

## Camp Schedule

Fundamental volleyball skills taught during camp:

- Under hand (forearm) Pass
- Over hand Pass (Set)
- Serve
- 1. Float Serve
- 2. Jump Float Serve
- 3. Jump Spike Serve
- Spiking
- Defense
- 1. Individual Defense
- 2. Team Defense
- 3. Blocking

### Day 1

Registration 8:00am - 9:00 am  
Skills Testing 9:00am - 11:30am  
Camp Intros 11:30am - 12:00pm  
Lunch 12:00pm - 1:00pm  
Instruction 1:00pm - 3:00pm  
Scrimmage 3:00pm - 4:00pm

### Day 2, 3 & 4

Check In 8:00am - 9:00 am  
Instruction 9:00am - 11:00am  
Scrimmage 11:00am - 12:00pm  
Lunch 12:00pm - 1:00pm  
Instruction 1:00pm - 3:00pm  
Scrimmage 3:00pm - 4:00pm

### Day 5

Check In 8:00am - 9:00 am  
Tournament 9:00am - 12:00am  
Lunch 12:00pm - 1:00pm  
Tournament 1:00pm - 2:00pm  
Championship 2:00pm - 3:00pm  
Award Ceremony 3:00pm - 4:00pm

## Testimonials

"The Volleyball Academy of Winter Springs (TVA) provided my daughter with three years of quality training. The staff at TVA not only improved her skills, but they created a caring, enthusiastic atmosphere which fed her love for the sport of volleyball. Today, Emily is playing college volleyball thanks to the recruiting assistance we received from TVA coaches. We will always be grateful for the enriching experiences TVA provided to our daughter."

Felicia Ryerson  
TVA Parent 2003-2005

"TVA is a phenomenal club that allows a player to grow mentally with the game of volleyball and strengthen their individual skills as a whole. My first year with TVA I had very little experience as a player, but by my senior year in high school I was a totally different player from when I came in. Hard work and dedication is what TVA is all about. I am a living testimony of TVA's Club success."

Shakhea Moore-Hagins  
University of New Haven player and TVA Alumni (2005, 2006)



## Mission Statement

"Provide student athletes an opportunity to enrich athletic skills, develop character, and maximize enjoyment of the game of volleyball, while providing a positive and encouraging playing environment."



## 2009 TVA Youth Volleyball Camp

June 22-August 7

Ages 8-14 years

Camp hours: 8:00am-4:00pm

Camp is limited to **60 Campers per week**.  
Please sign up early so you are not left out.  
Camps will be held at Winter Springs High School Gymnasium

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