

# RVC SUMMER CAMPS 2019

*Foot Work, Setting, Passing, Hitting, Defense, Offense, Jump Serve. Blocking, Fun Team Games.*

**Age 8-18**

**Plyometrics / Jump Training:** Our Goal Is To Help You Jump 1-4 Inches Higher

( available for Level 2 And Level 3 Only)

*Improve Your Ball Control (Passing, Digging) By Developing Better Balance And Postural Stability*

*Increase Your Vertical Jump To Attack And Block At A Higher Point*

*Get To More Balls On Defense With Greater Lateral Speed*

*Improve Your Reaction And Response Time*

*Play More Physical On The Net With Increased Strength And Body Control*

*Increase The Velocity Of Your Serve And Spike By Gaining More Power Through Your Core And Hips*

*Reduce The Risk Of Overuse Injuries To The Knee, Back, And Shoulder By Increasing The Stability And Flexibility Of Those Areas*

*Reduce The Risk Of ACL Injuries Through Increased Strength And Body Control*

*Play The Match Point As Explosively As The First Point By Improving Your Cardiovascular And Muscular Endurance*

**Dates: Fee is for all 4 nights**

Monday, July 15, 2019

Tuesday, July 16, 2019

Wednesday, July 17, 2019

Thursday, July 18, 2019

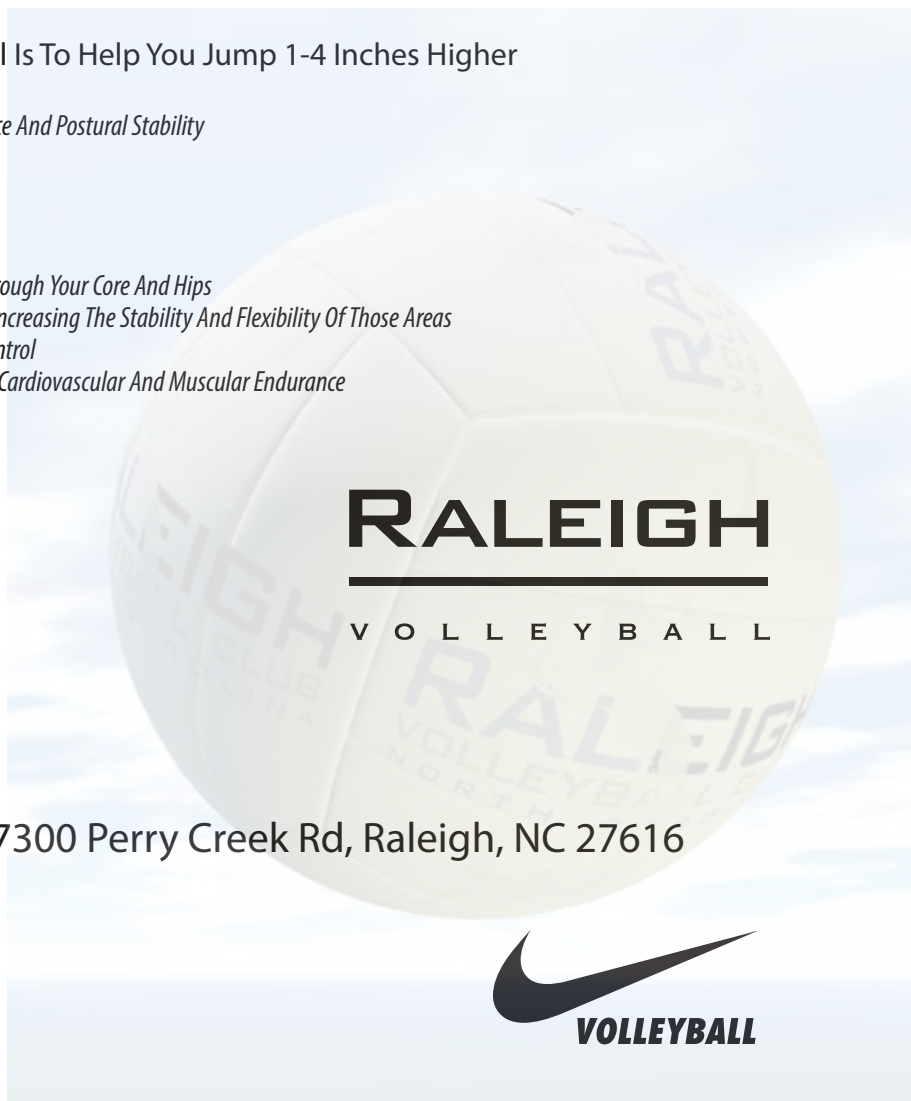
**Place:**

North Raleigh Christian Academy - 7300 Perry Creek Rd, Raleigh, NC 27616  
High School Gym

**Time:**

Non-USAV Member

Add One Event Fee \$10



Level	Time	Non -RVC Player	RVC Player
1	5:00-6:00 PM - Age 8-13 Beginners To Intermediate Level	\$65	\$45
2	6:00-7:30 PM - Age 12-14 Intermediate To Advanced	\$85	\$60
3	7:00- 8:30 PM - Age 13-18 - Advanced	\$90	\$65

**Register Now: <http://vb1.us/camps.html>**

**Spaces are limited !!!**