

SMVC

Club Information

25-26 Season



South MS Volleyball Club

At South MS Volleyball Club, we believe in nurturing the complete player. Our journey began with a dedication to mastering the basics and laying a solid foundation for each individual. As we progressed, we seamlessly integrated the spirit of competition, understanding that growth flourishes when balanced with the thrill of challenges.

Our commitment extends beyond the court. We are dedicated to fostering an environment where every player is empowered to excel, both as athletes and individuals. Whether stepping onto the court for the first time or seeking to elevate your skills to the next level, South MS Volleyball Club is your home for growth, camaraderie, and success.



SMVC Goals for your athlete

At SMVC, every decision we make puts your athlete at the center.

Our mission is to help players build strong fundamentals, grow into great teammates, and develop both confidence and skill on and off the court.

Whether the goal is to make a school team, train with friends, lead at the district level, or prepare for the next stage of competition — we believe all training should be intentional and tailored to the athlete's journey.



Training

Our coaches follow a Gold Medal Squared (GMS) level training approach.

During the 2024–2025 season, we integrated Master Training into our program and saw a significant increase in our athletes' competitive skills.

At practice, we follow a structured schedule and a detailed practice plan. Our coaching staff consistently participates in ongoing GMS training to ensure high-quality, consistent instruction across all teams.



Coaching Staff

12s OS: Coach C Vollmuth	14 EW Pass: Coach Murray	16 EW Pass: Coach Montgomery	18 EW Pass: Coach Pate	15 EG OS: Coach D Parker
13 EB Pass: Coach B Vollmuth	14 EG Pass: Coach Davis	16 Regional: Coach Harris	13 EB OS: Coach Seymour	15 EB OS: Coach Q
13 EW Pass: Coach Rose	15 EB Pass: Coach Russell	17 National: Coach Vollmuth	13 EW OS: Coach Q	15 EW OS: Coach Everett
13 EG: TBD	15 EW Pass: Coach K Parker	18 EB Pass: Coach Irwin	14 EB OS: Coach Helms	16 Power OS: Coach Cameron
14 EB Pass: Coach Farlow	16 EB Pass: Coach Rose/Coach Helms		14 EW OS: Coach Ezell	18 EB OS: Coach Goebel

Make Up Tryouts:

October 26:

13 and 14: 1:30-3:00

15 - 18: 3:30-5:00



<https://SMVC.as.me/?appointmentType=category:25-26%20Tryouts>

Upon team placement: Deposits are due upon team placement and must be paid before the first practice.

Practices:

Elite and Power teams practice two days a week.

Regional and National teams practice three days a week.

Each practice day comes with an open gym attached to the beginning of practice. Girls who are unable to come at the beginning can stay for the open gym that falls in the second round of practices. (7:00-7:30)