

"Team Indiana is the best volleyball club in Central Indiana. It is clear that there is a desire at TI to play at the most competitive level and bring the best out in each player. Team Indiana offers the most experienced and knowledgeable coaching staff and the best facility in the area." -Angela Merk

"The Team Indiana summer camps gave my daughter the foundation of skills she needed to compete at the next level. My daughter enjoyed the coaching staff and their dedication to the sport." -Angi Bartram

"Team Indiana offers camps for players who want additional instruction for their position or like our daughter who wanted to learn a new position. I strongly recommend these camps for all levels of players." - Melissa DeHaven

"My daughter enjoyed every minute she spent at all of the summer camps. I would like to thank the staff for making this such an enjoyable experience for her. She was given confidence to tryout for her school team and was thrilled to be in the starting line up." - Allison Davis

"My daughter was signed up to attend the first summer camp, and she loved it so much that she went to all five camps last year." - Lynn Smalls

"I think that the technique work that was used at the summer camps helped my daughter fine tune her skills so she was able to make her JV team at her high school." - Brian Powers

"I think that the focus put on fundamentals at the Team Indiana summer camps were highly beneficial to many of the athletes attending. It was great to see the growth in my daughter after only a small amount of time. The camps were well run and very beneficial." - Stacy Miller



TEAM INDIANA VOLLEYBALL

2570 N. Shadeland Ave.

Indianapolis, IN 46219

317.354.0570

INDIANA

2011



Summer
Camps

TEAM INDIANA is dedicated to the cultivation of developmental skills in young players and providing opportunities for girls to grow as individuals as well as elite volleyball players.

Registration Only Available Online:

www.teamindianavolleyball.com

CAMP DESCRIPTIONS

ALL Camps are staffed by Team Indiana Coaches & Current College Players. Pre-Registration is not required and all attendees receive a T-Shirt. Payment must be received 2-weeks prior to guarantee a shirt.

Hitters/Setters Camp

July 5th/6th: 10am-12pm

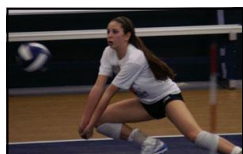
—> **\$65** (incoming 4th-9th graders)

Must choose either Hitters or Setters Camp



Hitters session will focus on arm swing, approach footwork, blocking, transitioning, hitting shots and placement!

Setters will learn basic footwork and hand position, tempo sets, transitioning and emergency techniques!



Ball Control Boot Camp

July 5th/6th: 1pm-3pm

—> **\$65**

(incoming 4th-9th graders)

Serve reception, reading the server, overhead passing, defensive footwork, reading hitters and tempo passing.

Serving Camp

July 7th/8th:

10am-12pm/1pm-3pm

—> **\$125** (incoming 4th-9th graders)

Snack will be provided during 1-hr break



Learn the proper technique of serving including; floaters, top spin, jump serving and serving zones.



Setters Boot Camp

Camp will be lead by 14-1's Head Coach & Club Director, Brian Murray

July 8th/9th

10am-12pm/1pm-3pm

—> **\$200**

(incoming 7th-12th graders)

Lunch will be provided

****ATTENDANCE IS LIMITED TO 45 ATHLETES****

This camp is open ONLY to players that have Set for a Club Team or have attended the 2-day, July 5/6 Setters Camp with recommendation from one of the Camp Coaches.

Preparation for Camp: This camp is physically demanding. Please make sure you prepare for camp by doing some cardio training as well as planks/push-ups to prepare your upper body for the thousands of sets you will be performing.



All Skills Camp

July 18th/19th:

9am-12pm & 2pm-5pm

—> **\$150** (incoming 4th-8th graders)

Lunch will be provided

The camp is designed for the instruction and overall development of fundamental volleyball skills to include; passing, setting, hitting, blocking, serving, team concepts.

High School Pre-Tryout Camp

July 21st/22nd:

10am-12pm & 1pm-3pm —> \$125

(incoming 9th-12th graders)

Lunch will be provided

We will prepare the incoming and current High School athlete for the demands of higher level tryouts to include; conditioning, positional work, team dynamics and mental preparedness.

The camp will be run by former High School Coaches and 1's Level Club Coaches.



Middle School Pre-Tryout Camp

August 4th/5th:

9am-12pm & 2pm-5pm —> \$150

(incoming 6th-8th graders)

Lunch will be provided during 2-hr break

A great camp experience that will give Middle School athletes the opportunity to review and sharpen positional and general volleyball skill sets. There will be a strong emphasis on drills that will prepare the athlete for tryouts.

Register Online Today:

www.teamindianavolleyball.com