



Elite Sports Ohio Volleyball Company 2018 Summer Camps Camp Descriptions

Fundamental Program

Our fundamental program is for those learning the game of volleyball. Perfect for beginners or those wanting a strong foundation in the sport.

Passing

This camp will focus on the specifics of passing. Camp will emphasize platform management, lower body mechanics, and movement patterns. Courts will be divided for specific abilities.

FUNP619	June 19, 2018	5:30-7:00pm	\$35	3rd -6th Grade
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Hitting

This camp will focus on the specifics of hitting. Camp will emphasize on jumping mechanics, arm swing development, and hand placement. Courts will be divided for specific abilities

FUNH626	June 26, 2018	5:30-7:00pm	\$35	3th-6th Grade
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Serving

This camp will focus on the specifics of serving. Camp will emphasize hand positioning, accuracy, tempo and overall mechanics. Courts will be divided for specific abilities

FUNS710	July 10, 2018	5:30-7:00pm	\$35	3rd -6th Grade
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Setting

This camp will focus on the specifics of setting. Camp will emphasize hand spacing, contact, lower body mechanics and upper body mechanics. Courts will be divided for specific abilities

FUNA717	July 17, 2018	5:30-7:00pm	\$35	3rd -6th Grade
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Fundamental Package

This camp package is for athletes that would like to take part in multiple sessions. Elite Sports Ohio has made this opportunity available at a discounted rate.

FUN2218	Two Sessions	Your Choice	\$60
FUN3218	Three Sessions	Your Choice	\$90
FUN4218	Four Sessions	Your Choice	\$120

Evening Skills Training

Skills training is used to maximize reps. This gives athletes and opportunity to fine tune skills by building muscle memory.

Setting and Passing

Setting and Passing will work with athletes on platform management and setting techniques, especially those who are a primary setter or a primary passer. Courts will be divided for specific abilities

ASAH621	June 21, 2018	5:30-7:00pm	\$35	7th-12th Grade
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Attacking and Serving

Attacking and Serving will work with athletes on attacking mechanics and serving techniques. Primary focus of the camp is to develop higher quality contacts. Courts will be divided for specific abilities

ASAH628	June 28, 2018	5:30-7:00pm	\$35	7th-12th Grade
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Setting and Hitting

Setting and Hitting will work with athletes attacking mechanics and setting mechanics and focus on connecting and effective shot selection. Courts will be divided for specific abilities.

ASAH712	July 12, 2018	5:30-7:00pm	\$35	7th-12th Grade
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Passing and Attacking

This camp is for passers and attackers that want increase reps on a passing and attacking in out of system situations and becoming better transition. Courts will be divided for specific abilities

ASAH627 July 19, 2018 5:30-7:00pm \$35 7th-12th Grade

Positional Training Camps

Our training camps encourage and promote, development through each age and ability. Specialized training begins to help each athlete reach their own Elite level of success.

Setter Training

Setting Mechanics

This camp's focus is geared to lower and the upper body mechanics of setters. This camp will develop athlete's lower body movement patterns, foot speed and accuracy to make the athlete a more effective setter. We will focus on the development of setter consistency on multiple setting positions on the court, emphasizing consistent tempo and placement for all settable balls. Courts will be divided for specific abilities

SSLM717 July 17, 2018 9:00-11:00am \$45 7th-12th Grade

Hitter Training

Arm Swing Mechanics

This camp's focus is geared to emphasizing the upper body and core mechanics of hitters. This camp will break down the hitting mechanics of athletes focusing on core rotation, upper body dynamics of jumping and attacking. We will encourage skills to make the athlete a more effective hitter. Courts will be divided for specific abilities

HASM712 July 12, 2018 12:00-2:00pm \$45 7th-12th Grade

Attacking Mechanics

This camp's focus is geared to emphasizing attacking mechanics to create a more effective hitter. This camp will break down hitting mechanics, both upper and lower body, while developing fast lower body mechanics to generate more speed and power in the athletes approach. Courts will be divided for specific abilities

HATM619 June 19, 2018 12:00-2:00pm \$45 7th-12th Grade

Attacking and Passing

This camp's focus is geared towards players wanting to be the outside hitters for their team. The camp will focus on passing and hitting mechanics, while focusing on transitional footwork to make athletes a more dynamic hitter. Skills addressed include footwork, arm swing mechanics, eye sequencing, transitioning and serve receive. Courts will be divided for specific abilities

HAAP724 July 24, 2018 12:00-2:00pm \$45 7th-12th Grade

Blocking and Hitting

This camp's focus is geared towards players that play in the front row. This camp enables athletes to become more dynamic hitters and blockers by learning advanced techniques. Skills addressed include footwork, arm swing mechanics, positional breakdown, eye sequencing, transition offense and offensive /blocking systems. Courts will be divided for specific abilities

HBTH726 June 26, 2018 9:00-11:00am \$45 7th-12th Grade

Defensive Specialist Training

Ball Control and Platform Management

This camp's focus is geared to teach athletes defensive posture and form, from the waist up platform/passing mechanics. This will teach athletes to become more effective and consistent passers in free ball, down ball, and serve receive. Courts will be divided for specific abilities

DPFM710 July 10, 2018 12:00-2:00pm \$45 7th-12th Grade

Defensive Mechanics

This camp's focus is geared to teach athletes proper platform and movement patterns. Training athletes how to effectively run an out of system offense. This will teach athletes to become more consistent defenders and focus on developing setting techniques for non-setters. Emphasis will be placed on system management and accuracy. Courts will be divided for specific abilities

DDL622 June 22, 2017 12:00-2:00pm \$45 7th-12th Grade

General Skills Training

Serve and Pass

This camp will teach serving and passing techniques that will allow athletes to become more effective and consistent. Emphasis will be put on jump float serving and serving for accuracy in all areas of the court, while focusing on passers movement and proper body position and footwork. Courts will be divided for specific abilities.

AFCC619	June 19, 2018	9:00-11:00am	\$45	7th-12th Grade
AFCC717	July 17,2018	12:00-2:00pm	\$45	7th-12th Grade

Aggressive Serving

This is a serving camp that focuses on the intricacies of aggressive serving and technique to make you a more effective serving specialist. Focusing on Hand positioning, contact point, jump serving, spot serving, and short serving. This is not a beginners serving camp. Courts will be divided for specific abilities

AAGS626	June 26, 2018	12:00-2:00pm	\$45	7th-12th Grade
AAGS724	July 24, 2018	9:00-11:00am	\$45	7th-12th Grade

Elite Multi Day Training

Elite Boys Camp

Get ready to try out for your school team. Elite will be offering an exclusive camp for athletes that want to refine their skills before your schools tryouts. You will be instructed in all the elements coaches are looking for at tryouts and the major skills. Work on your serve, approach and arm swing and defense. All three courts have instruction from Elite Tier Coaches. This camp includes t-shirt and lunch.

ABVC621	June 20-21, 2018	\$125	9:00-2:00pm	6th-12th Grade
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Elite Prep Camp

Get ready to try out for your school team. Elite will be offering an exclusive camp for athletes that want to refine their skills before your schools tryouts. You will be instructed in all the elements coaches are looking for at tryouts and the major skills. Work on your serve, approach and arm swing and defense. All three courts have instruction from Elite Tier Coaches. This camp includes t-shirt and lunch.

APRC726	July 25-26, 2017	\$125	9:00-2:00pm	7th-9th Grade
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Elite Academy Camp

This camp will work on the on the major skills of volleyball. Campers will strengthen their fundamentals, develop proper mechanics, and gain valuable game-play experience. Focusing on Serving, Passing and Hitting. This is great way to focus on your skills. This camp will be instructed by a collegiate coach. This camp includes t-shirt and lunch.

AJHS628	June 27-28, 2017	\$125	9:00-2:00pm	3rd-6th Grade
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Elite Advanced Positional Camp

The Elite Collegiate positional showcase is a two day camp. This camp is for athletes that are looking to for a more advanced camp. The elite camp will give athletes an opportunity to train and compete at an advanced level. Athletes will have the opportunity to work with international and collegiate coaches and players with position specific drills, small group training and competitive game play. This camp is limited to 60 athletes. This camp includes t-shirt and lunch.

ESPCC719	July 18th-29th, 2018	\$125	9:00-2:00pm	7th-12th Grade
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Elite "CollEdge" Camp

Elite Sports Ohio Volleyball Company will be hosting an Elite "CollEdge" Camp for serious athletes interested in pursuing volleyball at the collegiate level. The elite camp will give athletes an opportunity to train and compete at an advanced level. Athletes will have the opportunity to work with collegiate coaches ratio in position specific drills, small group training and competitive game play. They will teach you how to embrace competition and lay it on the line.

ESPCC705	June 12th-14th, 2017	\$225	9:00-2:00pm	9th-12th Grade
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Tryout Focus Camp

This camp is for athletes that are getting ready to try out for their school teams. Elite staff will prepare athletes for what they will see at their tryouts. Come join us as we put player through a mock-tryout while developing the skills to help these athletes get the edge over the competition.

ASAH726	July 24th and 26th, 2018	5:30-7:00pm	\$55	7th-9th Grade
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ESPT Training

ESPT Advanced Skill Training

Elite Sports Performance Training is a four session program developed for athletes playing Select, American, Elite and National level. This program was developed for athletes to fill the gap between club and school seasons, session will consist of advanced court skill training and strength and speed and agility.

ESPTT678	June 18, 25, July 9,16,23, 2018	3:00-6:00pm	\$150	8th-12th Grade
	1:30-3:00pm	Outside Hitters		
	3:00-4:30pm	Setters and Defensive Specialist		
	4:30-6:00pm	Middle Hitters/Opposites		

Small Group Training

Quick Hits

This clinic series is for athletes that are trying to get extra training with key skills. Sessions are tailored to athletes in the training session. We keep this a 1:10 ratio for maximizing the reps, the series will focus on the development of proper mechanics.

QHS6191	Serving Mechanics	June 19th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS6192	Hitting Mechanics	June 19th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS6211	Defense Mechanics	June 21st, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS6212	Serve Receive Mechanics	June 21st, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS6261	Hitting Mechanics	June 26th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS6262	Defense Mechanics	June 26th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS6281	Setting Mechanics	June 28th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS6282	Serving Mechanics	June 28th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS7101	Serving Mechanics	July 11th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS7102	Defense Mechanics	July 11th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS7121	Hitting Mechanics	July 12th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS7122	Serve Receive Mechanics	July 12th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS7171	Defense Mechanics	July 17th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS7172	Serving Mechanics	July 17th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS7191	Hitting Mechanics	July 19th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS7192	Serve Receive Mechanics	July 19th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS7241	Setting Mechanics	July 24th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS7242	Defense Mechanics	July 24th, 2018	\$25	3:30-4:30pm	6th-10th Grade
QHS7261	Hitting Mechanics	July 26th, 2018	\$25	2:30-3:30pm	6th-10th Grade
QHS7262	Serving Mechanics	July 26th, 2018	\$25	3:30-4:30pm	6th-10th Grade

Quick Hits Package

This clinic package is for athletes that would like to take part in multiple sessions. Elite Sports Ohio has made this opportunity available at a discounted rate.

QHSCS#1	Clinic Series #1	Five Sessions	\$100
QHSCS#2	Clinic Series #2	Ten Sessions	\$150
QHSCS#3	Clinic Series #3	Twenty Sessions	\$250



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