



ELITE POSITIONALS

Grades 9-12

Setters/Liberos - Coed

Pins/MH - Girls

Our Elite Positional Training sessions are the perfect opportunity to refine your technique at your position and hone in on the strategies needed to succeed at the highest level. See the following page for details on curriculum for each position! These will be FAST PACED and INTENSE sessions - expect to work hard, get a lot of reps, compete a lot, and see noticeable improvement!

Athletes MUST have Club/Open level club volleyball experience or equivalent to register. This class is for athletes in Grade 9+. Courts will be grouped by age and skill level during game play portion of camp.

Please note that this year we will be automatically waitlisting ALL athletes and we will be reviewing ALL registrations to ensure that athletes meet the criteria for safe participation. Please allow us time to review each registration, Thank you!

COST: \$450 per athlete

» REGISTER HERE

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SETTERS** - This camp will reinforce hand placement, contact, and footwork for setters. Players will work on high level techniques, including jump setting, running fast tempo offense, setter attacking, defense, and blocking, Expect a TON of reps, constant movement, and challenging drills. (Coed)

LIBEROS** - Again, this is not for the faint of heart. This camp will train liberos to serve, pass, and defend at the highest level. This is a high-energy, fast-paced camp based on maximum repetitions, and the expectation for all athletes is both intense and **RELENTLESS** pursuit as well as mindful attention to detail. (Coed)

PIN ATTACKERS - Athletes will work on the fundamental skills of hitting and serve receive, with an emphasis on becoming a great passer and attacker. The goal of this camp is to become an elusive "6-Rotation Player" who can lead their team in the front AND back row. Expect to work on attacking, serving, and defense as well! (Girls)

MIDDLE BLOCKERS - Athletes will learn the skills and mindset needed to be an elite middle blocker and attacker at the next level. Expect to work on attack tempos/toolbox, advanced blocking techniques, high speed transition attacking, and physical net play. Athletes must be proficient with approach footwork, quick attacks (1, slide, gap/31) and blocking footwork to take this class. (Girls)

***Please note that while these are listed as Libero and Setter camps, athletes playing other positions at a VERY high level can attend this camp in order to work on back row play and setting skills and technique.*

