

Summer Academy 2022

Youth Academy

A featured year-round 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 @ \$230

7/8; 7/15; 7/22; 7/29; 8/12; 8/19; 8/26; 9/2

Bonus Pack @ \$360 (Fr + Su)

Su(5-7P) Group @ \$230

7/10; 7/17; 7/24; 7/31; 8/14; 8/21; 8/28; 9/4

Power Jump

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

Fr 5-6P: 7/8; 7/15; 7/22; 7/29

Su 5-6P: 7/10; 7/17; 7/24; 7/31

Group 2 @ \$150

Fr 6-7P: 7/8; 7/15; 7/22; 7/29

Su 6-7P: 7/10; 7/17; 7/24; 7/31

Group 3 @ \$150

Fr 5-6P: 8/12; 8/19; 8/26; 9/2

Su 5-6P: 8/14; 8/21; 8/28; 9/4

Group 4 @ \$150

Fr 6-7P: 8/12; 8/19; 8/26; 9/2

Su 6-7P: 8/14; 8/21; 8/28; 9/4

Camps

Collegiate Performance @ \$55/Camp

We are excited to host the training camps led by [Old Dominion University Coaches](#) from NCAA DI programs.

MS Camp(rising 7-8th Grades)*

Jul 9(Sat); 10-1230P

\$55

HS Camp(rising 9-12th Grades)*

Jul 9(Sat); 130-4P

\$55

* There are no exceptions to the grade levels listed.

* Camp is open to all athletes regardless of club/school affiliation.



High Performance(Position) @ \$180/Camp

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.

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

12-14s(Rising 6-8th Grade)

>1yr Experienced club players

Limited players per position group

#1: Jul 12-14; 530-830P #2: Jul 26-28; 530-830P #3: Aug 9-11; 530-830P

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

>3yr Experienced club players

Limited players per position group

#1: Jul 5-7; 530-830P #2: Jul 19-21; 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: Jun 28-30

#2: Jul 12-14

#3: Jul 26-28

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

Age 8-12; Grade 3-7th

0-1 yr experience

3 Full-day Camp (830-4P)

#1: Jun 28-30

#2: Jul 12-14

#3: Jul 26-28

High School Tryout Camp @ \$150/Camp

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 12-14(9-12P)

#2: Jul 26-28(9-12P)

Middle School Tryout Camp @ \$150/Camp

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: Aug 2-4(9-12P)

#2: Aug 9-11(1-4P)

#3: Aug 16-18 (530-830P)

Setting School

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

7/10

7/17

7/24

7/31

8/14

8/21

8/28

Intermediate

Advanced

Sun 3-5P @ \$35/Clinic

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.

7/10

7/17

7/24

7/31

8/14

8/21

8/28

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. No refund will be issued after the program begins.

ONLINE REGISTRATION REQUIRED

Questions: info@ncacademyvb.org