



Private Session

# HP PERFORMANCE DEVELOPMENT VOLLEYBALL

AGES 13-15 BOYS AND GIRLS

The Performance Development Camp is designed to improve an athlete's skill and knowledge of the game. Our camp builds on an athlete's foundational skills and introduces them to new concepts of team play, skill execution and game tactics. Our team of coaches will focus on skill development, team play and simple systems. Each athlete will be able to leave our camp with better knowledge of how skills are applied in 6 on 6 game play. Our goal is to have the athletes understand the flow of the game and to be able to play cohesively on a team of 6.

## PROGRAM COMPONENTS

- » Introduction of advanced systems
- » Attack application
- » Team play
- » 6 on 6 cohesive game play

## SUMMER 2020 SCHEDULE

PROGRAM	DATES	DAYS	TIME	COST	# OF SESSIONS	REGISTRATION
Performance Development (Girls 13-15)	Jun 29 – Jul 3, 2020 (exclude July 1)	Mon – Fri	1pm – 4pm	Member: \$159.25 Non member: \$176.75	4	<a href="#">Register</a>
Performance Development (Boys 13-15)	Jun 29 – Jul 3, 2020 (exclude July 1)	Mon – Fri	1pm – 4pm	Member: \$199 Non member: \$221	4	<a href="#">Register</a>
Performance Development (Girls 13-15)	July 13 – 17, 2020	Mon – Fri	1pm – 4pm	Member: \$199 Non member: \$221	5	<a href="#">Register</a>
Performance Development (Boys 13-15)	July 13 – 17, 2020	Mon – Fri	1pm – 4pm	Member: \$199 Non member: \$221	5	<a href="#">Register</a>
Performance Development (Girls 13-15)	July 27 – 31, 2020	Mon – Fri	1pm – 4pm	Member: \$199 Non member: \$221	5	<a href="#">Register</a>
Performance Development (Boys 13-15)	July 27 – 31, 2020	Mon – Fri	1pm – 4pm	Member: \$199 Non member: \$221	5	<a href="#">Register</a>
Performance Development (Girls 13-15)	Aug 10 – 14, 2020	Mon – Fri	1pm – 4pm	Member: \$199 Non member: \$221	5	<a href="#">Register</a>
Performance Development (Boys 13-15)	Aug 10 – 14, 2020	Mon – Fri	1pm – 4pm	Member: \$199 Non member: \$221	5	<a href="#">Register</a>