

2019 SPVB Summer Camps

Xcel Sportsplex, 37 Maxwell Drive, Hendersonville, NC

Page 2 has individual session times for each camp

- 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)
- During the lunch break in the camp you may bring a lunch, buy a lunch from the deli on-site, or go out to lunch
- 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
- To register for the Team Camp please email Rick Moore at rick@xcelsportsplex.com

What to bring/wear:

- T-Shirt (recommend bringing a new one for each session)
- Shorts/Spandex/Kneedpad/Volleyball Shoes
- Water bottle with your name on it
- Money if you want to purchase a lunch at the deli
- Great Attitude!



"A Commitment to Excellence"

Camp Schedules - NC1, NC2 & NC3			
Camp Name	NC1 - HS Elite Camp	NC2 - JH Elite Camp	NC3 - Coaches Workshop
Dates	July 18-21 Schedule	July 18-21 Schedule	July 22 & 23 Schedule
Gym Session	9:00am-12:00pm	1:30-4:00pm	9:00am-12:00pm
Lunch Break (not provided)			12:00-1:00pm
Gym Session			1:00-3:00pm

Camp Schedules- Team Camp			
Dates	July 24 Schedule	July 25 Schedule	July 26 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	7:00-9:00pm	