

# VOLLEYBALL CAMP

Youth Instructional and Dynamic Performance Training

## NEW Cross Training Program

Total body conditioning will be the emphasis for cross training each week and will focus on the specific volleyball movements and muscle groups to allow the athlete to effectively and efficiently coordinate skills and improve performance. Agility training will focus on abdominal strength to assist athletes with quickness, balance and core stabilization.

## NEW Boot Camp Fitness Program Offered

The Boot Camp Fitness Program is a program offered to those athletes who participate in four or more weeklong training sessions throughout the entire summer. This program will provide the athlete with the necessary knowledge to measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition and self-evaluations to track their progress goals.

## Week 9 August 10 – 14th

Volleyball week will be a wonderful opportunity for the athlete to gain new skills and confidence with the sport. Athlete who have previously played volleyball will be able to challenge and refine their skills prior to the start of the fall volleyball season and a great opportunity for those who have had limited or no playing time with the sport to gain new skills. Here you will enhance the fundamentals, develop proper mechanics, enhance court awareness and gain game play experience. Players will be coached through several fundamental volleyball skills including, passing, setting, serving and hitting. Dynamic drills will be used to challenge and excel the player's skill sets. Each player will receive quality instructions by coaches.



## What gives our volleyball camp the competitive edge?

### Top Coaching Character and Sport Leadership Development

We offer an exceptional coaching character and sport leadership development program that was developed by a University of Akron Sport Science and Wellness Instructor and college coach. Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve and succeed in an individual or team environment while working to achieve higher performance levels.

### Top Skilled and Invested Coaches

We are honored to announce that all our coaches have either coached or played within the local high school and university educational systems. Our coaches have earned awards such as the All-American award, teachers and coaches of the year awards, academic and athletic honors, champion levels of achievement and more. Please visit our website under "our team and guest coaches" for more information.