



# 2017 Prostyle Summer Camp



## PROSTYLE ELITE HIGH SCHOOL SUMMER CAMP SERIES

The Elite Camp is designed for high school players and teams who want to TRAIN HARD!

### IN SEASON AND OUT OF SEASON TEAM/PLAYER CONDITIONING:

This segment will provide important instruction for players and coaches as our “USA Certified Weight Training Instructor” leads the athletes through an intense volleyball focused workout.

#### TEAM DRILLS

Athletes and coaches will learn important concepts that will help them develop drills that will maximize quality reps and result in maximum improvement over the course of their season.

#### TEAM COMPETITION

Teams will compete during the evening segment in PSVA’s three court volleyball training facility!

**MINIMUM OF 8 PLAYERS FOR TEAM CAMP**

ONE DAY \$65 per athlete / TWO DAY \$115 per athlete / Lunch Option - \$15 two day & \$8 one day

DATES: One day camp date - Saturday June 3<sup>rd</sup> / Two day camp dates – Thursday, Friday June 8<sup>th</sup> – 9<sup>th</sup>

Camp Times: 10am to 7pm with an hour lunch

## PROSTYLE ELITE MIDDLE SCHOOL SUMMER CAMP SERIES

### IN SEASON AND OUT OF SEASON TEAM/PLAYER CONDITIONING:

This segment will provide important instruction for players as our “USA Certified Weight Training Instructor” leads the athletes through an intense volleyball focused workout. Athletes will learn how they can train and condition without expensive equipment.

#### SKILLS & DRILLS

Athletes will learn important foundational skills and proper mechanics that will help them progress to the next level.

#### TEAM COMPETITION

Athletes will be grouped into teams for the evening segment in our three court facility.

ONE DAY \$45 per athlete / TWO DAY \$80 per athlete / Lunch Option - \$15 two day & \$8 one day

DATES: Advanced Camp – July 24<sup>th</sup> – 25<sup>th</sup> / Intermediate Camp July 27<sup>th</sup> – 28<sup>th</sup>

Camp Times: 10am to 7pm – hour lunch break

## PROSTYLE ELITE POSITIONS SUMMER CAMPS

### HIGH SCHOOL DEFENSIVE TRAINING

Blocking and Libero Training / 9:00am – 10:30am

### MIDDLE SCHOOL DEFENSIVE TRAINING

Blocking and Libero Training / 5:30pm – 7:00pm

### HIGH SCHOOL OFFENSIVE TRAINING

Setters, Outside Hitter and Middle Training

11:00am – 12:30pm

### MIDDLE SCHOOL OFFENSIVE TRAINING

Setters, Outside Hitter and Middle Training

7:00pm – 8:30pm

POSITION COST: \$40 per offensive session or defensive session – or do both sessions for \$75.

DATES: July 13<sup>th</sup> – 14<sup>th</sup>

### CONTACT INFORMATION

Please email or call us with questions. *Like us on FACEBOOK!!*

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