



## Paul VI Volleyball Program Information

### 1. PVI Program Philosophy

- Help our players become better leaders & better people
- Ensure a safe learning environment
  - Safe to make mistakes
  - Learn skills – both physical & mental
  - Environment – best teammates, coaches & equipment
- Compete at highest level possible with growth mindset
- Compete with dignity/pride and respect the sport

### 2. PVI Volleyball Achievements

- WCAC Champions: 1996, 1999, 2000, 2001, 2002, 2018
- WCAC Runner-Up: 2007, 2008, 2009, 2012, 2013, 2014
- VISAA Champions: 1999, 2000, 2004
- VISAA Runner-Up: 2013, 2014, 2015, 2018
- America Volleyball Coaching Association (AVCA) Academic Award:
  - 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021
- 8 appearances in WCAC Championship Match since 2007
- 5 appearances in VISAA Championship Match since 2007
- WCAC/VISAA All League Individual Awards
  - Two WCAC Player of Year Awards
  - Three 1<sup>st</sup> Team All-MET Awards
  - 75+ 1<sup>st</sup>/2<sup>nd</sup> All-WCAC & All-VISAA team selections
  - PVI College Careers: Virginia Tech, University of Mississippi, Howard, CNU, Lasalle, University of Maryland, Hofstra, Muhlenburg, Ohio State, Cleveland State, Missouri State, Winthrop, Coastal Carolina, Weber International, Wilmington University, Susquehanna

### 3. PVI Coaching Staff

- Head Coach: Sam Farrar, 15 years at PVI
  - Overall Career Record: 428-229
  - WCAC Coach of Year (2018), VISAA Coach of the Year (2013), ISBVL Coach of the Year (5 times)
- JV Head Coach: Kory Borde (5 years at PVI)
- Freshman Head Coach: Jenna Richardson (2 years at PVI)

#### 4. PVI Open Gyms & Clinics

- Summer Developmental Camps (3<sup>rd</sup> to 9<sup>th</sup> grades)
  - Jun 27 – Jun 30 6:00pm – 9:00pm
  - Jul 18 – Jul 21 6:00pm – 9:00pm
- Registration: [www.pvisummercamps.com](http://www.pvisummercamps.com)
- Open gyms throughout off season (late Mar to early Aug)
- Open to returning/incoming/prospective players

#### 5. PVI 2022 Fall Season

- Tryouts: Aug 12-13
  - Two sessions per day
  - Players must attend all sessions
  - Team selections on Aug 13
- Costs: \$150-\$200 spirit wear
- Practices
  - 5/6 days a week, V(3:15-5:30) JV/F(5:30-7:30)
  - Practices begin Aug 15
- Regular season
  - Varsity 25 matches, JV 22 matches, F 12 matches
  - 1<sup>st</sup> match: Aug 28
  - End of regular season: Oct 28
- WCAC Conference Championships: Oct 31 - Nov 5
- VISAA State Championships: Nov 8 to Nov 12

#### 6. Typical Roster Sizes

- Varsity 14-16 players
- JV 12-14 players
- F 12-14 players

#### 7. PVI Schedule/Opponents

- Match Schedule
  - WCAC Conference: Good Counsel (MD), Holy Cross (MD), Ireton (VA), McNamara (MD), O'Connell (VA), Ryken (MD), Seton (MD), St Johns (DC), Carroll (DC)
  - Out-of-Conference: TBA
  - Tournaments: TBA
- Special Events: Dig Pink, Hope Faster, Youth Night, Senior Night, PVI VI Man

#### 8. Communications

- [www.pvivolleyball.com](http://www.pvivolleyball.com)
- [www.pvisports.com](http://www.pvisports.com)
- [www.facebook.com \(PVI Volleyball\)](https://www.facebook.com/PVI.Volleyball)
- [www.twitter.com \(@pvivolleyball\)](https://www.twitter.com/@pvivolleyball)
- [http://www.instagram.com \(@pvivball\)](http://www.instagram.com/@pvivball)
- [www.maxpreps.com](http://www.maxpreps.com)

#### 9. Questions

- Contact Coach Farrar [sfarrar@pvipanther.net](mailto:sfarrar@pvipanther.net)