



Huron Volleyball Academy



**FASTER!
STRONGER!
HIGHER!**

**How Good
Can You Be?**

4 DAYS A WEEK
June 3rd - August 1st

***June 3rd-June 6th
3:45-5:15
Week 1 Only

**Mondays
&
Wednesdays**

**Explosiveness & Power & Strength
&
VB Skills training**

Session I: 8:00 - 9:30 AM
Session II: 9:15-10:45 AM

**limited to 25 athletes per session
**One session of choice*

Grades 9-11

**Tuesdays
&
Thursdays**

**Speed, Agility, Footwork, Strength &
Quickness**

8:00 - 9:15 AM

**"There is no substitute for hard
work."**

HURON AREA VB ACADEMY

Annual MEM RATE: \$266.25 Non-Mem Rate: \$308.85

** Rates include tax*

Parent/Guardian Name _____

Contact Phone #: _____

Parent E-mail _____

Player Work Phone _____

Parent Cell _____

In order to benefit from the HURON AREA VB ACADEMY workouts and program, attendance is essential. Individual results will vary. Once an athlete has started the program, refunds will not be issued.

I, _____, parent/guardian of _____ am granting my permission for my daughter to participate in the Huron Area Volleyball Academy with the understanding that the Nordeby Center for Recreation, Huron School district and all of the employees involved are not responsible should injuries occur to my child before, during or after this program. I understand there exist inherent and unforeseen risks involved. If injuries should occur, I give permission to the Huron AREA VB ACADEMY to treat injuries if needed.

Parent/Guardian Name _____

Signature _____

Date _____

**Financial Assistance is available upon request and completion of proper paperwork and approval.*



HURON VOLLEYBALL ACADEMY

We don't know how good we could be unless we try! For the past eight years, the Huron VB Academy has played a huge role in creating better teams and players.

Volleyball athletes are **moving faster, jumping higher and swinging harder** than ever before. Today's volleyball athletes are looking for ways to improve **speed, lateral speed, strength and explosive power**, to understand the movement of a volleyball player, and, to develop in all aspects of the game.

The Huron Volleyball Academy is specifically designed to dedicate its efforts towards enhancing the players' game in all areas with emphasis on **improving athleticism**. This training utilizes methods which promotes improvement in the athlete's vertical and attack jump as well as in lateral quickness, which will lend to faster movements on the court. In addition, for age appropriate athletes, we will incorporate power lifts to work on explosiveness & power. We will also focus on setter training, attacking, defensive training, passing, and blocking to help positional players of all areas improve their individual skills.

We aim to make every volleyball athlete the best volleyball player she can be. This eight-week training during the summer months is a serious approach with proven results from drills, repetitive muscle memory and repetitions.

With an experienced staff of coaches and players, the commitment to prepare athletes for success and developing efficient and injury resistant athletes is stronger than ever.

IN ORDER TO COMPETE AT A HIGH LEVEL, ONE MUST TRAIN AT A HIGH LEVEL.

BE A BETTER ATHLETE
 we should train like a professional
 we can JUMP HIGHER
 HARDER, and "BEAT" our opponents
 substitute for hard work
 Together, we will strive to be the best
 and we will win
 HOW GOOD ARE YOU?



ATHLETICISM TRAINING

4 days a week: Monday-Thursday
Mondays & Wednesday:
Strength, Power & Jump training
Tuesdays & Thursdays:
Speed, Agility & Quickness Drills

**HURON
 VOLLEYBALL
 ACADEMY**



Session I: Monday & Wednesday
 --or--
Session II: Monday & Wednesday
 (**Both Sessions include Tuesday/Thursday Large group at 8:00 AM)
 Position played in school (Please circle) LH MB Opp Setter Libero DS
 (NCR Annual Member rate)

Player Name _____ Grade (2019-20) 9 10 11 12 (Please Circle)
 School _____ Email _____ Cell# _____
 Mailing Address _____ City _____ Zip Code _____
 Please circle the session for which you are registering: \$266.25 Mem*/\$308.85 Non-Mem