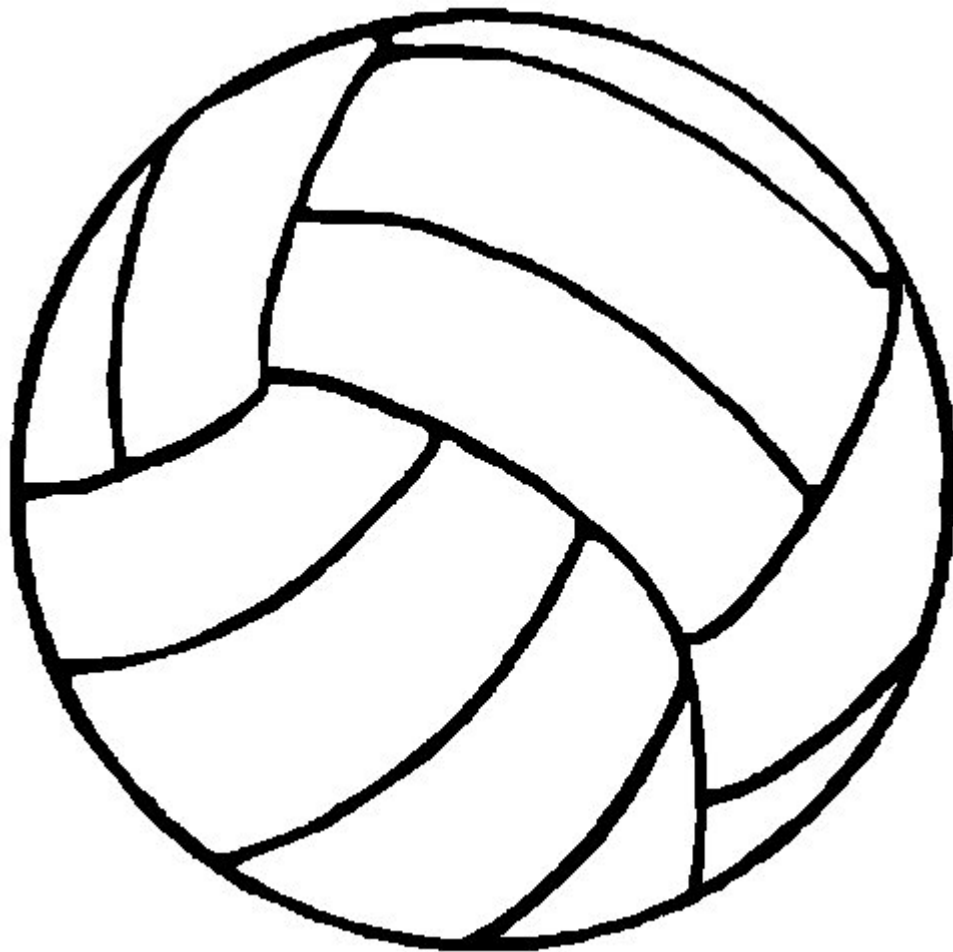


EL CAMINO COLLEGE "WARRIORS"  
VOLLEYBALL PLAYERS HANDBOOK  
2011



Hello Future “Warrior” Champion!

Kurt and I are delighted to be working with such fine young men from the surrounding high schools. We are excited and confident we can make a run at a league title and beyond. To reach our goals we will need to have cooperation at every turn and leadership on and off the court.

This is the largest groups of volleyball players we've had at El Camino College. It's also the most talented team we have put on the floor in quite some time. With a gym this full of experience and energy; no one has a lock on any position. Court time will be a privilege, not a right!

Our preseason work is over and our season begins this week against a very competitive Orange Coast College team. As you have seen in these preseason tournaments at Orange Coast, Santa Monica, Palomar and Long Beach each and every team can win. We need to compete for each and every ball each on each and every play to give ourselves a chance to succeed.

Each team we play can beat the pants off of us if we have the wrong attitude. Hopefully, our returning players have learned the lesson called, "finishing a match"! It was a valuable lesson to learn for us to move forward. Such is life in the most competitive volleyball conference in the country.

We have returning players who have played valuable minutes for us in the past. We are counting on these young men to lead by example in the classroom and our gym. Leadership is not yelling for others to do more than you, but for you to do things the right way and show others how to follow your lead, correct them when they stray and move forward. We can't leave a drill unfinished, an assignment undone or a ball untouched. All of you need to set the bar high.

You wouldn't be reading this if we thought you had no future in volleyball. You are a part of this team because Kurt and I think you are winners. We're confident in your abilities to achieve and overcome whatever obstacles may come up along the way. There are no short cuts to success. Our luck will be determined when our preparation meets opportunities. Which players are going to step it up and go to the forefront and be remembered as “Warrior” greats? These men will have character, toughness and leadership. Will you be one of them?

The top three teams from each conference qualify for the playoffs. The first place teams in each conference earn first round byes. The second and third place teams face off for the right to play the conference winners. The semis and finals will be hosted by Orange Coast College this season.

Let's continue to have competitive practices. Get your rest, eat properly, stay clean and be on time to all meetings and practices. Be attentive and willing to learn! When you make the TOTAL commitment everything else will become easier. All for one...One for all...Good luck men and go “Warriors”.

Sincerely,

Dick Blount Kurt Peters

## **CAPTAINS TESTIMONIALS**

### **DUNCAN AVERY 2002 REDONDO**

El Camino College gave me the opportunity to grow and mature not only as a volleyball player but as a student-athlete. Since I played for Richard Blount and his staff, I played at Long Beach State where we lost in the NCAA finals, coached at Long Beach State, coached numerous high level club teams, and now currently am starting my fourth year as the varsity head coach at Redondo Union High School.

El Camino was the perfect fit for me to improve my skills and gain valuable setting experience at a high level. It was a great and necessary step to achieve my ultimate goal of playing division 1 volleyball. Not every athlete can make the transition from high school to division 1 college athletics. I was in that group and El Camino gave me the opportunity to eventually get there. I truly thank El Camino College and their volleyball program helping me get where I am today.

Along the way Avery was an All CIF Setter, El Camino 2002 All-State Setter and currently Redondo Union High School Head Coach.

### **ANDREW SALDIVAR 2006 & 2007 SOUTH HIGH SCHOOL**

I started El Camino in the spring of 2006. The previous semester I attended the University of Hawaii at Manoa to take my chances fighting for a spot on the intercollegiate volleyball team. My plan did not work out the way I liked it to, so I decided to move back home to Torrance. I was interested in El Camino because I wanted to take classes here and transfer. I was also interested in playing volleyball at the collegiate level and El Camino gave me that chance. A few of my high school teammates were training here and they told Coach Blount about me. Coach Blount contacted me, and the rest is history.

I played at ECC for two seasons. I started at outside for those two season, was named First Team All Conference outside hitter my first season, and was named Team Captain my second season. El Camino provided me the opportunity to be a student athlete. My plan after El Camino was to transfer to a university and play volleyball. That dream came half true. I applied to four schools after my tenure at ECC and was accepted to all four. I decided to attend the University of Southern California. At USC I was able to walk-on the intercollegiate team. I practice with them for about a month and realized that Division 1 volleyball was not for me. I was involved in other programs at school and decided to end my college volleyball career. I recently graduated USC in May 2010 with a Bachelor of Science degree in Kinesiology. Currently, I am in the process of applying to graduate school to become a physical therapist. Ironically, I am taking two classes back at El Camino to help me fulfill prerequisite requirements for graduate school.

El Camino was a blessing in disguise. I thought I would never go to a junior college, and have the title as a "junior college transfer." Now, I embrace that title. El Camino gave me an opportunity to play two more years of volleyball and save some money on college. I appreciate everything that ECC has done for me and can only hope that it can do the same for future Warriors.

### **RIKKI GARMA -2006-8 KAPAA HIGH SCHOOL KAUAI, HAWAII**

Hi my name is Rikki Garma and I played for El Camino College from 2006-08. With the help of my team and coaching staff, I earned First Team All-Western State Conference for both seasons and have moved on to play volleyball for Lewis University. ECC has helped me in many aspects of my life. Enrolling in school and being a part of the men's volleyball team has opened more doors for me then I initially thought it would. Being a student-athlete for the Warriors helped my transition coming from a high school with little exposure into the world of collegiate sports. It helped me realize the importance of balancing academics, training, and social life. ECC gave me the means to achieve a degree while participating in competitive athletics. Excelling at a junior college like ECC helps you realize your own

potential to succeed and shows recruiting coaches this potential as well. The coaching and instruction I received helped lay down a solid foundation for me to grow in the sport. Playing at a junior college allows you more game-time opportunities to develop your skills over 2 years, whereas most athletes going straight to a 4-year school sit on a bench for 2-3 years before seeing any court time . If you have the drive and discipline to succeed as a student-athlete, ECC can give you the tools to make it a reality. GO ELCO!

### **DANIEL RODRICK- 2008-9- KAPAA HIGH SCHOOL, KAUAI, HAWAII**

Before I came to El Camino, I was cut from the University of Hawaii at Manoa as a freshmen in October. Then I was asked to come and play at El Camino because they needed a setter. Going into a new program and starting was pretty scary! Coach Blount, had never seen me play and was trusting the recommendation of other Kauai players on the team and my club coach Kaipō Kealilia (a former ECC setter 1996-7). Our team came together quickly and we finished 11-6 and I was voted to the All-Conference second team my first year. We played everybody tough my sophomore year, yet we had some tough luck and finished 6-12. In spite of our record, the coaches rewarded me with All-Conference first team honors! Coach Blount was instrumental in getting me Division 1 exposure. My dreams have come true because of my hard work here, the coaches at CSU Northridge saw enough in me to give me a chance to play at the next level. I'll be attending there this fall with a chance to start and earn my degree in education at the same time!

El Camino has given me such great opportunities, I am so thankful to Coach Blount and his coaching staff for giving me a chance to play after I was cut from another team. In addition, the help from Carolyn Biedler the Athletic Specialist, Chris Jefferies the Athletic Counselor and Luukia Smith our Registrar made my time at El Camino a very positive experience. To Coach Blount and all the others, Much Mahalos!"

### **OTHER WARRIOR TESTIMONIALS**

#### **MARK PAALUHI – 1990-1 REDONDO HIGH**

“I got started playing volleyball at 16, the summer before my junior year in high school. I used to surf all the time till one day my mom got mad at me for missing class and sold my surfboard. After that I started hanging out with my friends that played beach volleyball. I tried out for the varsity team and made it. When I was at ECC, I made great friends on the team, Jason Pursley, Ian Martin, Nick Hanneman to name a few. I played professionally with them after my years at ECC. It was a great experience. Then Coach Viggiano inspired us with his coaching skill, integrity and motivational speeches. I graduated from ECC and the fire academy and then went on to UCLA.

ECC got me where I wanted to be, I am a fire fighter today and still active on the pro tour.” Before I knew it I was living the dream and competing professionally. Along the way I earned AAA ranking when I was 20, 3 time Budlight National Champion, 2 time Jose Cuervo National Champion, 9 years on the AVP tour, Corona Extra 2004 King of the Beach and EVP Tour 2004 Player of the Year. My profession has taken me to California, Arizona, Texas, Michigan, Chicago, Minnesota, Ohio, New York, New Jersey, Georgia, South and North Carolina, Virginia, Boston, Maine, New Mexico, Alabama, New Orleans, Florida and Rhode Island. International he has gone to the Cayman Islands, Saint Thomas V.I., Curacao, Mexico, El Salvador, New Zealand and Canada. Mark is currently a fireman, paramedic and also works for Body Glove.

### **ADAM JEWELL – 1995-7 - SOUTH HIGH**

“I graduated from South Torrance (Calif.) High School in 1993 and earned a degree from El Camino College in 1996. My experiences at El Camino College helped set the foundation for my career in beach volleyball.” Jewell attributes El Camino College towards his improvement in becoming a strong competitor and better academically. As well as having a great time playing for El Camino College, he got a good education and was scouted heavily by various universities such as Pepperdine University, University of Hawaii, UC Irvine, and Long Beach State. Jewell started playing volleyball in 1993.

In 2005, Adam partnered up with gold medallist Eric Fonoimoana, as well as three time gold medallist Karch Kiraly. Adam Jewell's best career finishes include first place at the 2004 Austin event and a second place finish at the Belmar stop with Jake Gibb. Adam Jewell has a third place finish in the 2004 San Diego Beach Open and Tempe Tournament with partner Gibb. He also has two second place finishes, with partner Ian Clark at the 2001 Virginia Beach Open, as well as with Nick Hannemann at the 2000 Belmar Open. Adam Jewell earned five top five finishes in seven domestic starts. Adam Jewell was one of eight players to receive exempt status for the 1998 AVP Tour via the 1997 Wilson qualifying series.

### **TAMER GEORGE – 2000-1 - MIRA COSTA**

“The team I played on had great camaraderie. It was terrific. My teammates would hang out together on and off the court. The jump from high school to Division 1 is a big step. I wasn't ready for that and would have sat for two years in a D1 program. I started at ECC and it was just what I needed. I improved all facets of my game against great competition. My ECC experience helped me make the CSU Northridge team. Tamer was 1<sup>ST</sup> team All Conference and MVP in 2000 & 2001. After ECC he played for two years at CSU Northridge as an outsider hitter.”

### **RYAN STUNTZ – 1999-2001 SOUTH HIGH**

“I was a student athlete at El Camino College from 1999-2001. I wanted to let you all know how much I appreciated having volleyball classes all year round. Having these classes helped my game tremendously! For those of you who don't know my background, after ECC, I transferred to Lewis University on a volleyball scholarship. At Lewis, I became a 2 time AVCA All-American, 2 time MIVA Libero of the Year, won a NCAA national championship, and was able to represent my country in the World University Games in Daegu, South Korea where we brought home a bronze medal! After college I played professionally overseas and spent some time with the national team in Colorado Springs, Co.

This resume seems incredible. When I reflect on my career, I can't believe I did all that. And all of this would have never happened if I was not able to play volleyball at El Camino College. It has opened so many doors for me, and for a lot of others. Just to give you an example of what junior college volleyball can do for others, when I was with the national team, 7 other members of the team at the time were JC transfers just like me. This shows you just what type of caliber players have come out of the JC level. It's mind boggling how one kid can be nothing, no offers to play at a Division 1 college, and 1 or 2 years later, they're an All-American and later trying to represent our country in the Olympics, playing at the highest level possible.

So for me, I am forever thankful to ECC, to let me play volleyball there, and to be given a chance to further my career in the game I love.” Currently works as a sales rep for Smack Sportswear.

### **JAMES KEALALIO – 2000-1 KAUAI HIGH, KAUAI, HAWAII**

“To all those inspiring to continue on in the great sport of volleyball. El Camino is where I had the opportunity to play volleyball after high school. Coming from a small island like Kauai, this community college gave me the opportunity to play at a higher and more competitive level.

It was a big step for me to come from Kauai. There were only a few players in recent years before me that came from Kauai to go off and play sports at a JC, DI, DII, or DIII school. Most of the time players never

got the opportunity to play as freshman or sophomores and more than likely they stop playing before they are given the opportunity to show their talent. I feel that El Camino gave a lot of us the opportunity to show our volleyball ability. I might add a little on the years, I played at El Camino. The first year there was little to no crowd whatsoever. The second year we packed the gym from wall to wall in our playoff game against Golden West, who had previously won 5 out of the last 6 California State Championships. As Tamer mentioned our team had great camaraderie and was very competitive. Currently I'm an Interim Head Coach at Humboldt State University. Without going to El Camino and seeing the game at a very competitive level, I don't think I would've been able to excel where I am now. Thank you El Camino!!!" James coaches volleyball in Humboldt, Ca.

#### **MATT BELANTE – 2001-2 WEST HIGH**

"My experience at El Camino was awesome. Playing at the JC allowed me to go on to Cal State Northridge and excel in Division 1. El Camino developed me into a skilled and experienced middle blocker." Bellante earned 1<sup>st</sup> team All Conference honors in 2001-2. Matt earned a full scholarship at CSU Northridge where he excelled as a middle blocker and earned a teaching credential in History. Currently Matt is a high school teacher and volleyball coach.

#### **RYAN CARTER 2005 REDONDO HIGH**

I played at West Torrance High my freshman year and then transferred to Redondo the next 3 years. I played varsity for 3 years and played in the CIF Division I playoffs. I was a 1st TEAM All-Area middle blocker and won Bay League my senior year with an important win against our cross town rival Mira Costa High. At El Camino, I set the all time block record in a game with 16, which I accomplished twice, and for the season I managed to block 113 balls in 17 matches.

I also earned 2nd Team All Conference honors as a Middle Blocker. I transferred to Utah Valley University in Utah and played club volleyball. Our school didn't have funding for a full time program. That said, we went to the nationals and took 8th place overall with several wins against the actual 1st place team. I'm 23 now and am currently playing beach volleyball competitively in beach doubles tournaments. I'm trying to qualify on the AVP pro tour and am starting to prepare for the 2010 season. I grew up in Torrance, CA my whole life and always loved volleyball. My uncle, Troy Tanner played in college at Pepperdine, on the 6-man Olympic team and on the AVP tour and now coaches Kari Walsh and Misty May. I always wanted to be involved with volleyball and El Camino College gave me that opportunity. I was surprised how hard they worked and how many close friends I made. To this day they are my closest friends and I'm so glad I chose to play there. I also made many friends traveling to other schools. El Camino College fosters a spirit of hard work and camaraderie.

## ACADEMIC CHALLENGE

To our volleyball team:

This is a crucial year academically for all of you. As I write this letter I want you to refer to it all semester long if you start to slide in the classroom.

Do not cheat yourself out of an opportunity to set yourself up for life. An academic and athletic scholarship is your meal ticket to future financial security. But both are earned with hard work in the classroom and the gym. We are too tired, disappointed and frustrated with all the sophomores through the years who would not go to class or even try to become a better student (until it was too late).

Approach your schoolwork like you would a volleyball match. Go to class and sit up front. Look presentable; get to know your teachers (like your coaches). And then you must study (just like practice) your academic achievement skills. You can do it if you create the discipline! It's never too late to improve your reading and writing abilities.

“B” grades are a minimum on this volleyball team. Being accepted into a division one program after ECC requires excellence in the class and the gym. When I speak to Division One coaches they all ask the same questions: “What is their GRADE POINT AVERAGE? What is their VERTICAL JUMP? Are they TEAM LEADERS? Are they COACHABLE?”

Student - athletics are just that, students then athletics. Don't blow off your schoolwork and expect us to help you. It doesn't work that way in college. You show us you want to achieve as a student- athlete (and be coachable) and we will work with you the rest of your life. We promise!

Sincerely,

Dick Blount & Kurt Peters

## WHAT IS A CLASS ATHLETE?

- A gentleman on and off the field.
- Someone who has respect for his teammates and himself.
- Someone who is careful with his conduct and his associates off the field. Always remember you are representing El Camino College.
- Manners are very important. Two magic words: please and thank you.
- Never make excuses. Be responsible for your own actions.
- Never brag, but be self-confident.
- Never tear people down.
- Eliminate "hot dogging", but not the enthusiasm. Stay humble.
- Don't dress sloppy for practice. Have pride in your appearance.
- Be careful of your language on and off the court.
- Think and talk positive volleyball.
- Your body is your best friend. Don't abuse it. Don't smoke, drink, or take drugs. Get your rest during the season.
- Don't cheat yourself in our in-season lifting maintenance program.
- Be punctual, even early, for all meetings, practices, and matches.
- Respect your coaches whether you disagree with them or not. They are here to guide, help and teach you. They have already been where you are heading.

## WHO HAS MENTAL TOUGHNESS?

- A player who has the ability to accept strong criticism and setbacks without competing less effectively;
- A player who does not become easily upset when losing or competing poorly;
- A player who does not need excessive praise or encouragement from his coaches
- A player who recovers quickly when things go wrong.

## ARE YOU MENTALLY TOUGH?

Lastly, enjoy the great game of volleyball, have fun, and always strive to be the best athletic you can be.