

TRAINING CHAMPION VOLLEYBALL ACADEMY
VOLLEYBALL CAMP

4 DAYS A WEEK : AGES 10-14

TIME 8:00 -12AM	TIME 8:00-12AM	TIME 8:00-12AM
COST 1 WEEK = \$180	COST 2 WEEKS = \$320	COST 3 WEEKS = \$440
WEEK 10-14 JUNE 4 DAYS MONDAY 10 TUESDAY 11 WEDNESDAY 12 THURSDAY 13	WEEK 17-21 JUNE 4 DAYS MONDAY IS SWAPPED FOR FRIDAY TUESDAY 18 WEDNESDAY 19 THURSDAY 20 FRIDAY 21	WEEK 24-28 JUNE 4 DAYS MONDAY 24 TUESDAY 25 WEDNESDAY 26 THURSDAY 27

ACTIVITIES

8:30 - 9:30 am

*Importance of warm-up

*Teach and improve the technical elements of volleyball , a different technique every day.

9:30 - 10:30 am

*General physical preparation to strengthen and increase jumpability

*Improve the coordination and movement applied to volleyball

10:30 - 10:45 am

Break accompanied by a snack (biscuits, juices, water)

10:45 am - 11:50 am

*Sport games and matches with the aim of teaching the rules of volleyball

11:50 - 12:00 am

*Teaching the importance of stretching and the end of the activities.

IMPORTANT INFORMATION

* THIS CAMP IS VOLLEYBALL SPECIFIC, THE CHILDREN WHO PARTICIPATE HAVE TO HAVE BASIC KNOWLEDGE OF THE SPORT.

* REGISTRATION BEGINS: APRIL 1-15 FOR ACADEMY CHILDREN AFTER THAT IT WILL BE OPEN AND SPOTS WILL BE LIMITED

* PAYMENTS ARE ONLY ACCEPTED WITH: CHECK, CASH OR ZELLE ONCE ENROLLED.

* WE ARE ON THE COURT FROM 7:30 AM FOR YOUR CONVENIENCE.

* PARTICIPANTS HAVE TO BEHAVE CORRECTLY AND RESPECTFULLY TOWARDS THE STAFF AND PEERS

