



2018 Sports Performance Camp Descriptions

Setting Camps:

Setting Academy 1: A setting camp that is designed for athletes in high school setting at the varsity level with the desire to play at the collegiate level. This camp is very intense and only for the very serious athlete. This camp is the highest level setting camp that is offered. This camp is co-ed.

Setting Academy 2: A setting camp that is designed for the High School varsity setter and incoming varsity setters with the desire to play at the collegiate level. This camp is very intense and only for the serious athlete. This camp is just below the Setting Academy I level. This camp is co-ed.

Collegiate Setting: Setting camp for COLLEGIATE SETTERS ONLY. This camp provides a great way to prepare for the upcoming collegiate season. This camp is co-ed.

Intermediate Setting: Setting camp for those setters who need some work on technique but also is looking for some game-like repetitions. This camp is co-ed.

Setter School / Development Academy: These two camps will focus on extensive fundamental training to develop proper hand position and footwork. It is highly recommended for the younger setter who is looking to enhance basic setting techniques OR the older setter who has very little experience and technical development. This camp is co-ed.

1st Contact (Passing, Defense) Camps:

1st Contact Academy: This is the most serious camp available for developing 1st contact skills (passing, digging, serving). An extensive amount of time will be spent on both technical training and repetitive work. This camp is very demanding and players who attend will be expected to work at a very high level. This camp is co-ed.

1st Contact Camps: Camp that focuses on the first contact skills of passing, defense, and serving. This camp is just slightly lower in intensity than 1st Contact Academy. This camp is co-ed.

Attacking & Passing Camps:

Attacking & Passing: Camp focusing on attacking and passing skills for the female athlete. This is an excellent camp for young players to develop overall attacking fundamentals or for the older outside attacker who plays the left or right side position. This camp is for females only.

Attack/ Pass / Serve: Camp completely dedicated to the skills of attacking, passing, and serving. It will be geared toward the basic fundamentals of each skill and is designed for the Jr. High (6-8th grade) level athlete. This camp is for females only.

Middle Blocker Camps:

Middle Blocker Academy: The camp will focus on the skills of hitting and blocking specifically for the middle blocker position. A tremendous amount of time is spent on proper footwork for attacking in both serve receive and transition attack. We will be teaching "Swing Blocking" at this camp so players will spend a great deal of time on blocking footwork fundamentals as well. This camp is for females only.

All Skills Camps:

All Skills Camps: This camp is designed for the younger athlete (through Junior High/8th Grade) to help develop all volleyball skills. This camp will primarily focus on the 6 fundamental skills of volleyball. This camp is co-ed.

FUNDamentals: An All-Skills camp targeted at the very young (Grades 1-5) athlete to develop all 6 fundamental skills of volleyball. This camp is co-ed.

HS/JH Training Camp: An All-Skills camp that will also focus on individual position training throughout.

Team Camps:

Team Camps: This team camp will be split into skill development by positions as well as component, system and team play training. If you're looking for a camp where your team ONLY scrimmages then this camp is NOT for you. We treat this camp as your team's preseason and work to cover all aspects of team and player development. This is for female teams only. A team/school must register for the camp. This is not a camp for individuals looking to be placed on a team.

SPVB Training Clinics:

SPVB Training Clinics/HP Camps: These camps are designed for athletes that either already participate or are interested in participating in the SPVB program in the upcoming year. The camp will focus on individual position development.