



## Maximum Performance

### All-Skills Volleyball Camp 2009

Saturday July 25th  
9:00AM—3:00PM  
Sunday July 26th  
1:00PM—7:00PM  
For girls entering  
7th-9th grade.

Maximum  
Performance

Tel: 484-951-2982

## General Information & Philosophy

*Maximum Performance* Volleyball is one of the Lehigh Valleys top volleyball camps. Our program stresses dedication, hard work, enjoying the sport of volleyball & teamwork. This will be the 9<sup>th</sup> year for this camp (formerly ran under a different name).

At our Volleyball Clinic, we strive to continue this type of excellence by focusing on all aspects of the game with an emphasis on fundamentals. The objective will be skill development in the following areas: serving, passing, setting, attacking, and defense. The camp offers a strong program that combines individual and team skill development, while providing the campers with the opportunity to train at their own level. The enrollment is limited to provide a positive, quality experience for each girl. More advanced techniques and training are available for stronger athletes by request. This camp is intended for athletes entering 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> grades.

We believe to get the best out of the athletes, we need the best coaching staff. Not only a coaching staff that knows the game well, but has proven themselves through accolades and accomplishments throughout their careers. Coaches that can get the message across to the athletes to complete the "communication" cycle. Great instruction doesn't mean the athlete will "get it". Our coaches are especially skilled in transferring information into a format and manner to reach many different types of learners and athletes.

### WHAT TO BRING

- Comfortable shorts & t-shirts
- Socks & good pair of sneakers
- Knee pads
- NO Jewelry Please
- Plastic water bottle
- A good attitude-ready to learn
- Lunch

## Camp Information

### All-Skills Volleyball Camp 2009

An INTENSE volleyball program specifically designed for girls entering 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> grades.

*Maximum Performance* Camp will be held at Forks Township Community Center.

Forks Township Gym  
500 Zucksville Rd  
Easton, PA 18040

Saturday Check In : 8:00AM  
Sunday Check In : 12:30PM

Saturday Start Time : 9:00AM  
Saturday End Time : 3:00PM

Sunday Start Time : 1:00PM  
Sunday End Time : 7:00PM

This Camp is Sanctioned by the KRVA and requires all participants to be registered through USA Volleyball. If you are interested in the camp and are not already registered, please notify us and we will have paperwork available at camp registration for the cost of \$10.00.

You can also register for USAV membership online at [www.krva.org](http://www.krva.org)