Northern Michigan University Volleyball would like to invite you to attend the Winter Volleyball Training Camp. The Winter Volleyball Training Camp will focus on 3 unique specialty areas designed to enhance individual player development in the sport of volleyball. Three sessions will be offered: All-Skills Advanced and Introductory, Volleyball Strength and Conditioning, and Individual Skill Training: Attackers, Setters & Liberos.

All-Skills Advanced and Introductory will focus on the complete player’s game. The camp will expand the player’s knowledge in the skills of hand/arm passing, attacking, blocking and serving with all skills emphasizing techniques to enhance ball control.

Volleyball Strength and Conditioning will focus on the individual player’s ability to perform physically during a volleyball match. The training will include cardiovascular conditioning as well as agility/speed/jump training. The camp will incorporate drills that will be physically demanding for the athlete.

Individual Skill Training: Attackers; Setters; & Liberos will focus on the individual skills and techniques necessary for these positions. The setter camp will place an emphasis on individual setting techniques including: footwork, hands, setting different tempos, setter attacks, setting situations, running an offense, and serving. The hitter camp will focus on specialized footwork, hitting mechanics, situational hitting, transitional skills, and serving. The libero camp will emphasize passing techniques, footwork, floor defense, serve receive, serving, and reading different attackers.

All camps will go 6 Sundays starting January 27th and concluding on March 9th. Athletes will need to bring appropriate athletic clothing, shoes, kneepads, and water bottle. All camps will be held in Vandament Area. All camps will be under the direction of Head Coach Dominic Yoder and Assistant Coach Kristin Slamer. If you have any questions please call NMU Recreational Sports (906)227-2519.

Hope to see you there!

Kristin Slamer
Assistant Volleyball Coach
NORTHERN MICHIGAN UNIVERSITY
1401 Presque Isle Ave- PEIF Office 223
Marquette, MI 49855
Phone: Office: (906)227-1173 Cell: (269) 986-3647

**Advanced and Introductory Volleyball All-Skills**
9-Hours of Instruction
Jan 27, Feb 3, 10, 17, 24, Mar 9
Time: 1:00pm-2:30pm
Location: Vandament Arena
Camp #1 Cost: $55.00

**Volleyball Specific Strength and Conditioning**
6-Hours of Instruction
Jan 27, Feb 3, 10, 17, 24, Mar 9
Time: 2:30pm-3:30pm
Location: Vandament Arena
Camp #2 Cost: $35.00

**Individual Skill Training: Attackers, Setters & Liberos**
9-Hours of Instruction
Jan 27, Feb 3, 10, 17, 24, Mar 9
Time: 3:30pm-5:00pm
Location: Vandament Arena
Camp #3 Cost: $55.00

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**Winter Volleyball Training Camp Registration**

Player___________________________________ Parents/Guardians:________________________________________

Address: ____________________________City: _________________St:________ Zip: __________

Home Phone: ____________________________Email:________________________________________

Grade: ______________ School Attending: ________________________________________________

Check Camp Attending: [ ] Camp 1: All-Skill [ ] Camp 2: Strength and Conditioning [ ] Camp 3: Individual Skills

Make checks payable to: NMU, mail camp fees to 1401 Presque Isle Ave- PEIF 126, Marquette, MI 49855*Registration deadline is January 20th, you can register late over the phone with credit card payment or bring form with you on the first day of camp, we will accept late registration until January 27th.