

Benefiting Student Athletes

'Mission Statement'

The **N. L. T. & Schoolcraft College's** Volleyball Coaching Staff is charged with the responsibility to share the game each of us love with those Student Athletes who wish to participate.

Coaches will instruct Athletes in the game academics, fundamental skills, strategy and physical training necessary for them to realize individual and team success.

Additionally Athletes shall receive instruction that will lead to the formulation of moral values, pride of accomplishment, acceptable social behavior, self-discipline and self-confidence.

N. L. T.
Next Level Training

Lessons with the BEST!!!

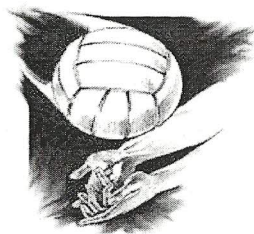
**College Coaching Staff
& Athletes teaching the
GAME...**

N. L. T.

Our goal is to give the very best return on investment.

N. L. T. shall provide the best coaching staff and volleyball equipment available.

N. L. T. guarantees a strong educational and enriching environment.



**2011
Instructors**

College Coaches

College Players

Fitness Professionals

2011 Itinerary (basic)

Day #1 On-Campus
10-11a Camp 'opening' orientation
Camper 1st Assessment
Warm-up
11a-12p Camp 1st court assignments
Skill review (all courts)
Drills
12-12:45p Open Swim (Campus pool)
12:45-1:45p Lunch (provided on campus)
1:45-2p Courts open for warm-ups
2-3p Skills & Drills (serving & passing)
3-4p Competitive Drills

Day #2 & 4 Off-Campus (Canton facility)
1 ½ hour session
(Times to be announced)

Day #3 On-Campus
10-12p Camp day #3 orientation
Warm-up
Position training (all skills)
Camper 2nd Assessment
Campers to court assignments
Skill review (all courts)
Skills & Drills
12-12:45p Open Swim (Campus pool)
12:45-1:45p Lunch (provided on campus)
1:45-2p Courts open for warm-ups
2-3p Skills & Drills (passing & setting)
3-3:30p Competitive Drills
3:30-4p Scrimmage (all courts)

Day #5 On-Campus
10-12p Same as day #3
2-3p Skills & Drills (serving, passing, setting & hitting)
3-3:55p Competition Scrimmage
3:55-4p Closing Orientation

N. L. T.
Next Level Training
Volleyball BootCamp



15 Hours
(5dy. Program)

Professional Instruction

Week # 1: July 11th to 16th

Week # 2: July 25th to July 30th

~ Select the week you will attend ~

✓ **Game Academics**

✓ **Individual Skill Building**

✓ **Competitive Drills**

✓ **Position Training**

✓ **Volleyball Physical
Conditioning ***

Questions:

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Benefiting:

Schoolcraft College

Volleyball Program

