

# SUMMER IDEAS FOR VOLLEYBALL

Dear Players,

These possibilities listed below will help train your skills. They are all recommended. The ones of the most value will be those which give you highest athletic challenges or have the strongest coaching. Playing doubles is most highly recommended, giving you training in passing, setting, hitting, serving, competition, conditioning and more! About expenses: Some camps are 4 days, some are 5 for the same \$. For the price of one week of camp you could play 10-20 doubles tournaments or train all summer at a place like CATZ. I can't overstate the value of ACTUALLY PLAYING VOLLEYBALL and in BECOMING STRONG.

**CODE: B** boys **G** girls **Y** young players

- ⇒ **BGY PLAY DOUBLES:** Get a partner and play pickup on weekdays/weekends, and tournaments on weekends
- ⇒ **BG Yankee Volleyball:** is the primary site for New England Adult volleyball ([www.yankee.org](http://www.yankee.org)) This site has the main listing for doubles tournaments, leagues, etc
- ⇒ **BG SMASH Camps:** (boys/girls): Specialty weeks for: SETTERS, ATTACKERS, DEFENSE/PASSING: [www.smashvolleyball.com](http://www.smashvolleyball.com) (July 27- Aug 14)
- ⇒ **BGY Garden City Camp:** (site: Newton North H.S.) July 6- 10 <http://newtonsummerschool.com/catalog/GARDEN%20CITY%20SPORTS%20CAMPS%202009> Very solid camp for basic skills for middle and high school +older elementary.
- ⇒ **BG Bay State Games:** (the 'Massachusetts Olympics'): Boys and Girls teams, competition finals July 14+15: [www.baystategames.org](http://www.baystategames.org) Competition Dates: Sat./Sun. July 11/12 For Boys, and Girls who are in grades 9-11 in 2008-2009 (i.e. no seniors or incoming freshmen)
- ⇒ **BG Masspike camp:** (boys/girls) Site: Brandeis/Bentley .....check website for exact dates for the variety of offerings <http://www.masspikevolleyball.com>
- ⇒ **BG Dearing Volleyball School:** Run by Joel Dearing(Springfield College)(Great Coach) July 5-8 and July 9-11 [www.dearingvolleyballschool.com](http://www.dearingvolleyballschool.com) Girls only, inc. graduating seniors.
- ⇒ **BGY Bob Schnecks Volleyball Camp:** Held at URI, run by Bob Schneck: .....check website for exact dates for the variety of offerings and dates <http://schneckvolleyball.com/camp/index.html> This is a well-established camp
- ⇒ **BGY CATZ:** (sites in Needham, Acton, and Wilmington): this is a place to do full-body conditioning done well! <http://www.catzsports.com>
- ⇒ **Others:** There are many other opportunities! Check some out and tell your friends!

Serious Athletes LOVE to do their sport! So **Just Do It!** Volleyball can be year-round, and can make the summer action-packed and fun. We have outdoor nets, players could play every single day on some field or another, with others. Start now to talk with friends who will be around in the summer. Playing regularly vs. good players is the greatest method to become a stronger player by the fall (as opposed to attending many camps.)