



OVAL  HP

HIGH PERFORMANCE CAMP

AGES 14-16 CO-ED

The High Performance Volleyball Camp is designed for athletes who want to take their game to the next level. We provide a comprehensive program that touches on all the technical and tactical skills necessary for volleyball. Our team of professional coaches will lead athletes through on court technical training and develop their strength & conditioning in our High Performance Training Centre. This camp will develop well rounded athletes who are confident on court and focused in the weight room to help achieve their personal goals. New this year, we are including a 6 week workout program for participants to take home.

PROGRAM COMPONENTS

- » Comprehensive technical skill development
- » Introduction of Team BC tactical systems
- » Strength & Conditioning
- » 6 week training program

SPRING 2021 SCHEDULE

PROGRAM	DATES	DAYS	TIME	COST	# OF SESSIONS	REGISTRATION
HP Volleyball Camp 14 – 16yrs	Mar 15 – 19, 2021	Mon – Fri	9am – 3pm	Non member: \$395	5	Register
HP Volleyball Camp 14 – 16yrs	Mar 22 – 26, 2021	Mon – Fri	9am – 3pm	Non member: \$395	5	Register