

2020 SPVB Summer Camps

Great Lakes Center (moved from Benedictine University)

579 N Oakhurst Dr, Aurora, IL

Page 2 has individual session times for each camp

Commuter Campers Information

- Facility is Air-Conditioned
- On the first day of camp please arrive 15 minutes prior to the first session to check-in
- There is nothing additional that you need to bring for check-in (i.e. physical form, etc)
- If there is a lunch break in your camp you are participating in you may bring a lunch, buy a lunch from the deli on-site, or go out to lunch
- Grades listed below are the grades the camp will be geared towards. Younger athletes may attend an older camp; however, please note that we will not slow down the camp to adapt for younger athletes. No refunds will be given for athletes registering and attending an older camp
- If you are in need of a hotel in the area we recommend the SpringHill Suites, 4305 Weaver Parkway, Naperville, IL 60555 630-393-0400
- There is no shuttle service provided to pick up campers from airports. If you need assistance in getting from the airport (either Midway or O'Hare) you can contact the following companies directly: GO Airport Express 888-284-3826 or American Limo 888-876-2154
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What to bring

- T-shirts (recommend one for each session)
- Shorts/Spandex
- Socks/Volleyball Shoes/Kneepads
- Large Water Bottle

7-Day Camp Schedules (ILBU6 – Setting Academy 1)			
	<u>Day 1 of Camp</u>	<u>Days 2-6 of Camp</u>	<u>Day 7 of Camp</u>
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch (Not provided)		11:30am-1:00pm	
Gym Session	2:00-4:30pm	1:00-3:30pm	
Dinner (Not provided)	4:30-7:00pm	3:30pm-5:00pm	
Gym Session	7:00-9:00pm	5:00-7:00pm	

5-Day Camp Schedules (ILBU1-Setting Academy 1; ILBU2 -1st Contact Academy; ILBU3-Setting Academy 2)			
	<u>Day 1 of Camp</u>	<u>Days 2-4 of Camp</u>	<u>Day 5 of Camp</u>
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch (Not provided)		11:30am-1:00pm	
Gym Session	2:00-4:30pm	1:00-3:30pm	
Dinner (Not provided)	4:30-7:00pm	3:30pm-5:00pm	
Gym Session	7:00-9:00pm	5:00-7:00pm	

3-Day Camp Schedules (ILBU4-Attack, Block & Pass; ILBU5-Middle Blocker Academy)			
	<u>Day 1 of Camp</u>	<u>Day 2 of Camp</u>	<u>Day 3 of Camp</u>
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch (Not provided)		11:30am-1:00pm	
Gym Session	2:00-4:30pm	1:00-3:30pm	
Dinner (Not provided)	4:30-7:00pm	3:30pm-5:00pm	
Gym Session	7:00-9:00pm	5:00-7:00pm	

4-Day Camp Schedules (ILBU7 Collegiate Setting Academy; ILBU8 Collegiate 1st Contact Academy; ILBU9 High School 1st Contact Academy)			
	<u>Day 1 of Camp</u>	<u>Days 2-3 of Camp</u>	<u>Day 4 of Camp</u>
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch (Not provided)		11:30am-1:00pm	
Gym Session	2:00-4:30pm	1:00-3:30pm	
Dinner (Not provided)	4:30-7:00pm	3:30pm-5:00pm	
Gym Session	7:00-9:00pm	5:00-7:00pm	