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EPIC UNITED
& THE EPIC FAMILY
THOUGHTS ON...

SUMMER VOLLEYCAMPS

A REVIEW OF SUMMER CAMPS AND
CLASSIFYING THEM INTO: SCHOOL,
COLLEGE, AND EPIC/DIGGZ

The "Thoughts on" series is a series of papers designed to supply Epic family members (and potential Epic family members) with our thoughts on various topics. There are exceptions to many rules, so if Epic is "for" or "against" a topic, that does not mean that it's members cannot or must participate or that there is not an exception for a specific player. These are general guidelines and are a reflection of the opinions of the Epic Administration in most scenarios.

- I. School Camps for athletes prior to entering high school:
- a. We recommend that you go to any/all school volleyball camps that your school hosts. You should also attend camps for private schools in your area as they usually let anyone attend the camp.
 - b. Schools usually give cheap/free court space and Coaches often are interested in Building their programs, so these are usually good cost for the quality you get options. The added perk of 'getting seen by your high school staff' is overvalued, but it is an additional small benefit
- II. Diggz/Epic Summer camps
- a. Clearly we recommend these. We design every camp we do, so that it will benefit our club kids. Even ones that have newer players in will be constructed in a way, so that the strongest players in the camp still improve
 - b. Position or General Camp? – Both are great choices, do both. General camps will give a more well-rounded and positional camps hit your positional needs more. Both have value.
 - c. Don't be over concerned with who else from your team or the club is attending. We design the camps so that every player will improve.
- III. Other Clubs Camps
- a. More contacts usually mean more improvement. Other than that, we don't feel there is any significant benefit to going to a camp from a different club, but we could be wrong. Epic family players are more than welcome to attend camps by other clubs but should keep in mind the following items:
 - i. Many clubs recruit, so you should expect the club to take your presence as an opportunity to talk you into playing there (see thoughts on club recruitment)

- ii. You may experience things being taught a different way. We find this to be counterproductive. Take advantage of all of the contacts you will get, but be cautious of reteaching of fundamentals in an inferior manner.
- iii. If you are a high-profile player, expect your epic teammates to wonder, “is she going to play with that other club” and they may fear losing teammates and look elsewhere. You may inadvertently cause one of your teammates to club hop, thus hurting your team with us next season. Silly, but true.

IV. College Camps

- a. Most people think we are against college camps. This is not true. Every time you’re touching a volleyball, you are getting better, so we encourage kids to go to college camps.
- b. The caveat is that most people have the wrong expectations for college camps. Most college camps are taught by the players on the team, not the college coaches themselves. Many camps are also pricey and may not be a great bang for your buck, but are definitely a good tool to use. We recommend them (just not for those watching their wallets).
- c. What if I’m being recruited? If you have already been contacted, multiple times, by a college to go there on scholarship and they are in your final 5, then you may want to use the college camp as a test to finish your decision as well as give them a chance to really see and work with you.