



The Adversity Volleyball Club will be running a comprehensive camp program the summer of 2010. Coaching Director will be Mike Hulett, four times US Olympic Committee selection to Head Coaching positions for the Paralympic Volleyball teams, including receiving the USOC Paralympic Coach of the Year in 2004. Under his leadership, the USA Women's program has won the Bronze in Athens and the Silver in Beijing, the only medals ever won by the USA in Disabled Volleyball. Mike is the only USA Volleyball Level 4 Volleyball Coach in Illinois, and has attended the Critical Thinking Seminars in Setting, Attacking, Blocking and High Performance. Mike has also coached both genders in College, High School and Club taking teams to the Junior National Championships in the Open division. Instructors will primarily be Adversity coaches but may include former club and college players. All take place at the Adversity Volleyball Center featuring 8 new sport courts, divider nets, seating at every court and a quiet area for Parents which includes Wireless internet.

All camps are based on the grade the athlete will be entering in August 2010. All camps will be divided by gender, and by skill level with in the age group to optimize each camper's learning opportunities. All area middle and high school coaches are welcome to attend. The minimum number for camps to run is six. All camps cost \$175

Basic camps are for those needing instruction in the six basic skills of the game. As skills are taught, it will be in small groups with emphasis on technique and performance (outcome). Skills will be taught using the current USA Volleyball techniques.

Intermediate camps review the basic skills, the camp will include jump training, and athletes will be doing more multi skill drills leading to game like scrimmages

Advanced camps will focus on performing skills at a higher level through scrimmage like drills that will challenge the athletes.

Specialty camps will focus on those positions providing high repetitions for the athletes.

Setters and middles will focus on quick sets and slides.

Setters and outsides will focus on different tempo sets, hitting on the both sides, and back row attacking.

DS/Libero's will focus on passing, digging, and serving.

Team Camps require a minimum of 6 per school and will include offensive and defensive systems.

Pre Tryout Review camp will focus on refreshing skills before the High School season begins, with drills leading up to game like scrimmages

Summers End Triples/Fours league, in addition to the summer leagues, where players can continue to keep their skills sharp through play. Mon/Wed for Girls and Tues/Thurs for Boys. Allowed by IHSA RULE 3.106 "To be eligible for a school team in a given sport, students must cease non-school practice and competition in that sport no later than five days after the date on which the school team engages in its first practice or tryout in that sport." The league would end August 10th, prior to the August 11 tryout date. Individuals may sign up and be matched with others to form a team and play 4 nights for \$50

College Prep Camp Something new being offered for Boys entering their Junior and Senior year. Focus will be on techniques of blocking, attacking, serving and defense. Majority of the time will be spent on the technique with some game play to test learning/comprehension.

1001	June 21-25	6 th -8 th Boys/Girls	10-12pm	All Skills, Basic	
1002	June 21-25	6 th -8 th Boys/Girls	1-3pm	All Skills, Basic	
1003	June 21-25	6 th -8 th Boys/Girls	3:30-5:30	All Skills, Basic	
1004	6-28-7/2	6 th -8 th Boys/Girls	10-12pm	All Skills, Inter	
1005	6-28-7/2	6 th -8 th Boys/Girls	1-3pm	All Skills, Inter	
1006	6-28-7/2	6 th -8 th Boys/Girls	3:30-5:30	All Skills, Inter	
1007	July 5-9	6 th -8 th Boys/Girls	10-12pm	All Skills, Adv	
1008	July 5-9	6 th -8 th Boys/Girls	1-3pm	All Skills, Adv	
1009	July 5-9	6 th -8 th Boys/Girls	3:30-5:30	All Skills, Adv	
1010	July 5-9	9 th -12 th Boys/Girls	1-3pm	All Skills, Inter	

1011	July 5-9	9 th -12 th	Boys/Girls	3:30-5:30	All Skills, Inter	
1012	July 12-16	6 th -8 th	Boy/Girls	10-12pm	All Skills, Adv	
1013	July 12-16	9 th -12 th	Boys/Girls	1-3pm	All Skills, Adv	
1014	July 12-16	9 th -12 th	Boys/Girls	3:30-5:30	All Skills, Adv	
1015	July 12-16	9 th -12 th	Boys/Girls	6:30-8:30	All Skills, Adv	
1016	July 19-23	9 th -12 th	Girls	10-12pm	Setters/Middles	
1017	July 19-23	9 th -12 th	Girls	1-3pm	Setters/Outsides	
1018	July 19-23	9 th -12 th	Girls	3:30-5:30	Libero/DS	
1019	July 19-23	9 th -12 th	Boys	6-8pm	Setters/Middles	
1020	July 19-23	9 th -12 th	Boys	7:30-9:30	Setters/Outsides	
1021	July 19-23	9 th -12 th	Boys	6-8pm	Libero/DS	

Last legal week for High School athletes!

1022	July 26-30	9 th -12 th	Girls	10-12pm	Pre Tryout Review
1023	July 26-30	9 th -12 th	Girls	1-3pm	Pre Tryout Review
1024	July 26-30	9 th -12 th	Girls	3:30-5:30	Specialty-Setters/Middles
1025	July 26-30	9 th -12 th	Girls	3:30-5:30	Specialty-Setters/Outsides
1026	July 26-30	9 th -12 th	Girls	3:30-5:30	Specialty-DS/Libero
1027	July 26-30	9 th -12 th	Girls	6:30-8:30	Pre Tryout Review
1028	July 26-30	11 th -12 th	Boys	6:30-8:30	College Prep Camp
1029	July 26-30	6 th -8 th	Boys/Girls	10-12pm	All Skills
1030	July 26-30	6 th -8 th	Boys/Girls	1-3pm	All Skills
1031	July 26-30	9 th -12 th	Boys	3:30-5:30	Pre Club Tryout camp
1032	July 26-30	9 th -12 th	Boys	6-8 pm	Pre Club Tryout camp
1033	Aug 2-10	9 th -12 th	Girls	6-9pm	Triples/Fours League
1034	Aug 2-6	6 th -8 th	Boys/Girls	10-12pm	All Skills
1035	Aug 2-6	6 th -8 th	Boys/Girls	1-3pm	All Skills
1036	Aug 2-6	6 th -8 th	Boys/Girls	4-6pm	Team Camp

1050 Aug 2-10 9th-12th Girls 6 pm-9pm Summers End 3's/4's League (\$50 per team)

1060 Aug 2-Sept 1 9th-12th Boys 6 pm-9pm Summers End 3's/4's League (\$80 per team)

Program #: _____ Dates: _____ Cost: \$175

Athlete's First Name: _____ Last Name: _____ M / F

Address : _____

City : _____ IL Zip: _____

Parent's First Name: _____ Last Name: _____

Address if different: _____

City : _____ ST: ____ Zip: _____

Phone : _____ Email: _____

Check # _____ Amount _____

Credit Card VISA __ MC __ AMEX __ Discover __

Card #: _____ Sec. Code: _____ Exp: _____

Parent's Signature: _____

All Camps will be held at:
Adversity Volleyball Center
710 Corporate Woods Parkway
Vernon Hills, IL 60061 847-793-0900

Fax Registration to: 847-298-9038
Mail Registration to: Adversity Volleyball Club
54 Michael Road
Des Plaines, IL 60016

<http://www.adversityvbc.org>

Contact Mike Hulett: mhulett213@comcast.net

