

Dear APVB families,

A lot going on after we have come back from AAU's so this will be a long email but filled with a lot of information.

First and foremost, I want to thank you for having your daughter be a part of Atlanta Performance. The improvements the club has made over the last two years is refreshing and exciting and can't wait to see what the future will bring.

CONGRATULATIONS to our 14 Elite team who finished 3rd in the 14 Classic division out of 165 teams. It was so fun watching them compete and we are so proud of them.

CONGRATULATIONS to our 18 Elite team who finished 9th in the 18 Classic Division out of 71 teams. This team was the talk of the tournament because of how far they have come since college coaches saw them earlier in the season. We got so many compliments from top head college coaches!

Our 18 Red had a player at the last minute decide not to attend the AAU's and we had to move a player off of 18 Elite the morning of the first day of competition. I am very proud of how this team handled that and though they did not do as well as they had hoped they won some matches and made us proud.

Our 18 White team struggled the first 2 days but after that they did great and on day 4 went 3-0 and won the Opal Division.

Our 16 Elite team which we ended up having to combine our Elite and Red team together to make a full squad due to players quitting before the end of the season were the TRUE champions in the end. This group of girls had only a few weeks to train as one and become teammates.

To all the coaches, thank you for being a part of the APVB program and we are so excited for the future!

### **GREAT NEWS!!!**

We would like to welcome Trina Smith, a 1989 Sports Performance graduate to the APVB family. Trina will be coming on full time starting July 1, 2018. She will be working the Sports Performance summer camps in Illinois, Atlanta, New Mexico and Oregon so she can be ready this fall to take on all the training in Atlanta.

The girls had a chance to meet Trina not to long ago when she attended several practices to watch our training and spoke to them for a little bit. She also got a chance to see the potential in our gym and with her help and guidance the program will flourish.

As you know it was difficult for ALL with me traveling back and forth and not being able to give 100% to the APVB players and coaches. I loved every minute of my time with Atlanta Performance this season and I look forward to being able to continue to be a part of the growth of APVB **(you are not getting rid of me that easily, I will still be coming to train and coach)** but adding a full time Club Director/Master Coach is what is needed moving forward.

Trina will be the full time Co-Club Director and will be moving to Atlanta in July. This will allow stability for our players with a full-time staff member at every practice, player development, coach development and working with all our families on a day to day basis.

Her commitment to this program is already clear as we have been talking almost every day about moving forward and giving our players the best opportunity to excel on and off the court.

**So "Welcome" Trina to the Atlanta Performance family!**

This is a little overview of Trina's accomplishments as a coach:

In 2011, Trina Smith enters her seventh season and continues to build Wright State volleyball into a contender with the same fervor and enthusiasm as the day she was hired to lead the program.

The 2010 season, middle blocker Shaunda Sandifer led the Raiders and was named All-Midwest Regional by the American Volleyball Coaches Association. The Illinois native was also selected All-Horizon League for the third straight season. Ashley Heyman and Jessica Woods were named to the Fall Horizon League All Academic Team.

During the 2009 campaign, Wright State started the year by winning seven of its first eight matches, the best start for the Raiders since going 10-1 to begin the 2001 season. WSU also won its first tournament title since 2006 in taking the Golden Grizzly Invitational crown with wins over Canisius, Oakland and North Texas. Sandifer was selected All-Midwest Region by the AVCA after being named All-Horizon League for the second straight season.

Off the court, WSU received a Team Academic Award from the AVCA and Tina Paunicka was honored with the Dr. Carl Benner Female Scholar-Athlete Award for the second consecutive year by having the top grade-point average by a junior or senior in the entire athletic department.

In 2008, Smith guided the Raiders to 15 victories - including ten in Horizon League play - with wins over Dayton, Indiana State and Niagara. The ten league wins were the most by a WSU team since the 2001 season and was just the third time in program history that the Green and Gold topped the 10-win mark in league play. WSU led the Horizon League in blocks and was second in the league in digs.

2007 saw Wright State tie for third in the Horizon League standings with Valparaiso and advance to the semifinals of the conference tournament. In 2006, the Raiders improved their win total by four and finished in a tie for second in the Horizon League standings, the highest finish by WSU since joining the conference in 1994.

In Smith's first season at the helm in 2005, Wright State nearly pulled off the unthinkable as, despite being the seventh seed in the Horizon League Tournament, the Raiders advanced all the way to the championship match, knocking off #6 seed Butler, #4 seed and host UIC and then #2 seed Cleveland State in the process. WSU was then just one win away from making the NCAA Tournament and battled Loyola down to the wire before falling to the Ramblers in five games in the finals.

Named the fifth head coach in program history on April 21, 2005, Smith came to WSU after an eight-year stint as an assistant coach at the University of South Carolina, where she was involved with all aspects of the Gamecock program. Her duties included overseeing the team's academic progress, serving as the recruiting coordinator and coaching the middle blockers.

During her tenure there, the Gamecocks posted a record of 144-84 with five seasons of 20 wins or more and made five appearances in the NCAA Tournament, three times advancing to the second round. Along with her duties at South Carolina, Smith also worked as a coach for the Irmo Juniors club program in 1999.

Before joining the South Carolina staff, Smith spent three seasons as an assistant coach at St. Mary's College in Moraga, California. There she was responsible for recruiting, scheduling and preparing practice plans. She also served as the interim head coach for the Gaels in early 1996.

Prior to St. Mary's, Smith coached a year at Catalina High School in Arizona and coached Cactus Juniors, a club team in Tucson.

Smith graduated from the University of Arizona in 1994 with a degree in communications. A middle blocker, she lettered all four years for the Wildcats in volleyball and earned three letters as a small forward in basketball.

During her playing days at Arizona, Smith was selected to the Pacific 10 Conference's All-Freshman Team and finished her career ranked in the Wildcat top 10 in solo blocks, block assists and digs. In 2000, she was selected to the conference's All-Decade Team.

As a senior in 1993, Smith led Arizona to a final #16 ranking and an appearance in the NCAA West Regional finals as the Wildcats became the first Pac-10 team to ever defeat UCLA and Stanford in the same season. Arizona overall made two trips to the NCAA Tournament during Smith's career.

In 1990, Smith participated at the U.S. Olympic Festival in Minneapolis, taking home the silver.

A native of Maywood, Illinois, Smith attended Proviso East High School. She won MVP honors her senior year and was selected to the West Suburban and all-conference teams her junior and senior campaigns. She also played on the West Team at the 1990 Sport Festival, winning a silver medal. Smith also lettered in volleyball all four years and in softball and basketball three times.

Smith is a graduate of the Women's Coaching Academy and of the Sports Management Institute. She is active in the American Volleyball Coaches Association in the selection of the all-region team and in the top 25 coaches poll voting. Smith also was part of the selection committee in the hiring of Bob Grant as Wright State's new athletic director.

The daughter of S.L. and Alma Smith, Smith has three brothers and three sisters.

## What They Are Saying About Trina Smith

"Trina Smith's ability to lead was clear the day I was hired at Arizona. She captained a team that was 10-14 her first year and then led us to the Sweet Sixteen the next. Her willingness to work hard and lead will be an advantage for her rebuilding the Wright State program." -- Dave Rubio, University of Arizona head coach

"What Trina Smith has done in her short time at Wright State is nothing short of remarkable. Her knowledge, work ethic and passion for the game will help Wright State compete for a league title every year." -- Kathy Gregory, UC Santa Barbara head coach

## Upcoming Items:

### Camps

We hope all of you will be attending the Sports Performance/Atlanta Performance Camps in July. It is **crucial** that our players continue to develop their individual skills and this is the perfect way to do it at a low cost. Garrett Bitter, Asst. Coach Kennisaw Sate and Kelly Hogan, Asst. Coach at Georgia Southern will be the head coaches along with Trina who will be there part of the time and some of our APVB staff.

PLEASE find a way to come to at least one of them to get you ready for high school or junior high season and get us in the right direction for the 2018-19 Club Season.

### High School Tournament

On Saturday, July 21, 2018 we will be hosting a high school tournament and Shauntez will be sending out a flyer on that so please share it with your high school coaches. Trina will be onsite that day to run the tournament and it will give her a chance to meet all of you and you can introduce her to your high school coach.

### 2018 Fall Programs:

Group Lessons

Fall Training Program for younger players

**Open Gym – every SUNDAY starting July, 8<sup>th</sup> from 4:00 – 6:00 pm. Cost is FREE to APVB returning players/\$10.00 for non-APVB players.**

Training times for our current APVB players to come in and get in extra reps and lift while in season for high school and junior high. **Don't take a day off is going to be our motto this year!**

We will be posting more details, times, costs, etc... in the next 2 weeks so make sure to keep checking out our website: [atlantapvb.com/](http://atlantapvb.com/)

### 2018-19 Club Season:

Tryout dates - we are still waiting to hear back from the region on confirmed dates. Once we have that we will post and email everyone.

### National Elite level traveling teams

November, 2018 - June, 2019

Practice 3 days per week

Lifting either before or after practice depending on the day  
2 practices during the week and 1 weekend practice  
5 travel tournaments (SAVL (3), GLC Pre-National and AAU)  
Several local tournaments to include the Big South

\*NOTE: our goal will be to travel less so we can keep costs down for the families. We will plan on attending a few of the SAVL events (not all of them as we did this past season), Big South, GLC Pre-National, AAU's and then the other tournaments will be in the Atlanta area.

**Regional level non-traveling teams**

Winter Season - December, 2018 - March, 2019

Practice 2 days per week during the week

Local tournaments ONLY

Big South Qualifier - last tournament of season

Spring Season - April 2019 - early June, 2019

Practice 2 days per week during the week

Local tournaments ONLY