

# SUWANEE SPORTS ACADEMY

EMPOWERING THE WHOLE PLAYER

**Individual Skills Camp**      **Grades 6<sup>th</sup> -12<sup>th</sup>**      **June 7 -10**      **9:00am – 3:00pm**      **\$205**

Campers will experience intense learning and fun competition in our Individual Skills Camp. Camp will cover all phases of the game: forearm passing, setting, blocking, hitting, serving, defense, and more. Each day will begin with work on individual skills and techniques and end with modified & competitive game play. Courts will be divided by skill level to create an environment that will motivate and challenge each player. Skills assessment and evaluation will be monitored throughout the camp sessions. Fee includes: Instruction, awards and a T-shirt.

**VolleySkills Camp**      **Grades 3<sup>rd</sup> -5<sup>th</sup>**      **June 7-9**      **9:00am – 12:00pm**      **\$115**

The VolleySkills Camp is a great introduction to the sport of volleyball! Camp will cover basic fundamentals of the game: forearm passing, setting, hitting, serving, and defense. Each day will begin with work on individual skills and techniques and end with modified game play. Athletes will be divided into skill appropriate small groups of like ability. Campers will learn the basic skill technique, coordination development and fundamentals of the game in an atmosphere of fun and friends.

**Libero Speciality Camp**      **Grades 6<sup>th</sup> – 12<sup>th</sup>**      **June 28 -30**      **9:00am- 12:00pm**      **\$125**

The Libero Camp is designed for fundamental skill development at the libero and defensive specialist positions. This speciality camp will focus on passing technique, serving and defense. Campers will receive a lot of repetitions in all phases of these positions. Campers will be divided by skill level and placed in groups where they will improve and be challenged. This camp is designed for players entering 6-12th grades. Fees includes: Instruction and a T-shirt.

**VolleyStars Camp**      **Grades 5<sup>th</sup> -8<sup>th</sup>**      **July 19 -21**      **9:00am-3:00pm**      **\$160**

The VolleyStars Camp covers individual skill development and team concepts through instruction and game play. Camp will cover all phases of the game: forearm passing, setting, blocking, hitting, serving, defense, and more. Each day will begin with work on individual skills and techniques and end with modified game play. Courts will be divided by skill level to create an environment that will motivate and challenge each player. Skills assessment and evaluation will be monitored throughout the camp sessions. Fee includes: Instruction, awards and a T-shirt.

**Train-for-Tryouts Camp**      **Grades Rising 9<sup>th</sup> -12<sup>th</sup>**      **July 22- 24**      **9:00am- 3:00pm**      **\$160**

Campers will work on position training along with aspects of competition training to get athletes ready for their school team tryouts! Camp will cover all phases of the game: forearm passing, setting, blocking, hitting, serving, defense, and more. Each day will begin with work on individual skills and techniques and end with game play. Athletes will be divided into skill appropriate small groups of like ability. Skills assessment and evaluation will be monitored throughout the camp sessions. Fee includes: Instruction, skill evaluation, awards, and a T-shirt.