

ABOUT COACH DAVE

Originally from Racine, WI. I am Married to my amazing wife Colleen who was an All B10 Setter at Wisconsin. We have three children; Max, Ben, and Samantha. I enjoy playing card games and board games. I am in my eighth year as club director here at Milwaukee Sting and have been coaching club volleyball for 34 years. My family and Milwaukee Sting mean everything to me!



COACHING PHILOSOPHY

Core Values:

1. **Teamwork:** Volleyball is a team sport, and success hinges on the ability of every player to work together selflessly. I emphasize communication, trust, and collaboration. Every role, from the setter to the libero, is vital to the team's performance.
2. **Work Ethic:** Hard work is non-negotiable. I believe that talent sets the foundation, but dedication and effort in practice and games build champions. My philosophy encourages consistent effort, both physically and mentally.
3. **Growth Mindset:** Mistakes are part of the learning process. I instill a mindset of continuous improvement where players focus on progress, not perfection. The best athletes embrace challenges and learn from failures.
4. **Respect and Integrity:** Respect for teammates, coaches, opponents, and referees is essential. I emphasize sportsmanship and ethical behavior on and off the court. Integrity in actions leads to trust within the team.

Key Principles:

1. **Skill Development:** Every practice is structured around building technical proficiency, from fundamental skills like passing, setting, serving, and hitting, to advanced tactics like blocking, defense, and offensive strategy. Repetition, focus, and attention to detail are critical for mastery.
2. **Game IQ:** Players need to develop not just their physical abilities but their understanding of the game. I teach players to read the game, make smart decisions under pressure, and adapt quickly to the flow of the match.
3. **Confidence and Mental Toughness:** Volleyball is fast-paced and emotionally intense. I foster a mindset of confidence, resilience, and mental strength to help players maintain composure, perform under pressure, and recover quickly from setbacks.
4. **Fun and Passion:** Volleyball should be a source of joy. I strive to create an environment where players are motivated by their love for the game. When athletes are passionate, they invest in their own development and the success of the team.

Coaching Approach:

1. **Positive Reinforcement:** I use constructive feedback to build confidence and motivate players. Recognizing effort and celebrating small victories fuels a player's desire to improve.
2. **Individualized Coaching:** Each player has unique strengths and areas for improvement. I take the time to understand their personal goals and create individualized development plans that cater to both their role on the team and their overall athletic growth.
3. **Leadership and Accountability:** I encourage every player to be a leader in their own way, whether through their voice, actions, or example. Accountability to oneself and the team is vital for collective success. Leaders are made through consistent behaviors, not just words.
4. **Inclusivity and Support:** Every player has a place on the team. I promote inclusivity and a sense of belonging, ensuring every athlete feels supported. This creates a positive team culture where everyone pushes each other to succeed.

Long-Term Goals:

- Develop well-rounded athletes who are not only technically skilled but also mentally prepared for challenges.
- Cultivate a lifelong love for the sport of volleyball.
- Teach life skills that extend beyond the court, such as discipline, teamwork, and perseverance.
- In essence, my coaching philosophy for volleyball revolves around building a strong, cohesive team culture that values hard work, continuous growth, respect, and joy for the game. My ultimate goal is to help athletes achieve success both on and off the court.

16
GOLD

HEAD COACH



COACHING HISTORY

- **1991 - 1995: Munciana Volleyball Club - Muncie, IN -**
 - 16-1 Co-Head Coach: Team placed 3rd at 16 Open USA Jr. Championships.
 - 18-1 Asst. Coach: Three 5th place finishes at USA Jr. Championships.
 - Worked under Wes Lyon and Dave Shondell.
 - Worked alongside Craig Skinner, John Shondell, Kevin Laseau and Kelly Sheffield.
- **1995 - 1996: Volunteer Coach at Univ. of Wisconsin under HC John Cook**
- **1995 - 1997: Milwaukee Sting VBC - Waukesha, WI**
 - 16-Gold Head Coach: team placed 3rd at USA Jr. Championships.
 - 18-Gold Head Coach: team placed 5th at USA Jr. Championships.
 - Worked alongside Craig Skinner and Joe Lynch.
- **1997 - 2005: Sports Performance VBC - Aurora, IL**
 - 18-1 Girls Asst. Coach: Runner-Up 1999 AAU 18 Open Jr. National Championship.
 - 16-1 Girls Head Coach: Won the 2000 AAU 16 Open Jr. National Championship. Team also placed 5th at 16 Open USA Jr. Championships. - 16-1 Girls Head Coach: Won the 2001 AAU 16 Open Jr. National Championship.
 - 16-1 Girls Head Coach: Runner-Up 2002 AAU 16 Open Jr. National Championship.
 - 16-1 Girls Head Coach: Runner-Up 2003 AAU 16 Open Jr. National Championship.
 - Club Director & Head Coach for Sports Performance boys program.
 - Worked under Rick and Cheryl Butler
 - Observed USPV training & practices coached by Arie Selinger.
- **2007 - 2009: Volunteer Coach at Univ. of Wisconsin under HC Pete Waite.**
- **2005 - 2007: Wisconsin Power VBC**
 - Madison, WI - 17-1 Head Coach and Club Director.
 - 16-1 Head Coach and Club Director.
- **2007 - 2012: Capital Volleyball Academy - Madison, WI**
 - Founder and Club Director - 18-1 Head Coach.
- **2013 - 2016: Georgia Juniors / Prolink VBC - Athens, GA**
 - Club director and Head Coach.
- **2017 - Present: Milwaukee Sting VBC - Menomonee Falls, WI**
 - Club Director and Operations Director.
 - Head Coach for 16 Gold - 7th AAU 16 Open, 5th USA 16 Open, 3rd USA 16 National, 13th USA 16 Open.
 - Head Coach for 14 Gold - 13th USA 14 National.
 - Co-Head Coach for Boys 16-1 - 5th AAU 16 Open.
 - Head Coach for Boys 17-1 - 3rd AAU 17 Open.
 - AVCA Badger Region Club Director and Coach of the year.



16
GOLD
HEAD COACH



Gatorade POY who played for Dave

- Madison Quest - Wisconsin
- McKenna Wucherer - Minnesota
- Aubrey Hamilton - Marquette
- Crystal Graff - Wisconsin
- Brittney Dolgner - Wisconsin
- Marcie Bomhack - Notre Dame
- Sara Urbanek - Wisconsin



Dave's Favs

- **Favorite Movies:** Whiplash, Moneyball, Miracle, Hoosiers, Dazed & Confused, James Bond Movies
- **Favorite TV Shows:** Curb Your Enthusiasm, Seinfeld, Parks & Rec, 24, The Sopranos, The Wire
- **Favorite Foods:** Pizza, Caprese Salad, Cevapcici, Cucumber Salad
- **Favorite Music:** Depeche Mode, New Order, Def Leppard, Motley Crue, pretty much anything from the 80s
- **Favorite Podcast:** Out of Rotation

PLAYING EXPERIENCE

- **1987 - 1989:** William Horlick High School Racine, WI. Two time All-State Team Selection and All-Area Team. Volleyball Magazine Fab 50 Selection.
- **1990 - 1993:** Ball State University, Muncie, IN. Two time USA Olympic Festival Selection. NCAA Final Four.
- **1995 - 1998:** Men's Adult Open Teams.
- **1997, 1998, 2001, 2002:** Waupaca Boatride Mens Open Champion.