Stock # DIGIG
 Tachikara Digital Gauge
 Unit Price **\$19.99** ea



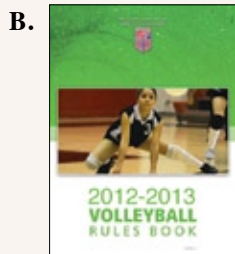
A. Ultrak 320 Timer

- Displays cumulative-split timing
- Time and calendar
- Alarm and chime
- Includes lanyard

A. Stock # ULTRAK

Ultrak 320 Timer

Unit Price \$7.99 ea



B. National Federation Rulebook

- A must for every high school coach!
- Contains 2012-13 volleyball rules for boys and girls high school competition

B. Stock # RULEBOOK

Federation Rulebook

Unit Price \$10.99 ea



C.



D.



E.



F.

C.-F. Fox 40 Pealess Whistles

- Choose from four styles • Penetrating sound

C. Fox 40 Classic • 3 chamber design whistle • Loudest and shrillest sound

D. Fox 40 Pearl - Black • 2 chamber design whistle • Lower pitched tone

E. Fox 40 Pearl - Pink • 2 chamber design whistle • Lower pitched tone

F. Fox 40 Dolfin Pro • Sharp and quick sound

C. Stock # WHFOX

Fox Classic Whistle

Unit Price \$5.99 ea

D. Stock # WHPEARL

Black Pearl Whistle

Unit Price \$3.99 ea

E. Stock # WHPNK

Pink Pearl Whistle

Unit Price \$3.99 ea

F. Stock # WHDOLF

Fox Dolfin Whistle

Unit Price \$5.99 ea



G.



H.

G.-I. Linesman Flags are available in economy, deluxe or premium sets.

G. Tandem Economy Flags: wood shaft, set of two flags.

H. Tandem Deluxe Flags: aluminum shaft with rubber grip, set of four flags.

I. Mikasa Premium Flags: aluminum shaft with soft rubber grip, larger size, sold as set of two or four.

G. Stock # ECONFLAG

Unit Price \$11.99 set

I. 4 premium flags with storage case

Stock # FLAG.4 Unit Price \$48.99 set

H. Stock # TADFL

Unit Price \$29.99 set

I. Set of 2 premium flags only

Stock # FLAG.2 Unit Price \$28.99 set

L. Scorebook by Big Red

- Space for 23 matches • Track match statistics • Allows 18 player substitutions
- Accommodates rally scoring

L. Stock # BIGRED

Big Red Scorebook

Unit Price \$5.49 ea

L.



M.

M. National Federation Scorebook

- Space for 30 matches
- Accommodates rally scoring
- Allows 18 player substitutions

M. Stock # FEDSCORE Federation Scorebook Unit Price \$12.99 ea



P.

P. Professional Volleyball Flip Coin

- Displays "heads or tails"
- Use for the coin toss or as a souvenir

P. Stock # COIN

Professional Flip Coin

Unit Price \$5.99 ea



Q.

Q. Baden Volleyball Coaches Notebook

- Inside cover has business card holder & pen sleeve • Inside pocket
- Synthetic leather cover
- Reinforced corners

Q. Stock # BANOTE

Baden Coaches Notebook

Unit Price \$14.99 ea



J.

J. Wide Volleyball Lanyard with whistle

- .75" wide lanyard
- Black Fox Pearl pealess whistle
- Easily heard, loud tone
- Lanyard colors: red, royal, green, black, pink

J. Stock # WIDWHI

Wide Lanyard w/Whistle

Unit Price \$5.99 set



K.

K. Volleyball Lanyard

- 40" in length & .75" wide
- Clip & key ring on the end
- "I Love Volleyball" print
- Colors: red, royal, green, black, pink

K. Stock # VBLAN

Volleyball Lanyard

Unit Price \$3.49 ea



N.

N. Black Fox Pearl Whistle with Lanyard

- Does not contain a "pea" inside
- Produces a loud tone • High quality
- Easily heard above gym noise
- Thin black lanyard included

N. Stock # LANWHI

Whistle with Thin Lanyard

Unit Price \$4.49 set



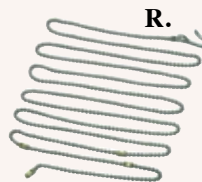
O.

O. Coach Lanyard

- 34" in total length and .75" wide
- Clip & key ring on the end
- Coach printed in red

O. Stock # LANCO Coach Lanyard

Unit Price \$2.99 ea



R.

R. Height chain

- Attaches to the top of volleyball net
- Instantly measure the correct height of the net
- Men's or Women's height

R. Stock # HEIGHT

Height Chain

Unit Price \$5.99 ea



S.

S. Official Penalty Cards.

- A MUST FOR ANY OFFICIAL!
- Red and yellow cards in a handy pouch
- Mandatory equipment for all referees

S. Stock # RYCARDS

Red/Yellow Cards

Unit Price \$4.79 ea

IN STOCK ORDERS SHIP WITHIN 24 HOURS!

**NO HIDDEN COSTS! FREIGHT CHARGES FOR THE CONTIGUOUS 48 STATES
ALREADY INCLUDED IN OUR PRICE FOR THE ITEMS ON THIS PAGE!***

(AK & HI additional air charges apply)*

Compare with other companies who charge additional unknown freight costs.



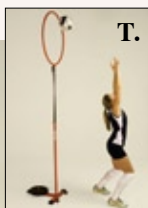
T. Tandem Target Challenger

- Ideal for passing or setting
- Adjustable pole height, up to 12 feet
- Target ring measures 30 inches
- Sturdy net collects balls for easy retrieval
- Place your own ball cart underneath the net to reduce time used for shagging balls
- Includes 22 pound weight for stability
- 2 wheels for easy portability
- Ball and cart not included

T. Stock # TATARGET

Target Challenger

Unit Price \$339.99 ea



U. Tandem Sport Spike Trainer

- Holds the ball securely in place while the attacker develops form and hitting techniques
- Properly teach techniques of spiking
- Economical
- Lightweight • Durable

U. Stock # TASPIKE

Spike Trainer

Unit Price \$89.99 ea



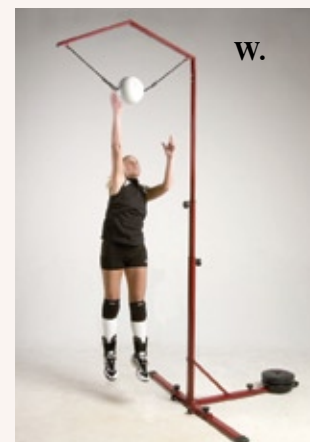
V. Tandem Equipment Carrier

- Heavy-duty steel framed carrier
- Transports and stores up to 8 standards, antennae, nets, balls, and pads
- Deluxe casters for easy portability

V. Stock # TAEQUIP

Equipment Carrier

Unit Price \$659.99 ea



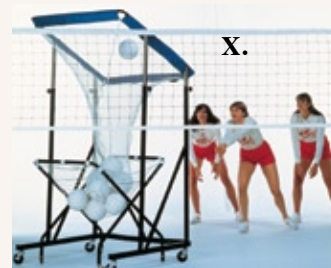
W. Tandem Spike Challenger

- Ideal for ball contact, arm swing, and footwork training techniques, repetitive hitting drills, and conditioning exercises
- Pre-positioned ball creates the perfect "set" every time
- Includes a 'ready to attach' ball and cord system.
- 2 wheels for easy portability.
- Includes a weight for stability
- Adjustable pole height

W. Stock # TASPCH

Spike Challenger

Unit Price \$684.99 ea



X. Catch-It

- Perfect for developing serving, setting, passing or attacking skills
- Adjustable hoop • Funnel net
- Use as a target that catches the ball and feeds it into the Bask-it
- Target area: 4' x 4'
- Adjust from 5' to 12' high
- Can be set at an angle
- Shown with Bask-it

X. Stock # CABA

Catch-it w/Bask-it

Unit Price \$929.99 ea

X. Stock # CATC

Catch-it Only

Unit Price \$724.99 ea

BB.-DD. Tandem Single, Double, and Triple Net Storage Racks

- Wind up and store net neatly and easily
- Free-standing movable trolley



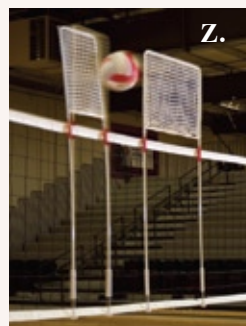
Y. Tandem Pass Catcher

- Net suspended target
- Lightweight
- Ideal for precision passing and setting drills
- No floor space used, allowing increased movement and reduced chance of injury
- Target measures 33 1/2" x 37" x 12"

Y. Stock # TACATCH

Pass Catcher

Unit Price \$99.99 ea



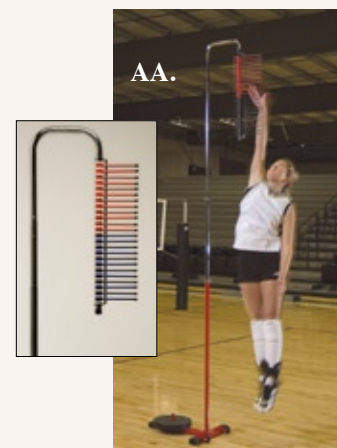
Z. Tandem Block Blaster

- Consists of 2 separate blocking devices that secure to the net for a controlled block every time
- Sturdy metal frame and nylon net
- Blocking areas measures 18" x 12" and 18" x 23"
- Dual blocking devices can be used in tandem or individually

Z. Stock # BLOCKBL

Block Blaster

Unit Price \$179.99 ea



AA. Tandem Vertical Challenger

- Most affordable and accurate device for measuring vertical jump
- Telescopes from 4 to 12 feet
- Heavy duty base and casters for stability and portability
- Moveable metal arms placed at 1" increments
- Comes with handy reset pole

AA. Stock # TAVERT

Vertical Challenger

Unit Price \$369.99 ea

BB. Stock # TASTOR

Single Net Storage **\$154.99 ea**

CC. Stock # TADOUB

Double Net Storage **\$174.99 ea**

DD. Stock # TATRIP

Triple Net Storage **\$209.99 ea**



Due to the size of the items on this page, they are shipped directly from the factory. Delivery time may vary due to production schedules. Please inquire at the time order is placed. Any equipment returns from this page are subject to a 25% restocking fee plus shipping charges. Freight charges for the contiguous 48 states already included in our price on all items on this page. AK & HI will have additional air shipping charges, please request a quote. Compare with other companies who charge additional hidden and unknown freight costs.

****ALL DVDS ARE NON-RETURNABLE OR EXCHANGEABLE. DEFECTIVE DVDS WILL ONLY BE EXCHANGED FOR THE SAME STOCK #.**

A. "Game Speed Serve and Serve Receive Drills" More than 15 drills and variations that emphasize movement and competition for serve and serve receive. Coach Terry Gamble feels that there are two important components for successful serve and serve receive drills - 1) movement, keeping multiple players active, engaged, and accountable; and 2) making the drills competitive with the goal of carrying practice competitiveness into game situations.

A. Stock # DVD01 Serve and Serve Receive Drills **Unit Price \$39.99 ea**

B. "Develop Consistency in Your Setter" In this on-court presentation at the AVCA Convention, Cathy Noth shares a wealth of information that will assist you in developing a "complete" setter. Coach Noth begins with a positional skill set for the setter that includes proper hand positioning, body posture and court positioning. Noth moves into max jump, footwork, transition, and multiple ball contact drills. Noth shares how she builds core training into a practice by showing a wide variety of core training exercises. There is a great focus on all critical elements of developing consistency in your setter.

B. Stock # DVD05 Consistency in Your Setter **Unit Price \$34.99 ea**

C. "Game Speed Ball Control Drills" Over 35 game speed practice drills to improve your team's ball control in a 4 part DVD! Anne Kordes uses fast paced drills that will challenge a player's passing skills and serve as great conditioning and training drills as well as seven creative drills that involve multiple players. It also includes Team Wash Drills and 16 ball control challenges to reinforce technique.

C. Stock # DVD12 Game Speed Ball Control Drills **Unit Price \$39.99 ea**

D. "Becoming a Champion Setter" DVD This DVD featuring John Dunning, Stanford University coach, covers all aspects for developing the setter. The tape begins with the four primary phases of the position, then moves into demonstrations of all body positions. The last part of the tape focuses on drill sequences designed for technique and accuracy.

D. Stock # DVD15 Becoming a Champion Setter **Unit Price \$ 29.99 ea**

E. "Becoming a Champion: Passing and Serving" This DVD featuring John Dunning breaks down the elements of effective passing into four key parts: Physical, Skill, Movement and Mental. In the second part of the DVD the serve is covered with the Dunning philosophy "never serve rockets, have a good serve every play!" The floater round house serve and the jump serve are both covered.

E. Stock # DVD16 Becoming a Champion: Passing **Unit Price \$ 29.99 ea**

F. "Becoming a Champion: Hitting" This DVD featuring John Dunning is a must for improving your game! All attributes for effective hitting are covered including: vision, ball speed, ball control, attitude, becoming a student of the game, and hitting off-line.

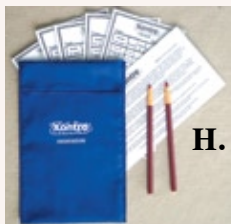
F. Stock # DVD18 Becoming a Champion: Hitting **Unit Price \$ 29.99 ea**

G. "Maximizing Practice Repetitions" Coach Steve Aird, of Penn State, takes you on a fast ride through a series of drills and concepts that are designed to maximize the productivity of your team, every minute of every practice. Aird leads you through an example of how to run your players through a volleyball-specific warm-up that will keep your athletes engaged in the practice. He shows drills and activities that will allow your players to think, read and develop game sense.

G. Stock # DVD19 Maximizing Practice Repetitions **Unit Price \$34.99 ea**

H. Xontro

- Training game that the kids just love
- Keeps players motivated and thinking
- 5 reusable "scorecards" with a list of various skills to be performed during a timed game.
- Coach controls difficulty of the game and what skills they want to work on by selecting the various cards
- Novice version available for younger kids



H. Stock # XONTRO Xontro Game **Unit Price \$19.99 ea**

H. Stock # XONBEG Novice Xontro Game **Unit Price \$19.99 ea**

I. "Stop Running in Circles! Play Games to Warm-Up" Are you looking for creative ways to increase touches, create competitiveness, and increase athleticism and fitness levels? Coaches Bill Neville and Bill Hamiter present you with a variety of activities and games that incorporate all of these essential elements of successful volleyball into your warm-up. Use your imagination and make warm-ups a more valuable part of your practice.

I. Stock # DVD20 Play Games to Warm-up **Unit Price \$34.99 ea**

J. "25 Ultimate Ball Control Drills" Ball control plays an important role in volleyball. John Dunning demonstrates drills that can be used in a team setting. He includes drills for general ball control, passing, setting, attacking, serving, digging, and desperation plays. This is a great 49 minute DVD to keep your practices fun and interesting.

J. Stock # DVD49 25 Ultimate Ball Control Drills **Unit Price \$39.99 ea**

K. "Winning Strategy for the 6-2 Offensive System" The 6-2 Offensive System relates to having six attackers and two setters in the offense. John Knuth explains all of the basic offensive positions and the various rotations they make in the offense. He also demonstrates three set plays out of this offense. A good drill package accompanies the teaching points and keys.

K. Stock # DVD62 Winning Strategy for 6-2 Offense **Unit Price \$39.99ea**

L. "Perimeter Defensive System" The perimeter defense is a reading defense where players read the hitter before making their decision. This defense works well with a back row attack and is advantageous for a smaller team that is void of big blockers. This defense is demonstrated from the left side and middle attacker positions. Each position creates a different set of slides and position adjustments by the perimeter defenders. Egbert includes a number of drills, including the 10 Ball drill, as well as the Two Touch 10 ball drill.

L. Stock # DVD64 Perimeter Defensive System **Unit Price \$39.99 ea**

M. "Taking Your Setting to the Next Level" Coach John Dunning shares with you a 4-part guide to assist you in taking your setting to the next level. In Part 1, Dunning discusses the position dynamics including the role of the setter, setting situations and factors of successful offense. In Part 2, he focuses on proper mechanics. In Part 3, Dunning delivers comprehensive demonstration of specific sets including the one, three and "A" sets followed by three varieties of setting for the back row attack. He follows with a segment on Zones and Footwork. In Part 4, details cover jousting and tight pass dumps and dump strategies.

M. Stock # DVD66 Taking Your Setting Next Level **Unit Price \$29.99 ea**

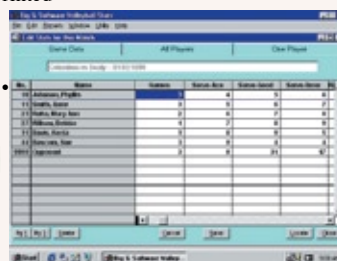
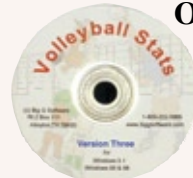
N. "Taking Your Attacking, Serving, & Blocking to the Next Level" John Dunning presents the point scoring areas in volleyball: Attacking, Serving and Blocking. All topics are presented from the foundational basics and progress through advanced tactics. He shares technical and tactical goals for successful attacking and details the approach without the ball followed by approaches with hitting. Throughout the drills, Dunning offers invaluable insights for footwork, planting, location and landing. Technique, strategies and ability-based progressions for the standing float serve, jump float, jump spin, short serve and deep court serve are also covered.

N. Stock # DVD68 Taking it to the Next Level **Unit Price \$29.99ea**

****ALL SOFTWARE IS NON-RETURNABLE OR EXCHANGEABLE. DEFECTIVE SOFTWARE WILL ONLY BE EXCHANGED FOR THE SAME STOCK #.**

O. Volleyball Windows Statistics Program

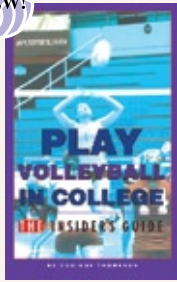
- Keeps stats for unlimited number of teams, seasons, players and matches
- Stat categories: attacks, sets, serves, receiving and defense
- Rosters, schedules & mailing lists can be printed
- 36 pre-defined stats plus 4 user-defined
- Variety of reports can be printed
- For more details, please see our web site at "www.midwestvolleyball.com"***



O. Stock # STAT2.WIN

Windows Stat Program **Unit Price \$55.99 ea**

BOOKS * Looking for more detail on a book? See our website for full descriptions *** BOOKS**



P. Play Volleyball In College - The Insider's Guide by Corinne Thompson will give prospective student athletes and their parents unparalleled inside information about the volleyball recruiting process. You'll find out what a recruiting package is, how to put it together, and when to send it to get an edge on your competition. You will learn what to put in a skills video and what you should leave out.

P. Stock # BOOK01
Playing VB in College **Unit Price \$14.99 ea**



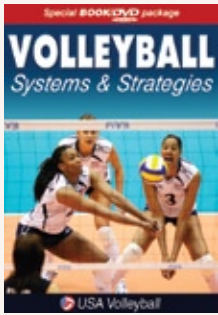
Q. Coaching VB Technical & Tactical Skills by coach Cecile Reynaud helps coaches teach players essential volleyball skills and transfer the knowledge and ability they gain in practice to matches. The book goes a step further than other texts by incorporating the tactical skills of the game, the situational in-game decisions that often affect the outcomes of matches.

Q. Stock # BOOK18
Coaching Volleyball **Unit Price \$19.99 ea**



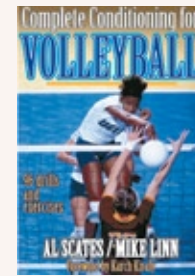
R. Coaching Youth Volleyball is intended for adults with little or no formal preparation in coaching youth volleyball. This book explains how to teach the sport to young, developing players and making the learning process fun. Important principles of coaching, volleyball skills, and volleyball drills are included. This book is good for the beginning elementary or junior high coach.

R. Stock # BOOK11
Coaching Youth VB **Unit Price \$16.99 ea**



S. Volleyball Systems & Strategies is your guide to implementing the world's top systems and strategies for consistent execution and superior team play. With book and DVD, you'll identify the offensive and defensive systems best suited to your team's talents, in-game situations, and your opponent's style of play.

S. Stock # BOOK17
VB Systems & Strategies **Unit Price \$24.99 ea**



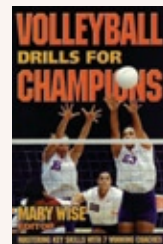
T. Complete Conditioning for Volleyball is written by Al Scates and Mike Linn. Unlike other conditioning books, this book is volleyball specific and takes you through the fundamentals of flexibility, stability, power, strength and explosiveness, plus gives you 45 on the court drills.

T. Stock # BOOK29
Complete Conditioning **Unit Price \$24.99 ea**



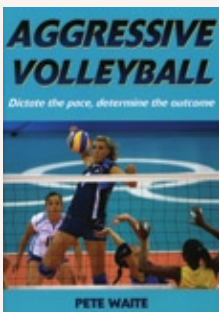
U. Volleyball Skills & Drills by Jim Bertoli is a comprehensive tool for developing all of the skills of volleyball in addition to providing drills that help coaches handle specific situations that they will incur with their teams. The book has approximately 100 drills and touches upon defensive systems, conditioning and game strategies. The book provides over 80 diagrams, terminology and key phrases.

U. Stock # BOOK07
VB Skills & Drills **Unit Price \$14.99 ea**



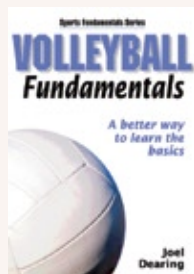
V. Volleyball Drills for Champions will help you make the most of each minute on the practice court by using drills that demand 100% effort and concentration. This book provides 73 practice activities to produce the maximum individual player and team development at any competitive level.

V. Stock # BOOK03 Volleyball Drills for Champions
aUnit Price \$18.99 ea



W. Aggressive Volleyball shows how to elevate your offense, defense, out-of-system, and transition play through a full-team effort of heightened competitiveness and aggression. It teaches the same techniques used by author Pete Waite in leading his Wisconsin Badger team to a record of 228-67 and nine NCAA tournament berths in nine seasons.

W. Stock # BOOK05
Aggressive Volleyball
Unit Price \$19.99 ea



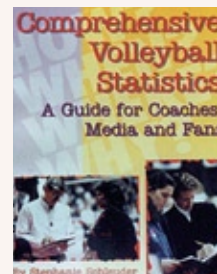
X. Volleyball Fundamentals by Joel Dearing offers simple sequential instructions and accompanying photographs to show you the essential skills and tactics of the game. Chapters are devoted to mastering basic skills like serving, receiving, setting, blocking, attacking and digging. More than 50 game like activities and drills are included. This is a great book for beginning coaches or elementary and junior high programs.

X. Stock # BOOK02
VB Fundamentals
Unit Price \$16.99 ea



Y. AVCA Volleyball Skills & Drills has been developed by the American Volleyball Coaches Association and covers every skill needed to excel at the game - serving, receiving serves, setting, attacking, blocking, digging, playing defense, offensive transitioning, and running effective practices. 10 of the top coaches have put together 75 of their most effective drills for this book.

Y. Stock # BOOK12
AVCA Volleyball Skills & Drills
Unit Price \$19.99 ea



Z. Comprehensive Volleyball Statistics is a very thorough look at the statistics of volleyball. Topics include the basic definitions of each statistic, how to record them, what they mean for your players and your practices, charting and scouting of opponents, and advanced statistical topics. Included are numerous charts, graphs, and planning pages. An excellent book for both the novice and experienced coach.

Z. Stock # BOOK27
Comprehensive VB Statistics
Unit Price \$21.99 ea



AA. The Volleyball Coaching Bible offers advice from 24 of the top coaches in the U.S. to help make your program successful. The coaches share their principles, insights, strategies, methods, and experience to help develop players and coach the game better. From Mike Hebert's chapter on setting goals to Russ Rose's chapter on productive practices and Mary Wise's chapter on serving, this book provides full-court coverage of each primary area of coaching volleyball.

AA. Stock # BOOK30
Coaching Bible
Unit Price \$24.99 ea