



SUMMER VOLLEYBALL CAMPS 2019

Mental Training for all athletes: 12:00-12:40 June 17-20. \$40 for four sessions. Come learn about how growth mindset, grit, resiliency, and positive mental imagery can help you improve and be happier!

June 17-20 Skills Camp
9:00-11:45
\$85

For the **6th-9th grader** who has had some introduction to the game. Skills specific to serving, passing, hitting and setting will be broken down in detail. All skills will be covered with each athlete. Players will be divided into groups to accommodate different skill levels.

June 17-20 Elite Camp
1p.m.– 3:45p.m.
\$95

Designed for the **high school player** with varsity or jv potential. Players will receive more advanced training specific to their position. Movement patterns, footwork, varying the attack and transition will be emphasized. Players will be divided into groups to accommodate different skill levels. Some game play each day. Please specify position on registration form. Must be willing to work hard!

All camps are held at Central Lakes College, 501 West College Drive, Brainerd, MN.

Every group of 8-9 players has a lead coach and a college athlete student assistant.

Last year's camp had a 6:1 player to coach ratio! We will be leading/teaching you! Not just baby sitting/managing you. **The camp director, Jane Peterson, is the head coach at Central Lakes College.** Jane's teams have made 15 national tournament appearances; finished first or second in their conference 16 years in a row; won three national championships; produced All Americans 28 times!

Jane has a contagious enthusiasm for the game. Her main priority is to teach people to have fun with the game of volleyball! Current and former Raider players and coaches will be giving individual attention at all of these camps. If you have any questions you can call Jane at **218-855-8210** or e-mail her at jpeterso@clcmn.edu.

CLC Volleyball Camp philosophy is to provide high quality instruction and enthusiasm for the game of volleyball. We like to teach people to love the game. The skills involved in the game of volleyball are very complex and difficult to perform. We break skills down so that we can build success one step at a time. We also "just play" so we can coach the whole skill and the whole athlete is realistic, game like, settings. We will push you to reach the next level, to be the best player you can be, but we will not teach over your head (or body). Expectations are realistic.

