

## 2019 SPVB Summer Camps

### Brownstown Sports Center

21902 Telegraph Rd, Brownstown Charter Twp, MI 48183

\*\*Page 2 has individual session times for each camp\*\*

- 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 or go out to lunch
- To reserve a spot for your team in the Team Camp email Luke Stapleton directly at [luke@greatlakescenter.com](mailto:luke@greatlakescenter.com)
- Grades listed 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
- Athletes can register directly on the website regardless if the school is paying for the whole team or the individual athlete is paying

What to bring/wear:

- T-Shirt (recommend bringing a new one for each session)
- Shorts/Spandex
- Water bottle with your name on it
- Kneepads and Volleyball shoes
- Great Attitude!



*"A Commitment to Excellence"*

<b>Camp Schedules (MI1 Setting Academy; MI2 1st Contact; MI3 Attack, Block &amp; Pass)</b>			
	July 17th Schedule	July 18th Schedule	July 19th Schedule
Gym Session		9:00am-12:00pm	9:00am-12:00pm
Lunch Break (not provided)		12:00-2:00pm	12:00-2:00pm
Gym Session	2:00-5:00pm	2:00-4:30pm	2:00-4:30pm
Dinner Break (not provided)	5:00-7:00pm		
Gym Session	7:00-9:00pm		

<b>Camp Schedules (MI4 Varsity Team Camp)</b>			
	July 20th Schedule	July 21st & 22nd Schedule	July 23rd Schedule
Gym Session		9:00am-12:00pm	9:00am-12:00pm
Lunch Break (not provided)		12:00-2:00pm	
Gym Session	2:00-5:00pm	2:00-4:30pm	
Dinner Break (not provided)	5:00-7:00pm	5:00-7:00pm	
Gym Session	7:00-9:00pm	6:30-8:30pm	