



Paul VI Volleyball Program Information

- 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
- 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 1st Team All-MET Awards
 - 75+ 1st/2nd 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
- 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: Kristin Vardakis-Spillane(1st year at PVI)
 - Freshman Head Coach: Norm Cummins(1st year at PVI)

- PVI Open Gyms & Clinics
 - Summer Developmental Camps (3rd to 9th grades)
 - 2 Weeks – June & July
 - Dates – TBA Jan '23
 - Open gyms throughout the off season (May to August)
 - Open to returning/incoming/prospective players
- PVI 2022 Fall Season
 - Tryouts: Typically, Aug 12 – 2 days
 - Players must attend all sessions
 - Team selections on 2nd day
 - Practices
 - 5/6 days a week, V(3:15-5:30) JV/F(5:30-7:30)
 - Practices begin immediately after tryouts end
 - Regular season
 - Varsity 25 matches, JV 22 matches, F 12 matches
 - 1st match: Early Sep
 - End of regular season: Late Oct
 - WCAC Conference Championship: 1st week of Nov
 - VISAA State Championship: 2nd week of Nov
- Typical Roster Sizes
 - Varsity 14-16 players
 - JV 12-14 players
 - F 12-14 players
- PVI Schedule/Opponents
 - 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: Typical - Flint Hill, Episcopal, John Paul the Great, Madeira, Trinity Christian, Pallotti, Potomac
 - Tournaments: TBA
 - Special Events: Dig Pink, Hope Faster, Senior Night
- Communications
 - www.pvivolleyball.com
 - www.pvisports.com
 - [www.facebook.com \(PVI Volleyball\)](https://www.facebook.com/PVI.Volleyball)
 - [www.twitter.com \(@pvivolleyball\)](https://www.twitter.com/@pvivolleyball)
 - [www.instagram.com \(@pivball\)](https://www.instagram.com/@pivball)
 - www.maxpreps.com
- Questions
 - Contact Coach Farrar sfarrar@paulvi.net