

# ***Raleigh Volleyball Summer Volleyball Camps & Year-round skills clinics 2018***

***Space is limited, register now! <http://vb1.us>***

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

**Jump Training:** Our Goal Is To Help You Jump 1-6 Inches Higher

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

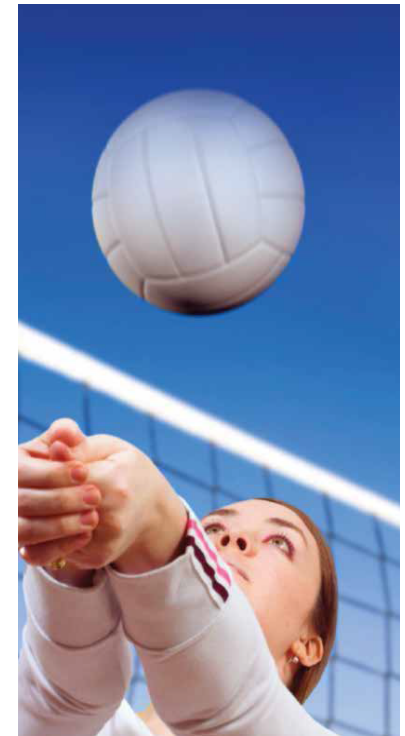
**Dates:**

July 23,24,25 & 26 (Total Of 4 Days)

**Place:**

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

***Year-round skills clinics starts 7/18/2018. <http://vb1.us>***



**RALEIGH**  
VOLLEYBALL