

CAPITAL VOLLEYBALL ACADEMY SUMMER CAMP LINEUP

ATTACKING & BLOCKING CAMP

Camp Code = CVAAB1

4 sessions Mon. July 14th 9am-11:30, 1:00-4:00pm & Tue. July 15th 9am-11:30, 1:00-4:00pm.

Lunch break 11:30-1pm Each camper receives a camp t-shirt & camp evaluation.

For players who are looking to improve their attacking & blocking techniques. Get an enormous amount of reps and learn about the specific skills to become a stronger attacker and blocker. Left side, Right side and Middle attackers welcome.

** 7th -8th & 9th to 12th graders only please.

\$75.00 if registered before/by June.1st

\$90.00 if not registered after June.1st or registering on site the day of the clinic

LITTLE SPIKERS ATTACKING CAMP

Camp Code = CVASLS2

4 sessions Mon. July 14th 9am-11:30, 1:00-3:30pm & Tue. July 15th 9am-11:30, 1:00-3:30pm.

Lunch break 11:30-1pm Each camper receives a camp t-shirt & camp evaluation.

For players who are looking to learn beginning attack techniques for the sport of volleyball. Get an enormous amount of reps and learn about the basic fundamentals of attacking. All beginning players looking to improve are welcome.

** 4th-6th graders and beginner 7th-8th graders only please.

\$70.00 if registered before/by June.1st

\$85.00 if not registered after June.1st or registering on site the day of the clinic

PASSING & DEFENSE CAMP

Camp Code = CVAPD3

4 sessions Wed. July 16th 9am-11:30, 1:00-4:00pm & Thur. July 17th 9am-11:30, 1:00-4:00pm.

Lunch break 11:30-1pm Each camper receives a camp t-shirt & camp evaluation.

For any player who is looking to improve their passing & defensive techniques. Get an enormous amount of reps and learn about the specific skills to become a stronger passer, defender or learn how to play the libero position. Outsides, middles, liberos, defensive specialists are welcome.

** 7th -8th & 9th to 12th graders only please.

\$75.00 if registered before/by June.1st

\$90.00 if not registered after June.1st or registering on site the day of the clinic

CAPITAL YOUTH CAMP

Camp Code = CVACY4

4 sessions Mon. July 21st 9am-11:30, 1:00-3:30pm & Tue. July 22nd 9am-11:30, 1:00-3:30pm.

Lunch break 11:30-1pm Each camper receives a camp t-shirt & camp evaluation.

For youth beginners and youth players looking to improve their volleyball skills. Get an enormous amount of reps and learn all the basic fundamentals of volleyball. All beginning players looking to improve are welcome.

** 4th-6th graders and beginner 7th-8th graders only please.

\$70.00 if registered before/by June.1st

\$85.00 if not registered after June.1st or registering on site the day of the clinic

OUTSIDE ELITE CAMP

Camp Code = CVAOE5

4 sessions Mon. July 21st 9am-11:30, 1:00-4:00pm & Tue. July 22nd 9am-11:30, 1:00-4:00pm.

Lunch break 11:30-1pm Each camper receives a camp t-shirt, camp evaluation & outside attacker manual.

For high school age leftside or rightside attackers who are looking to learn the finer points of playing their position. Learn advanced techniques that help you gain an edge for the upcoming high school season. Get tons of high level repetitions.

** 9th -12th graders only please.

\$85.00 if registered before/by June.1st

\$100.00 if not registered after June.1st or registering on site the day of the clinic

SETTER & MIDDLE ELITE CAMP

Camp Code = CVASM6

4 sessions Wed. July 23rd 9am-11:30, 1:00-4:00pm & Thur. July 24th 9am-11:30, 1:00-4:00pm.

Lunch break 11:30-1pm Each camper receives a camp t-shirt, camp evaluation & outside attacker manual.

For high school age setters & middle attackers who are looking to learn the finer points of playing their position and improving that all-important connection between the setter and middle attacker. Learn advanced techniques that help you gain an edge for the upcoming high school season. Get tons of high level repetitions. Attend with your high school teammate(s) or attend individually and we will pair you up with another setter.

** 9th -12th graders only please.

\$85.00 if registered before/by June.1st

\$100.00 if not registered after June.1st or registering on site the day of the clinic

Elite Setter Camp with Cathy Noth **Camp Code = CVAES7**

6 sessions Mon. July 28th / Tues. July 29th / Wed. July 30th

Morning Sessions: 9:00am – 11:30am

Lunch 11:30-1:00

Afternoon Sessions: 1:30pm – 4:30pm

For High School age setters who are looking to advance their setting skills to the elite level. Learn to be consistent in all aspects of setting. There will be challenging drills along with the all around play needed to be a great setter.

**For All 9th-12th graders only please

\$150.00 if registered before/by June 1st

\$165.00 if not registered after June 1st or registering on site the day of the clinic

Youth Setter Camp with Cathy Noth **Camp Code = CVAYS8**

4 sessions Thurs. July 31st / Fri. Aug. 1st

Morning Sessions: 9:00am – 11:30am

Lunch 11:30-1:00

Afternoon Sessions: 1:30pm – 4:30pm

For young setters looking to improve their fundamental setting skills. Guaranteed to get plenty of setting reps along with the knowledge needed to move to the next level. All beginning setters welcome.

**4th - 8th graders

\$100.00 if registered before/by June 1st

\$115.00 if not registered after June 1st or registering on site the day of the clinic

Top of Your Class Preview Camp **Camp Code = CVATC9**

6 sessions **Mon. Aug 11th / Tue. Aug 12th / Wed. Aug 13th** 9am-11:30, 1:00-4:00pm.

Lunch break 11:30-1:00pm Each camper receives a camp t-shirt & camp evaluation. It's time for high school tryouts! This camp gives you the opportunity to shake the rust off, get past the soreness, polish up your techniques, play against high level competition and get a skills evaluation right before tryouts. This is an all-skills camp that is open to anyone looking to play high school or club volleyball during the 2008-2009 season. All player evaluations done by Capital Volleyball Academy executive staff.

** 9th-12th graders only please.

\$115.00 if registered before/by June.1st

\$125.00 if not registered after June.1st or registering on site the day of the clinic

**** All players receive a camp T-Shirt with each camp ****

Please make checks payable to Capital Volleyball Academy.

Checks or Credit Card only please.

**PLEASE send above FORM along with the
Participant Liability Form along with entry fee.**

Send forms & entry fee to:

**Capital Volleyball Academy
Attn: Capital Summer Camps
5214 North Autumn Lane
McFarland, WI 53558
608-838-8474**

**Cancellation Policy: All cancellations will be charged a
\$25 processing and handling fee.**



www.cvamadison.com

