



Coach's Bio

Brittany Layman has 21 years of experience playing at the high school, collegiate, and adult level. Her career started at Narraguagus High School where she played for 4 years. During her senior year she was recruited to walk on to the Division 1 program at the University of Maine, Orono and played from 2001-2005. She eventually earned a scholarship and was a 3 year letter winner and 2 year captain. The University of Maine was in the America East conference and Brittany was a two time all conference member. During her time with the Black Bears she coached at a variety of camps in Maine and Massachusetts. College athletics taught leadership and mental toughness thus leading to a degree in nursing. Brittany has continued to play competitive volleyball in Maine and New England and she is currently one of the top rated women in the state. Brittany works for RSU 22 as the Health and Wellness Coordinator and school nurse. She is looking forward to sharing the great game of volleyball with the young women of Hampden Academy.

POSITIONS AND EQUIPMENT

Our new Bronco volleyball team will spend our first year learning skills and positions. We will work on the framework to make a great team! Believe it or not the Bangor region has a rich volleyball tradition and we will use a variety of guests to help us with our skills. Maine Maritime Academy has invited us to view a practice and game down in Castine.



SETTER:

MAIN RESPONSIBILITY IS TO SET UP THE HITTERS-- WHEREVER THEY MAY BE (THIS COULD EVEN MEAN BACK ROW). THE SECOND CONTACT OF EACH POSSESSION IS MEANT FOR THE SETTER.



Knee pads are encouraged



\$29.99 at Dick's Sporting Goods

HITTERS:

ATTACK THE BALL ON THE THIRD CONTACT, USUALLY FROM A SET FROM THE SETTER. THIS POSITION CAN BE CALLED THE LEFT OR OUTSIDE HITTER. THE HITTER ON THE RIGHT SIDE TAKES OVER FOR THE SETTER IF SHE CANNOT SET AND IS KNOWN AS THE OPPOSITE. THE MIDDLE BLOCKER MOVES ACROSS THE NET BLOCKING AND HITTING.



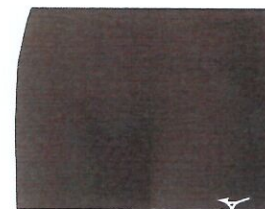
Mizuno, Asics, and Nike make decent sneakers



Volleyball specific are not necessary.

DEFENSE:

EVERYONE PLAYS DEFENSE AGAINST THE ATTACK FROM THE OTHER TEAM. SOMETIMES A PLAYER, WHO IS NOT A STRONG DEFENDER, IS SUBBED OUT FOR A DEFENSIVE SPECIALIST OR LIBERO. DEFENSE INVOLVES DIGGING ATTACKS AND BLOCKING.



Compression shorts



Not necessary but can help prevent floor burns.

SUMMER PROGRAMS

- Brewer High School will host a summer camp on June 27th, 28th, and 29th. If interested complete the registration ASAP. Limited slots and cost is \$50.00.
- The Cameroon Men's National Coach will be in the Bangor Area for the month of July. Skills sessions will be hosted at area venues. More information to come.
- There is an outdoor net at the Lura Hoyt Pool. This is a great place to get volleyball touches!



PRACTICE INFORMATION

Practice will begin on August 13th at 3:00pm and we will practice every day from 3:00-4:30pm. On Mondays and Wednesdays I cannot arrive until 3:00pm but on the other days I will be available before practice to work on individual skills. Practice will consist of learning the game, skills, competitive drills, and game scenarios.

BRITTANY LAYMAN
(207) 862-7322 (office)
(207) 631-0496 (cell)
blayman@rsu22.us

CLUB VOLLEYBALL



Fall 2018 will bring girls' volleyball to Hampden Academy. We are excited to share this great sport with the Bronco community.

