

## Registration Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City/St./Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

School \_\_\_\_\_

Club \_\_\_\_\_

Grade (fall'09) \_\_\_\_\_ Position \_\_\_\_\_

T-shirt size: (please circle one)

YS YM YL S M L XL

Please circle the camp (s) you're attending.

June 2-3	All Skills Camp 1 (4-6 Gr)		\$135
June 4-5	All Skills Camp 2 (7-9 Gr)		\$135
June 9-10	Defensive Camp (5-12 Gr)		\$70
June 9-10	Li'l Digger Camp (K-4 Gr)		\$50
July 30-31	All Skills Camp 3 (4-8 Gr)		\$135
Aug 4	Hitter Camp (Gr 4-12)		\$40
Aug 5	Position Camp (Gr 7-12)		\$70
Aug 6	Competition Camp (Gr 7*-12)		\$70
Aug 7	9th Grade Camp		\$70
Aug 10-11	Setter/Hitter Camp	2 Sessions	\$70
Aug 10-11	Setter/Hitter Camp	3 Sessions	\$105

Camp Confirmation will be sent via email.

### Camp Release

I, the undersigned, as the parent or legal guardian of a minor child, hereby acknowledge that (child)

\_\_\_\_\_ is covered by medical insurance as follows, by Company:

\_\_\_\_\_ and Policy Number: \_\_\_\_\_

It is further understood that the The Volleyball Academy does not provide medical insurance for this camp. The undersigned hereby releases The Volleyball Academy, The Volleyball Academy Camp Staff, The Courts, and its successors, assignees, officers, agents, and staff from any and all claims, demands and causes of action whatsoever in any way growing out of or resulting from participation by the aforementioned child in The Volleyball Academy Camps.

\_\_\_\_\_  
Parent or Legal Guardian Signature



THE VOLLEYBALL ACADEMY

# 2009 Summer Camps



The  
Volleyball  
Academy

## TVA Camp Information...



We offer a variety of camps for boys and girls from 1st grade to 12th grade. Select the camp(s) that best fit the skills you wish to improve. Campers will be divided into groups according to their skill level so they may maximize their abilities.

### Camp Features:

8:1 Camper:Coach ratio  
Quality Instruction on 13 courts  
High Repetition for increased learning  
Video Analysis of skills at most camps  
Individualized instruction and feedback

### Camp Amenities

Camp includes T-shirt for those who attend only one camp. A package of camp items for those registering for multiple camps. Please bring a lunch or buy a lunch from Blimpies (our lunch provider). Lunch includes a sandwich, chips and a cookie for only \$5.

### Camp Times/Sessions

**Full day camps** will have both an AM session (8:45-noon) and a PM session (1:15-4:15). Lunch break from noon-1:15.

**1/2 day camps** will be either the AM session or the PM session. AM sessions run from 8:45-noon. PM sessions run from 1:15-4:30

### Camp Location

The Courts  
8930 S 137 Cir  
Omaha, NE 68138

### Return to & Checks payable to:

TVA or The Volleyball Academy  
8930 S 137 Cir  
Omaha, NE 68138

TVA Phone: 402-213-4644  
Deb's email: dgraf@cox.net

For additional info go to our website  
[www.thevolleyballacademy.com](http://www.thevolleyballacademy.com)

Camp confirmations will be sent via email,  
please be sure to include an email.

**See you this summer at Omaha's best volleyball  
training facility.**

## Camper's Info (All camps in date order)

### All Skills Camp 1

**June 2-3 (2 full days 8:45-4:15—\$135) Grades 4-6**  
This is the perfect camp for beginners to intermediate level players. This camp will focus on attacking, blocking, passing/defense, setting, and serving/jump serving. Our goal is to improve each individual's overall volleyball skills.

### All Skills Camp 2

**June 4-5 (2 full days 8:45-4:15—\$135) Grades 7-9**  
This is a great camp for the player still just starting out to the more experienced player. This camp will focus on attacking, blocking, passing/defense, setting, and serving/jump serving. Campers will be placed in groups according to skill level.

### Defensive Camps

**June 9-10 (AM session 8:45-noon, both days—\$70) Grades 5-12**  
This camp focuses on improving passing, digging, and blocking skills. Our goal is to improve each individual's efficiency and accuracy by teaching proper techniques that will allow all players the ability to cover more court with great ball control. Anyone who plays volleyball will benefit from this camp.



### Li'l Digger Camp

**June 9-10 (PM session both days —1:30-3:30—\$50) Grades K-4**

This camp will focus on serving, passing, setting and spiking. We will incorporate "mini games" in 2 v 2 and 3 v 3 for game situations with multiple contacts per side. This camp is great for beginners to those who have been playing some "Y" or "Rec." leagues.



### All Skills Camp 3

**July 30-31 (2 full days 8:45-4:15—\$135) Grades 4-8**  
This is a great camp for the player just beginning to the more experienced player. This camp will focus on attacking, blocking, passing/defense, setting, and serving/jump serving. Campers will be placed in groups according to skill level.



### Hitter Camp

**Aug 4 (AM Session only 8:45-noon \$40) Grades 4-12**  
A camp for anyone who wants to learn the proper mechanics of attacking, or just to improve timing, footwork, arm swing speed, and power. All hitters will be divided into groups according to ability.

### Position Camp

**Aug 5 (Full day 8:45-4:15—\$70) Grades 7-12**  
Leftsides, Middles, Rightsides, Setters, Libero's...focus on your position and the responsibilities you have in the various defenses and offenses. We work on your specific footwork, passing, setting, hitting, or blocking techniques to be the best at your position.



### Competition Camp

**Aug 6 (Full day 8:45-4:15—\$70) Grades 7\*-12**  
Almost every drill will have a competitive format. This is a great camp for anyone wanting to improve on "what to do" in the heat of competition. We will focus on each position and the movements that will make you better and more efficient at your position. We build this into a competitive format with emphasis put on your position and "how to win points" with better decision making.  
**\*7 grade may attend if they have club experience.**

### 9th Grade Camp

**Aug 7 (1 full day 8:45-4:15—\$70) 9th only**  
This camp is for individuals entering 9th grade this fall. It is a camp to help you be your best at tryouts for your HS program. We will focus on all skills and what many HS coaches are looking for during the tryouts. Campers have stated the skill training, information, and "tips for tryouts" were tremendously helpful.

### Setter & Hitter Camps

**Aug. 10-11 (Hitters and setters attending only two sessions \$70) Grades 7-12**  
**(Player who wants to attend all sessions \$105)**  
**Session 1 Aug 10 8:45-noon Hitters only**  
**Session 2 Aug 10 1:15-4:30 Setters only**  
**Session 3 Aug 11 8:45-noon Both setters and hitters**  
This camp has become very popular. It is a unique camp, a setting where each position gets two sessions of camp. The third session (a combination of both setters and hitters) will work on live setting-hitting situations to work on everything from timing and placement for setters to footwork, timing and power for hitters. If a player wants to attend all 3 sessions as a hitter and setter they will work on all aspects of both positions.

### On-Site HS Camps

These are conducted during the summer at the HS coach's and their players convenience. The TVA staff will come to your school and put on a one or two day camp for your players at a very low cost. Or if you wish, we can run a camp for your team at The Courts. Deb has conducted close to 100 on-site camps over the past 18 years that will meet your teams specific needs. Dates for these camps fill quickly, call or email us today for setting up your custom made camp, 402-213-4644 or dgraf@cox.net.

