

'09 SUMMER VOLLEYBALL CAMPS & CLINICS

SUMMER CAMPS

Come join us this summer! Austin Sports Center is again offering high quality and high repetition summer camps and clinics for everyone, from the beginner to the more advanced athlete. Austin Sports Center's experience combined with an exceptional coaching staff made up of top collegiate and Austin Junior Volleyball coaches make these camps the best in Central Texas. Over the past 20 years Austin Junior Volleyball has been a pioneer in volleyball in every aspect from running tournaments, camps, clinics, as well as developing one of the strongest club volleyball programs in the nation.

LITTLE SPIKERS

June 1–22 Mondays
(1st–5th grade) \$75/\$95
4:30pm–5:30pm

Intro to passing, setting, hitting and serving. Each skill will be broken down in a high repetition so that beginners are able to understand all aspects of the game. Campers will be using volley lites so they can grasp the fundamental skills of volleyball.

JUNIOR HIGH CAMP

June 20–22
(6th–8th grade) \$225/\$250
10am–1pm

Looking for a little extra time in the gym to prepare for nationals? Has your season ended and you're looking to get some gym time and avoid getting rusty? This is a great chance to fine tune skills before the summer swings into full action. This camp will cover all aspects of the sport.

TEAM CAMP

July 27–31
(High School Varsity Team) \$100/athlete
10am–4pm

Once again, Austin Sports Center will offer a team camp for high school varsity teams. The team camp will consist of two training sessions per day for five days. This camp is designed to prepare teams physically for the start or preseason training. Cost is \$100 per athlete and each team must have no fewer than eight athletes. For more information and the registration form, email mike@austinsportscenter.com.

JUNIOR HIGH PRESEASON

August 17–20
(6th–8th grade) \$325/\$350
10am–4pm

Back by popular demand! Get ready for try-outs and make the team by training with the best and honing your skills. Athletes will go through two training sessions with lunch and a conditioning session in between. The conditioning session will help athletes to sustain and prepare for the long volleyball season ahead. Athletes will be divided into their appropriate skill levels. Register fast as last camp filled early.

TRAINING CAMPS

Training Camps (7th–12th grade)
\$325/\$350

Junior High Skills Camp July 13–16
(7th and 8th grade) 1pm–6pm

8th grade Advanced July 20–23
10am–4pm

High School Camp July 20–23
10am–4pm

Gear up for your high school or middle schools season by fine tuning your volleyball skills. These camps will over all skills and provide the most extensive and well rounded training experience. Training will vary from specific individual skills to competitive game drills. Athletes will go through two training sessions with lunch and a conditioning session in between. The SAQ (Speed, Agility, Quickness) conditioning session will help athletes to sustain and prepare for the long volleyball season ahead. Athletes will be grouped by grade

and skill level. 8th grade advance camp is for 8th graders with a minimum of 2 years club experience.

EXAMPLE SCHEDULE:

10am–12pm Training session
12pm–1pm SAQ (Speed, Agility and Quickness) conditioning session
1pm–2pm Lunch break (Lunch must be provided by the athlete)
2pm–4pm Training session

WHAT TO BRING

1. Knee pads (volleyball)
2. Water bottle
3. Gym Shoes
4. Lunch (For all day camps no food will be provided)
5. Athletic tape

All camps are offered at Cedar Park and South Location at the times posted above. A minimum of 5 players at each location are required to run the clinic.

Pricing is before deadline/after deadline. Registration deadlines are listed online at www.austinsportscenter.com.

REGISTER NOW AT WWW.AUSTINSPORTSCENTER.COM

AUSTIN SPORTS CENTER

'09 SUMMER VOLLEYBALL CAMPS & CLINICS

SUMMER CLINICS

Looking for high quality instruction with a large quantity of reps in a short period of time? Come to our highly popular summer clinics. There is a clinic provided for every skill and the clinics will be tailored to the skill level of the athletes attending.

HITTER CLINICS

(6th-12th grade) \$45/\$65
#1 July 6 9:30am-11:30am
#2 July 20 6:30pm-8:30pm

The hitter clinics will focus on individual technique and will offer a large quantity of repetition on a variety of play sets. The hitter clinics are for all hitting positions (OH, MB, RS) and may include some passing and defense. Hitter clinics contain similar components but differ from clinic to clinic. Athletes can attend individual clinics or all. Campers will be divided by skill level so they can master specific shots and advance their overall hitting accuracy. Each hitter clinic will vary so athletes may attend as many or few as they wish. Some sample topics covered are proper arm swing mechanics, hitting different shots i.e. sharp cross, line, tooling the block, etc, and hitting non ideal sets i.e. trap sets, inside sets, and sets off the net.

SETTER CLINICS

(7th-12th grade) \$45/\$65
#1 July 6 1:30pm-3:30pm w/MB
#2 July 21 6:30pm-8:30pm
#3 July 24 1:30pm-3:30pm w/MB

The setter clinics will focus on very specific techniques and form associated with setting. Hand position, footwork, and movement will be emphasized along with repetition on various play sets. Setters will be divided into their appropriate skill levels. All setter clinics will go over different skills. Some samples of skills covered are proper footwork and hand positioning, setting different play sets, jump setting, attacking the ball, and strategic setting i.e. setting away from a double block. Athletes can attend as few or as many clinics as they would like.

MIDDLE BLOCKER CLINICS

(7th-12th grade) \$45/\$65
#1 July 6 1:30pm-3:30pm
#2 July 24 1:30pm-3:30pm

The middle blocker clinics will focus on the skills associated with the position: quick play sets, blocking, and transition. The middle blocker clinic will cover some areas offered in the hitter clinic but will be more specialized to the position. Campers will be divided by skill level.

POSITIONAL HITTER CLINICS

(7th-12th grade) \$45/\$65
July 22 6:30pm-8:30pm

NEW! The positional hitter clinic will work on the fundamentals of attacking from a specific position. Athletes will be broken up by outside hitter, middle blocker, or right side. Athletes will work on play sets and specific skills associated with their position.

PASSING & DEFENSIVE CLINICS

(6th-12th grade) \$45/\$65
#1 July 10 1:30pm-3:30pm
#2 July 23 6:30pm-8:30pm

Whether you are your club team's libero, your school's DS, or you just want to improve your defense and passing, this clinic is for you. This clinic will focus on movement, digging, serve reception, ball control, and pursuit. Make sure to bring your knee pads! Athletes can attend as many clinics as they wish as each clinic will have unique drills. Some areas that may be covered are defensive posture and proper platform positioning, proper floor movements both directions, game situation defense i.e. positioning behind the block, reading angles, etc, and serve reception passing.

NO PASS NO PLAY CLINICS

(6th-12th grade) \$45/\$65
July 24 9:30am-11:30am

No Pass, No Play! This camp will only focus on serve receive and serving. Each skill will be broken down in to specific detail and enable each athlete to have a high volume of reps to increase their skills. Campers will be divided by skill level with each clinic covering different aspects of serving. Some samples of what will be covered are accuracy to serving zones, trajectory of serving, velocity on the ball, intro to jump serving, and serve receive relationships and techniques.

SERVING CLINICS

(6th-12th grade) \$30/\$45
July 24 6:30pm-8pm

The serving clinics are designed to make all athletes better overhand servers. Each session will go over the basics of serving and then advance to serving zones as well as serving strategy. Different clinics may cover the jump float serve or the jump top spin serve.

TOP NOTCH FACILITIES AND EQUIPMENT

All clinics are offered at Cedar Park and South Location at the times posted above. A minimum of 5 players at each location are required to run the clinic.

Pricing is before deadline/after deadline. Registration deadlines are listed online at www.austinsportscenter.com.

SUMMER LEAGUES

The Austin Sports Center is the place to be this summer. Grab your friends and make a team to play in one of our fun leagues. Leagues are a great way to spend the summer with your friends.

OVER 300 ATHLETES IN 2008

HS VOLLEYBALL LEAGUE

(9th-12th grade) \$50/player
May 5-June 9 Tuesdays 5pm-10pm
ASC South Only

Get your friends together and form a team to compete in the First Annual Austin Sports Center HS League. After tanning all day come into the air conditioned gym and play volleyball with your friends. Space is limited so sign up quickly!

SUMMER VOLLEYBALL LEAGUE

(5th-8th grade)
\$100/player w/team registration or
\$110/player individual registration
May 7-June 11 Thursdays 6pm-8pm
ASC South and Cedar Park

Get out of the Austin Summer Heat and hang out in the Cool Austin Sports Center! This is the hot thing to do in the summer! We will meet once a week for two hours during the 6 weeks of the league. Each team will be assigned a coach and a Master coach will lead the drills for all the teams. The players will practice for 1 hour followed by play for 1 hour each day of the league.



BOYS VOLLEYBALL LEAGUE

(9th-12th grade) \$50/player
May 8-June 5 Fridays 4pm-6pm
ASC South

Boys of summer! Do you want to know Where the Girls Are? They are hanging out at the Austin Sports Center. Grab some friends and learn how to play the game that all girls think is cool!



GENERAL INFORMATION

SUPERVISION

Every athlete will be supervised at all times. An ASC staff member will be on site before each gym session and until each athlete is picked up by their parent/guardian. Camp attendees will not be allowed to leave the building without written authorization from their parent or legal guardian.

CONTACT

Questions?
Contact Michael Garcia
mike@austinsportscenter.com
512-479-8776 ext. 5116

COACHING STAFF

Participants at each session will be grouped by age and skill level. Player to Coach Ratio is 8 to 1 or better.

Staff Includes: **Glen Lietzke** (17 Mizuno National Champions, former University of Texas Assistant Coach), **Mike Garcia** (17 Mizuno National Champions, USAV CAP II Certified Coach, National Championship Coach Beach Volleyball Team 2002), **Elizabeth Quanium** (14 Mizuno Head Coach, former University of Texas Player), **Laura Hanner Milton** (Head Coach - 13 North, CAP II Certified, former Virginia Tech Player, Austin Junior Volleyball Alumnus), **Brandi Bradley** (16 Mizuno Coach and former Texas Lutheran University Head Coach), **John Rodriguez** (AJV 18 Navy Head Coach and Dripping Springs High School Head Coach) and **Eric Lazowski** (USA HP Coach, Former A&M CC Asst. Coach).

DRIVING DIRECTIONS

Austin Sports Center
425 Woodward St
Austin, TX 78704
512-479-8776

From IH-35 exit Woodward. Go west on Woodward and Austin Sports Center is 1/2 mile on the left.

Austin Sports Center Cedar Park
1420 Toro Grande Blvd.
Cedar Park, TX 78613
(512) 260-0333

From Parmer and FM 1431, go east on FM 1431 turn left on Toro Grande Blvd. Austin Sports Center Cedar Park is at the end of the road on the right.

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