

# Welcome to [The Volleyball Electronic Book](#)



## Navigation Pointers

Navigate throughout this electronic book by using the arrow keys found on your computer's keyboard. Or, you can click your mouse button on the scroll bar to the right edge of the window. Or, you can navigate by using the pull-down menus found at the top of the screen. Additional navigation tools are available by using the tool bar at the top of this window. You can show the page with or without thumbnails and bookmarks. You can click on the thumbnails and bookmarks to jump to different content areas quickly.

The final navigation tools are "hot-spots" on the page. When the cursor turns to a finger, clicking the mouse button will activate a hyper-link and jump you to another location. Often the words with underlined format in a different color are visual clues to the hyper-text links and clicking on them navigates you to a new page.

Summary of Navigation Methods for this book includes:

- Arrow Keys on the Keyboard

- Scroll Bars

- Pull-Down Menus

- Thumbnails

- Bookmarks

- Hyper-Text Hot-Spots (i.e. [continue](#) )

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This “START.PDF” document includes the following sections:

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[Extras from the SSS](#)

Contents from the various books are found in separate documents.

Drills from [Volleyball Tips for the 90s](#)

[Volleyball Notes](#)

[Gold Medal Volleyball](#)

[Gold Medal Volleyball Drills](#)

[Real World Volleyball](#)

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## Overview

The **Volleyball Electronic Book** is a project to digitize and distribute more than six years of volleyball text books. These volleyball books were published annually by The Sports Group with the assistance of the Sports Support Syndicate. These books were prepared by the staff of the clinics. Then the books were presented to those who attended the Gold Medal Volleyball Coaches and Player Clinics.



Nearly 10,000 paper-based books have been printed since the late 1980s. In total they account for more than 1,000 pages of content and include ideas written by 25 expert coaches.

Synthesizing this mass of content in a readable format absorbs more than 10 (1.4 megabit) floppy disks. To encapsulate all this content takes much disk space for a first-time electronic book offering. Hence, the internet is going to be leveraged as a means to further distribute the depth and breath of these volleyball ideas. For starters, everyone who attends a Gold Medal Volleyball Clinic in 1996 is getting an electronic volleyball book, the Acrobat Reader in either Macintosh or Windows formats, and the keys to understanding how one can get the whole project for themselves off of the internet.

<http://www.SportSurf.Net/>

Should you not have any internet access and really want to get the whole volume of material on floppy disk, sorry. The publisher and clinic organizers wanted to sell full-sets of disks for The Volleyball Electronic Book, but didn't.

The Volleyball Electronic Book is expected to evolve over the months and upgrade information is something that you should be aware of. Please read the final chapter in this "Start" file and stay posted to our announcements on the World Wide Web.

## Technical Information About This Software

[The Volleyball Electronic Book](#) is published in Adobe™ Acrobat™ format, called “portable document format” — hence, .pdf.

Adobe Acrobat software gives you instant access to documents in their original form, independent of computer platform. With the Acrobat Reader, you can view, navigate, print and present any Portable Document Format (PDF) file.

This technical information file contains Acrobat Reader information and program installation instructions. The Acrobat Reader On-line Guide (Acrobat™ Reader Help) also provides essential information to help you begin using Acrobat Reader.

PDF files can be exchanged across various platforms including: Macintosh, Windows 3.x, Windows95, Windows NT, DOS, and UNIX.

To read the data files, your computer need a copy of the Adobe Acrobat Reader file (version 3.0 or later). The Acrobat Reader is a free program. The Acrobat Reader files are available on-line, on disk, and many computer hardware and software components ship their documentation in this format, so you might already have a copy of the Acrobat Reader file already.

The Acrobat Reader On-line Guide (Acrobat™ Reader Help) also provides essential information to help you begin using Acrobat Reader 3.0.

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## SYSTEM REQUIREMENTS FOR MACINTOSH

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- Macintosh computer with 68020 (Macintosh II series) or greater processor.

Acrobat does not support Kanji.

- MacOS 7.0 or later
- 2 MB application RAM
- 4 MB hard disk space
- FDHD floppy disk drive

Note: If QuickDraw GX is enabled, to print from Acrobat Reader you must turn on desktop printing.

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## Install the Adobe Acrobat Reader software

You must have Adobe Acrobat Reader or Acrobat Exchange installed in order to make use of the PDF files on The Volleyball Electronic Book.

### Macintosh Users:

- To install Acrobat Reader on your hard disk drive, double click on the install icon found on DISK1.
- For more detailed information, installation instructions, license agreement and known issues please see the ReadMe files and on-line help.

### Windows Users:

- To install Acrobat Reader on your hard drive, from the Windows Program Manager, choose Run from the File menu; type  
\\setup.exe
- Follow the instructions on your screen.
- Installation requires approximately 3 MB of free hard disk space.
- For more detailed information, installation instructions, license agreement and known issues please see the ReadMe file.

### SGI Users, SunOS™, Solaris and HP-UX users:

Please see the installation instructions in the Installation and Getting Started Guide on-line at the Adobe www site. The Volleyball Electronic Book does not support these formats, but Acrobat will work on these platforms.

### DOS Users:

For installation instructions, system requirements and other information please see the readme file on the WWW at the ADOBE site.

Readers of The Volleyball Electronic Book are encouraged to use the START.PDF file to navigate through the contents of this program.

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## DISTRIBUTING THE ACROBAT READERS

Details on the terms of use for the Acrobat Reader products are found in the Adobe Systems Incorporated Electronic End User License Agreement that is installed with each product.

You may make unlimited copies of the Acrobat Reader 3.0 software and give copies to other persons or entities as long as the copies contain the Electronic End User License Agreement and the same copyright and other proprietary notices that appear on or in the Software. The same terms apply to The Volleyball Electronic Book software data files.

Because of the give-a-way nature of this software, and because of the pending updates and upgrades, The Volleyball Electronic Book is not supported by a “Help” desk.

The versions of the Macintosh and Windows Acrobat Readers on these disks do not install QuickTime. Later upgrades to The Volleyball Electronic Book might use QuickTime video and/or audio clips.

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# Authors

Click on any name to get that person's Bio.

The 1996 clinic staff is noted with a [blue](#) \*.

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[Your Invitation](#)

## Your Invitation

This electronic book on the great sport of volleyball is a massive educational project that is a work in progress. The evolution of this project is dependent upon your input. We realize that version 1.0 is not a final offering. Expect updates, additional interface tools and higher-level examples.

The goal of this project is to publish additional educational materials. We will do additional books and post additional information on the WWW. However, it might be nice to publish a CD-ROM next year instead of juggling all of the floppy disks and wondering about internet bandwidth and connection times.

You are invited to help get this project to the next level. There are many ways to help. Here are a few of the positive things you can do.

- Visit the WWW page dedicated to this project found at:  
<http://www.SportSurf.Net>
- Go to the internet and download the whole set of materials. With the expanding number of disks, all the files could not be delivered to you at the clinic.
- Download the updates on a quarterly basis.
- Get an e-mail address and visit the "Auto-Responder" by sending a message to:  
sss@sendit.com
- Send your written critique and offer suggestions for the next edition of the book to the publisher: Please use e-mail if possible to: [MRauterkus@SportSurf.Net](mailto:MRauterkus@SportSurf.Net)  
Or, if you must use "snail mail," send your letter to:

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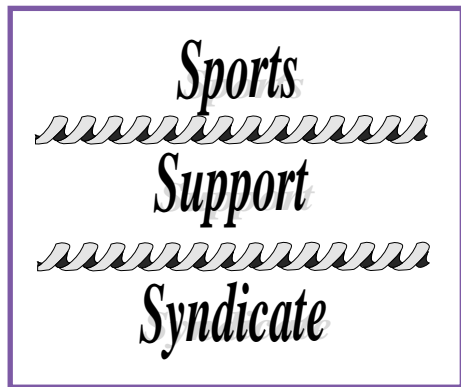
- Provide some additional graphics for the electronic book. You might make charts, diagrams, illustrations, or photos for specific parts in the book.
- Provide digital photo files, animation or QuickTime video clips for the electronic book.
- Provide additional insights, real-world examples, and other types of background information that you use in your program that would be of interest to other coaches and players.
- Be sure to sign-up for The Free White Pages of Sports and the People Directory at <http://www.SportSurf.Net/> These actions put you onto the internet in an organized and economical manner. Visit and contribute your volleyball, sports and fitness terms to The Interactive Encyclopedia of Sports.

## Extras from the Sports Support Syndicate

The Sports Support Syndicate publishes many books and offers many services to those who engage in sports.

At this point, the best way to take advantage of these offerings is to visit the WWW.

Thanks for you interest and feedback.



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# Comments

Peggy Wells, Spokane, WA: “I learned more this weekend than I’ve learned these past years as a coach and a player. Thanks.”

Tracy Wertman, middle school teacher, Spokane, WA: “I have some wonderful ideas and information to take back to my staff. I’m excited for volleyball to start—thanks for the motivation!”

Kathie Woods, Milwaukee, OR: “Excellent — best clinic I’ve ever been to — worth the trip!”

Ed Marsman, Findlay, OH: “The coaches did an excellent job of addressing questions and allowing questions.”

Susan Dittman, Lexington, VA: “Very good balance in presenter’s personalities. I appreciated both Kathy and Brad’s insights.”

Bill Nunnally, Pembroke, NH: “Super clinic. Exceptional clinicians. Good job—no, excellent job. good balance of facts, humor, how to and strategy. Super!”

John Bryn, Texas: “This clinic was handled in a very professional manner.”

Margaret Hinton, Florida: “The more of these I come to, the clearer it all becomes. I never played Volleyball.”

Katie Felke, Rochester, IN: “This is my third series and they have all been excellent.”

Terri Blosser, Goshen, IN: “Information was very helpful; appreciated the various drills. Lots of helpful tips.”

Todd Burns, Casper, WY: “I enjoyed the clinic. I don’t know when I’ve taken more notes in a shorter period of time.”

Brian Sweeney, Shiremanstown, PA: “It was great being taught by the best.”