



July 15-16

Day Camp

10:00am-4:00pm

\$160 for two days of instruction

The two-day camp is a good camp for fine tuning fundamentals and learning some new skills in each of the categories of passing(digging and serve receive), setting (positionally and out of system by other players), hitting (arm swings, cut shots, placement and power), blocking (skills, techniques, triple block defense and reaction), Serving (skills, techniques, placement, serve vs. serve rec patterns to be advantageous for your team). This camp is more skills based with advanced skills being taught.

July 25

Elite Camp

10:00am-4:00pm

\$100 for 6 hours of instruction

The elite camp is more for players that are learning the "game within the game" so while we will touch on the skills of the two-day camp, we will put more of it into effect in scenarios. There will be more video to see scenarios of play as well as show examples of what to do and what not to do in certain situations. Lock down on a teams' top player, commit blocking and defenses to play vs. top OH's, RS's, MH's.) Running a faster offense by making slight adjustments with setter/hitter timing. Triple Blocking defense behind it and also hitting/scoring against it.

Campers will receive Camp T-shirt, Lunch, Personal Instruction from Coach Mihelic, Video review session, and Mount Union Giveaways! This year's camps are commuter camps however there are a number of nearby hotels if needed.

**[Sign up at www.mountunionmensvolleyball.com](http://www.mountunionmensvolleyball.com)**

Matt Mihelic, Head Coach

Mount Union Men's Volleyball

330-829-8968

[mihelima@mountunion.edu](mailto:mihelima@mountunion.edu)