

# COLEMAN MY MENTOR

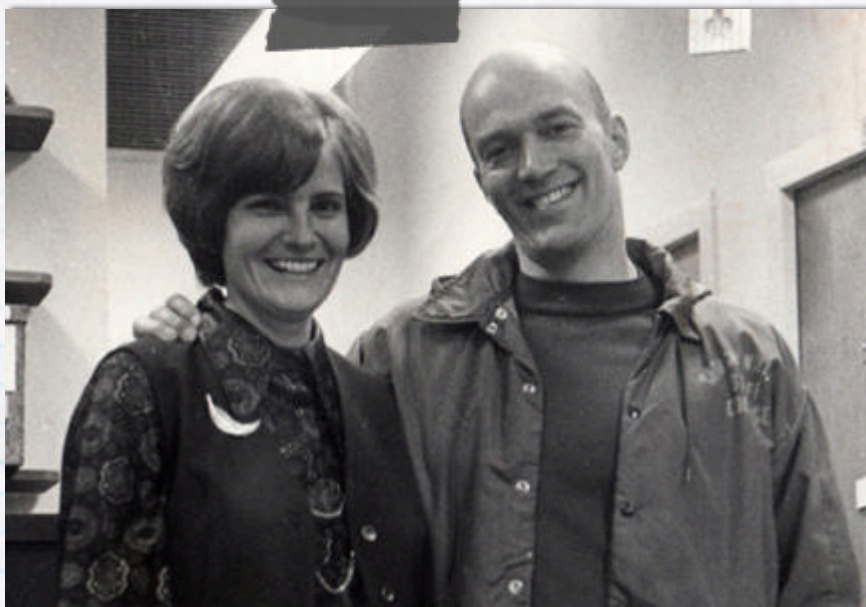
WHAT I REMEMBER MOST ABOUT JIM

## Where have all the years gone?

I MET JIM VISITING BILL MCKENZIE IN CHICAGO IN 1970

I will never forget my first meeting (or should I say interview) with Dr. Jim Coleman, who later was just Jim or Dr. Coleman. As I now look back and reminisce about those times, there are only 3 people who I met or came to know in my life and who NEVER had a bad word to say about anyone: my mom, Dr. Jim Coleman and Pat McChesney. What an unbelievable characteristic to maintain throughout one's life. I will work on "this"!

Jim asked if I would like to get my Master's Degree, coach, train, play and be an instructor in the physical education department. Wow! I had no idea that I would teach every sport with the exception of swimming and gymnastics. Of course, my degree from the University of Northern Colorado provided that background and experience. I taught for two years and coached the women's volleyball and men's tennis team, finished my degree in 2 years and was ready for conquering the world of volleyball.



## 31 years of mentoring!

During that time and no matter what I had to do or study, I trained with Jim every day on setting: technique and strategies. At least two nights a week, we would go to his Kenneth Allen Men's practice, and I would play defense or set in order to understand his sophisticated offensive numbering system. When we had camp, we

would get up at 5am, eat breakfast, head to the gym and train coaches until around 8pm. Then some of his Kenneth Allen guys would come to George Williams College, and we would play until we could not move. We got to bed by 2pm, got a few hours of sleep and then up again to meet the challenges of the next day.



**A THINKER:** This man lived his life helping others better understand the sport of volleyball. He was MY HISTORY Book!



**ALWAYS FOCUSED:** Jim helped me better understand the sport and follow my passion even though not everyone would agree with what i might do.



**KAPRICE BRAY, JIM COLEMAN AND RUTH N. NELSON** training at GW for the 1972 National Team tryouts.

# Jim always talked about making choices



**Dr. Coleman**

models. After I left Chicago to play on the 1972 National team, I moved to Texas to play for EPU with Mary Jo Pepler and Marilyn McReavy. Jim and I would meet at tournaments and spend all the time talking about volleyball: what new things were in vogue and what he was doing. He was such an encourager; he always drove me to think "out of the box". Jim would say, "The best way to become the best is to surround yourself with the best." Well, the best in the world was who I was exposed to: from the Cubans, to the Russians, to the Japanese and, of course, to Dr. Arie Selinger and all his out-of-the-box thinking.

He taught me about Smitty Duke (The Duke, who was a former baseball player), and what a great athlete can do in the sport even without having a lot of training. In the 1964 Olympic Games in Mexico, Hirofum Diamatsu (who trained 24-7 with his crude style) won the Gold medal at the first Games where volleyball was contested. Jerry Angle was playing and later coaching at GW; we would video tape every session of our camps, and we would analyze each skill to be sure it was biomechanically sound. We would also analyze what things needed changing for more efficiency of movement.

## IT WAS MORE THAN WINNING

Jim Coleman introduced me to Bertha Lucas and the Chicago Rebels. I was exposed to Venerda Thomas, Patti Bright and many great role

Jim influenced so many life lessons, and he would say, "What is life really like if you don't challenge yourself every day to become the best you can be! Decide what is best and work toward becoming everything that you can be." I can still hear him say to me, "Why did you set that ball instead of that set!" He challenged me like no other, and he always was there when I needed someone to talk with or even just run something by. He respected everyone's opinion, and he never undermined others. He would always find something positive that each person could contribute. When we traveled, we always stayed in people's homes since we could not afford hotel rooms.

1. maintain energy
2. think positive
3. make smart decisions
4. make strategic moves
5. be responsible
6. be accountable
7. be enthusiastic
8. get knowledgeable
9. gain experience
10. ALWAYS HAVE FUN

## FROM RUTH TO JIM

I never thanked you enough for everything you introduced to me. All the successes were built around the foundation of fundamental skills and statistical analysis of skills and competition. I know that you are developing another team with Flo Hyman & Pat McChesney that will revolutionize the sport of volleyball for TEAM Heaven. I will also remember all of your "out of the box" ideas as well as always making time to have a great time together.

*Ruth N. Nelson*



## NEVER SLEEPING

There were so many reps of setting, over and over, until success was gained and maintained. I will never forget getting a plastic volleyball at Kmart, getting a hypodermic needle from the lab and injecting water into the ball so that it would never be stable when I practiced my setting.

## EXPOSED TO GREAT TRAINING

Bertha Lucas      Pat Zartman  
 Dr. Jim Coleman      Mary Jo & Marilyn  
 Moo Park      Dr. Arie Selinger

## TRAINED WITH THE MEN

Jerry Angle, Jim Vinyard, Bruno Andrikitis, Tom Bearman, Mick Haley ... just to name a few.

## LAUGHING ALL THE TIME

"The socialization of volleyball needs to be expanded to the junior coaches, high school coaches, personal trainers and performance trainers across the country in order to KEEP THE ATHLETES HEALTHY as the #1 priority." Contact Ruth at

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