

Sports Performance Boys Volleyball June Training Camp



The Sports Performance volleyball program is completely dedicated to providing its athletes with the technical, tactical and physical training to reach their highest possible potential. We will strive to help each and every player regardless of age or ability to achieve maximum performance.

“COMMITMENT TO EXCELLENCE”

This camp will include individual skill development and team competition. The players will practice 3 days per week in June and will have 2 tournaments. It is open to all 9th-12th graders interested in improving their skills. If you come with a friend or a high school teammate you will be placed on a team together. If you come on your own we will place you on the appropriate team for your level.

Bryan Johnwick, Boys Club Director for Sports Performance, head coach of the Sports Performance 18 Mizuno team, and head coach at Naperville Central HS will be the master coach during the training camp. The players who join for the one month program will train two days per week on individual development and the third day will be a competition night. The competition night will consist of game like situations against the current Sports Performance teams who are training for the USA National Championships in July. This is a great opportunity to play against some of the top players in Illinois!

The coaching staff will be current SPVB coaches and alumni from our program, who are currently collegiate level players.

We will be taking all players into the training camp. If you played for any club in the fall/winter, you must have a letter of release from that club director. This is a great opportunity to meet our staff, our players and go through our training program to see if you might be interested in joining the full club program in the fall of 2010.

Informational Meeting and sign-up!

Date: Friday, May 21, 2010
Where: Great Lakes Center
579 N. Oakhurst Drive, Aurora
Time: 8:00 – 9:00 pm
Who: 9th-12th grade boys
Cost: \$300.00 (includes 24 hrs. of training, 2 tournaments, match t-shirt and short)

Practice for all players:

Practice: Monday, Tuesday, and Wednesday at GLC starting June 7th thru June 23rd
Please see attached calendar for specific times!

Website:

www.greatlakescenter.com

Tournament Dates:

| | | |
|-----------|-----------------------------|-----------------------------|
| 18's/17's | June 12-13 Palos Bash | June 19-20 GLC Pre-National |
| 16's/15's | June 19-20 GLC Pre-National | June 26-27 Palos Bash |

SPVB Boys June Training Camp – NEW PLAYERS

June

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--|---|---|---|---|------------|--|
| Practices at GLC | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 <u>Practice</u> 7:00 – 9:30pm | 8 <u>Practice</u> 4:00 – 7:00pm | 9 <u>Practice</u> 7:30 – 9:30pm | 10 | 11 | 12 18's and 17's Palos Bash Tournament @ Palos Courts |
| 13 18's and 17's Palos Bash Tournament @ Palos Courts | 14 <u>Practice</u> 7:00 – 9:30pm | 15 <u>Practice</u> 4:00 – 7:00pm | 16 <u>Practice</u> 7:30 – 9:30pm | 17 | 18 | 19 All Teams GLC Pre-National @ GLC |
| 20 All Teams GLC Pre-National @ GLC | 21 <u>Practice</u> 4:00 – 7:00pm | 22 <u>Practice</u> 4:00 – 7:00pm | 23 <u>Practice</u> 4:00 – 7:00pm | 24 | 25 | 26 16's and 15's Palos Bash Tournament @ Palos Courts |
| 27 16's and 15's Palos Bash Tournament @ Palos Courts | 28 | 29 | 30 | | | |
| | | July 17 -18, 2010 SPVB Boys Evaluation Camp GLC13/GLC14 www.greatlakescenter.com | | Fall SPVB Tryouts First week of September 2010 | | |

2010