

# Summer Academy 2019

At Academy, we are very proud of our world-class, truly professional coaching staff led by Coach Li, the well-known former head coach of China National Women Team, and Coach Bunn, who has 20-yr D1 coaching experiences, We offer the best-quality training for student-athletes with challenging and unique approaches that focus on developing fundamental skills.

## Youth Academy (#1 Recommendation)

A featured program, is a year-round training program designed to develop young students with the focus of systematically teaching fundamentals. Students will be grouped based on age/skill into Beginner (Age 8 & Up), Intermediate (Age 11 & Up), and Advanced (Age 13 & Up).

**Fri(5-7P) Group @ \$220**

7/12; 7/19; 7/26; 8/2; 8/9; 8/16; 8/23; 8/30

**Su(5-7P) Group @ \$220**

7/14; 7/21; 7/28; 8/4; 8/11; 8/18; 8/25; 9/1

**Bonus Pack @ \$350 (Fri + Su)**

## Power Jump - Led by Coach Moss

Regardless of what position you play, vertical Jump is critical in the game of volleyball. POWER JUMP is designed to help players improve vertical explosiveness. It is geared to not only improve the athletes vertical jumping and conditioning, but visualization exercise and mental training designed to help athletes reach their full potential. The journey toward improve, meant starts here!!!

**Group 1 @ \$150**

Fri 5-6P: 7/12; 7/19; 7/26; 8/2

Su 5-6P: 7/14; 7/21; 7/28; 8/4

**Group 2 @ \$150**

Fri 6-7P: 7/12; 7/19; 7/26; 8/2

Su 6-7P: 7/14; 7/21; 7/28; 8/4

**Group 3 @ \$150**

Fri 5-6P: 8/9; 8/16; 8/23; 8/30

Su 5-6P: 8/11; 8/18; 8/25; 9/1

**Group 4 @ \$150**

Fri 6-7P: 8/9; 8/16; 8/23; 8/30

Su 6-7P: 8/11; 8/18; 8/25; 9/1

★ Limited to 6 players/Group

★ VertiMax in use

## Summer Camps

### High Performance(Position) @ \$180/Camp

High Performance is the highest-level camp offered, which is designed to train high potential student-athletes in skills required to be successful at the next level. We put a high emphasis on skill development, competition, education and high repetition. This ADVANCED camp offer INTENSE training in position techniques and some team systems as well. It is a great opportunity for athletes to experience the best-quality Academy training that is led by Coach Li and Coach Bunn. All of our groups have a small camper/coach ratio to ensure the most beneficial teaching/learning environment. We will introduce, review and enhance each skill involved in the game of volleyball.

To ensure the camp quality, Academy reserve the rights to decline registration based on our judgments on players' skill and volleyball experiences.

#### 13-14s(Rising 7-8th Grade)

>2yr Experienced club players

Limited players per position group

• OH/RS (Max. 10)

#1: Jul 16-18; 530-830P #2: Jul 30-Aug 1; 530-830P #3: Aug 13-15; 530-830P

#### Classic Camp(All Skills) @ \$250/Camp

Camps are geared for the beginner to intermediate volleyball player, grades 7-10th. We work on all of the skills included in the game of volleyball with an emphasis on developing an all-around player. This is accomplished through drills and skill development, competitions and games.

Age 12-15 with 1-3 yr experience; Grouped based on levels

MS players(rising 7-8th grade); HS players(rising 9-10th grade)

#### 3 Full-day Camp (830-4P)

#1: Jul 9-11

#2: Jul 23-25

#3: Aug 6-8

#### 15-18s(Rising 9-12th Grade)

>3yr Experienced club players

• MH/MB (Max. 10)

• Setter (Max. 8)

• L/DS (Max. 10)

#1: Jul 9-11; 530-830P

#2: Jul 16-18; 530-830P

#3: Jul 23-25; 530-830P

#### Youth Camp(All Skills) @ \$250/Camp

Age 8-12; Grade 3-7th

0-1 yr experience

#### 3 Full-day Camp (830-4P)

#1: Jul 9-11

#2: Jul 23-25

#3: Aug 6-8

### High School Tryout Camp @ \$150/Camp

This camp is designed to help high school players for the upcoming HS tryouts. It offers not only the skills training needed but also learning tryout process and tips.

#1: Jul 9-11(9-12P)

#2: Jul 23-25(9-12P)

### Middle School Tryout Camp @ \$150/Camp

This camp is designed to help middle school players for upcoming MS tryouts. It offers not only the skills training needed but also learning tryout process and tips.

#1: Jul 30-Aug 1(1-4P)

#2: Aug 6-8(530-830P)

#3: Aug 13 - 15 (9-12P)

#4: Aug 20 - 22(9-12P)

## Academy Setting School

Setting school provides developing and experienced setters with systematic training that helps them to become capable and confident setters

7/14

7/21

7/28

8/4

8/11

8/18

8/25

9/1

**Intermediate**

**Advanced**

**Sun 3-5P @ \$35/Clinic**

## Academy Specific Clinic

Specific Clinic is a skill/position specific coaching program designed to focus on different areas of the game: hitters(outside/right side), middle hitter/blocker, and defense(L/DS). All clinics include some serving practices. Players are grouped based on skill levels.

7/14

7/21

7/28

8/4

8/11

8/18

8/25

9/1

**Attacking**

**Defense**

**Sun 3-5P @ \$35/Clinic**

## Program Rules

✓ Program size is limited and will be accepted on a first-come, first-served basis

✓ Minimum and maximum sizes of programs apply. We reserve the right to cancel any program that does not reach minimum requirements.

✓ Group/age/skill levels are established for programs. Group placement/movement are decided by Academy staff/coaches

✓ Online registration/payment are required for all programs. Walk-in accepted if space permits, higher fees might apply.

✓ Full refund if the program is canceled by Academy. Otherwise, issued credits could be used for other registrations.

**ONLINE REGISTRATION REQUIRED**

Questions: [info@ncacademyvb.org](mailto:info@ncacademyvb.org)

[www.ncacademyvb.org](http://www.ncacademyvb.org)