



Elite Sports Ohio Volleyball Company 2021 Summer Camps Camp Descriptions

Evening Skills Training

Passing and Attacking

This camp is for passers and attackers that want increase reps on a passing and attacking in out of system situations and becoming better transition. Courts will be divided for specific abilities

EST0615	June 15, 2021	6:00-7:30pm	\$35	6th-9th Grade
EST0708	July 8, 2021	6:00-7:30pm	\$35	6th-9th Grade

Serving and Passing

This camp will focus on the specifics of serving. Camp will emphasize hand positioning, accuracy, tempo and overall mechanics. Courts will be divided for specific abilities

EST0622	June 22, 2021	6:00-7:30pm	\$35	6th-9th Grade
EST0715	July 15, 2021	6:00-7:30pm	\$35	6th-9th Grade

Setting and Hitting

Setting and Hitting will work with athletes attacking mechanics and setting mechanics and focus on connecting and effective shot selection. Courts will be divided for specific abilities.

EST0706	July 6, 2021	6:00-7:30pm	\$35	6th-9th Grade
EST0722	July 22, 2021	6:00-7:30pm	\$35	6th-9th Grade

Attacking and Blocking

Attacking and Blocking will work with athletes on blocking and attacking techniques. The camp will emphasize transitioning speed, attacking mechanics and blocking movement and eye sequencing.

EST0713	July 13, 2021	6:00-7:30pm	\$35	6th-9th Grade
EST0624	June 24, 2021	6:00-7:30pm	\$35	6th-9th Grade

Attacking and Serving

Attacking and Serving will work with athletes on attacking mechanics and serving techniques. Primary focus of the camp is to develop higher quality contacts. Courts will be divided for specific abilities

EST0720	July 20, 2021	6:00-7:30pm	\$35	6th-9th Grade
EST0617	June 17, 2021	6:00-7:30pm	\$35	6th-9th Grade

Skill Training Package

This camp package is for athletes that would like to take part in multiple sessions. Elite Sports Ohio has made this opportunity available at a discounted rate.

EST4221	4 Sessions	Your Choice	\$125
EST6221	6 Sessions	Your Choice	\$175
EST8221	10 Sessions	Your Choice	\$275

Skill Mechanics Camps

Setting Mechanics

This camp's focus is developing a complete setter. This camp will develop athlete's lower body movement patterns, foot speed and accuracy to make the athlete a more effective setter while focusing on setter consistency on hand positioning, emphasizing consistent tempo and placement for all settable balls. Courts will be divided for specific abilities.

SSLM713	July 13, 2021	12:30-2:00pm	\$35	7th-12th Grade
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Setting and Passing

This camp's focus will emphasize platform management and setting techniques, especially those who are a primary setter or a primary passer. This camp will break down off-system training. We will encourage skills to make a more effective passer and setter. Courts will be divided for specific abilities.

STPA720 July 20, 2021 12:30-2:00pm \$35 7th-12th Grade

Aggressive Serving

This is a serving camp that focuses on the intricacies of aggressive serving and technique to make you a more effective serving specialist. Focusing on Hand positioning, contact point, jump serving, serving location and tactical strategies. This is not a beginner serving camp. Courts will be divided for specific abilities

AAGS615 June 15, 2021 2:30-4:00pm \$35 7th-12th Grade

AAGS720 July 20, 2021 2:30-4:00pm \$35 7th-12th Grade

Defensive Mechanics

This camp's focus is geared to teach athletes defensive posture and form, platform management. This will teach athletes to become more effective and consistent passers in passing and digging and serve receive. Courts will be divided for specific abilities

DPFM615 June 15, 2021 10:30-12:00pm \$35 7th-12th Grade

1st Contact

This camp will focus serving and passing techniques that will allow athletes to become more effective and consistent. Emphasis will be put on jump float serving and serving for accuracy in all areas of the court, while focusing on passers movement and proper body position and footwork. Courts will be divided for specific abilities.

AFCC622 June 22,2021 2:30-4:00pm \$35 7th-12th Grade

AFCC713 July 13 ,2021 2:30-4:00pm \$35 7th-12th Grade

Attacking Mechanics

This camp's focus is emphasize attacking mechanics to create a more effective hitter. This camp will break down hitting mechanics, focusing on developing fast lower body mechanics to generate more speed and power in the athlete's approach and jumping mechanics. Courts will be divided for specific abilities.

HATM615 June 15, 2020 12:30-2:00pm \$35 7th-12th Grade

Arm Swing Mechanics

This camp's focus is emphasizing the upper body and core mechanics of hitters. This camp will break down the hitting mechanics of athletes focusing on core rotation, upper body dynamics and hand contact. We will encourage skills to make the athlete a more effective hitter. Courts will be divided for specific abilities.

HASM622 June 22, 2021 10:30-12:00pm \$35 7th-12th Grade

Blocking Mechanics

This camp enables athletes to become more dynamic blockers by learning advanced techniques. Skills addressed include footwork, arm swing mechanics, positional breakdown, eye sequencing, transition offense and offensive /blocking systems. Courts will be divided for specific abilities

HBTH622 June 22, 2021 12:30-2:00pm \$35 7th-12th Grade

Attacking and Passing

This camp's focus is geared towards players wanting to be the outside hitters for their team. The camp will focus on passing and hitting mechanics, while focusing on transitional footwork to make athletes a more dynamic hitter. Skills addressed include footwork, arm swing mechanics, eye sequencing, transitioning and serve receive. Courts will be divided for specific abilities

ATPA713 July 13, 2021 10:30-12:00pm \$35 7th-12th Grade

Blocking and Attacking

This camp's focus is geared towards players that play in the front row. This camp enables athletes to become more dynamic hitters and blockers by learning advanced techniques. Skills addressed include footwork, arm swing mechanics, positional breakdown, eye sequencing, transition offense and offensive /blocking systems. Courts will be divided for specific abilities.

BLAT720 July 20, 2021 10:30-12:00pm \$35 7th-12th Grade

Positional Camps

Our positional training camps our for athletes that have a clear understanding of the position they want to play and our looking for a camp setting to advance their skills in their specific position.

Setter Positional Camp

This camp's focus is developing a complete setter. This camp will develop athlete's lower body movement patterns, foot speed and accuracy to make the athlete a more effective setter while focusing on setter consistency on hand positioning, emphasizing consistent tempo and placement for all settable balls. An extensive amount of time will be spent on both technical training and repetitive work. Courts will be divided for specific abilities. Instruction from Elite Tier Coaches and special guest coaches. Lunch Included.

STPC617 June 17, 2021 10:30-2:30pm \$75 7th-12th Grade

Defensive Positional Camp

This camp's focus is geared to teach athletes proper platform and movement patterns and defensive pursuit. This will teach athletes to become more consistent defenders while teaching athletes to become more effective and consistent passers in passing and digging and serve receive. An extensive amount of time will be spent on both technical training and repetitive work. Courts will be divided for specific abilities. Instruction from Elite Tier Coaches and special guest coaches. Lunch Included

DSPC715 July 15, 2021 10:30-2:30pm \$75 7th-12th Grade

Pin Hitter Positional Camp

This camp's focus is geared towards players wanting to be the outside hitters for their team. The camp will focus on passing and hitting mechanics, while focusing on transitional footwork to make athletes a more dynamic hitter. Skills addressed include footwork, arm swing mechanics, eye sequencing, transitioning and serve receive. Courts will be divided for specific abilities. Instruction from Elite Tier Coaches and special guest coaches. Lunch included.

PHPC624 June 24, 2021 10:30-2:30pm \$75 7th-12th Grade

Middle Hitter Positional Camp

This camp's focus is geared towards players that play in the middle hitter. This camp enables athletes to become more dynamic hitters and blockers by learning advanced techniques. Skills addressed include footwork, arm swing mechanics, positional breakdown, eye sequencing, transition offense and offensive /blocking systems. Courts will be divided for specific abilities. Instruction from Elite Tier Coaches and special guest coaches. Lunch Included.

MHPC708 July 8, 2021 10:30-2:30pm \$75 7th-12th Grade

Elite Multi Day Camps

Elite Invite Camp

Providing a competitive environment is a huge part of Elite success over the years. Experience this environment firsthand and have an opportunity to be seen by some of Elite's coaching staff. Our experienced team of coaches will teach a wide range of fundamentals and push players to reach their full potential. Players will fine tune their skills, incorporate advanced training movements, and engage in competitive drills and games. This camp includes t-shirt.

INVT202A June 30-July 1, 2021 \$75 9:00-11:00am 7th-8th Grade
INVT202B June 30-July 1, 2021 \$75 12:00-2:00pm 9th-10th Grade

Elite "CollEdge" Camp

Elite Sports Ohio Volleyball Company will be hosting an Elite "CollEdge" Camp for serious athletes interested in pursuing volleyball at the collegiate level. The elite camp will give athletes an opportunity to train and compete at an advanced level. Athletes will have the opportunity to work with collegiate coaches in position specific drills, small group training and competitive game play. They will teach you how to embrace competition and lay it on the line.

COLLED2A July 6-7,2021 \$95 9:00-11:30am 8th-9th Grade
COLLED2B July 6-7,2021 \$95 12:00-2:30pm 10th-12th Grade

Elite Prep Camp

Elite will be offering an exclusive camp for athletes that want to refine their skills before your schools tryouts. You will be instructed in all the elements coaches are looking for at tryouts and the major skills. Work on your serve, approach and arm swing and defense. All three courts have instruction from Elite Tier Coaches. This camp includes t-shirt.

PREP2021 July 21-22, 2021 \$75 9:00-11:00am 7th-9th Grade

Elite Academy Camp

This camp will work on the on the major skills of volleyball. Campers will strengthen their fundamentals, develop proper mechanics, and gain valuable game-play experience. Focusing on Serving, Passing and Hitting. This is great way to focus on your skills. This camp will be instructed from Elite Tier Coaches. This camp includes t-shirt.

ACAD2021 July 21-22, 2021 \$75 12:00-2:00pm 5th -6th Grade

Elite Peppers Camp

In addition to teaching volleyball, the camp will strive to develop motor skills, hand-eye coordination, and improve listening skills all within a safe and social environment. Camp will include warm-up games, and an introduction to all skills used in volleyball, including passing, setting, hitting, and serving. Team play will be introduced. This camp will be instructed from Elite Tier Coaches. This camp includes t-shirt.

PEPP2021 July 21-22, 2021 \$55 3:00-4:30pm 2nd-4th Grade

Tryout Focus Camp

This camp is for athletes that are getting ready to try out for their school teams. Elite staff will prepare athletes for what they will see at their tryouts. Come join us as we put player through a mock-tryout while developing the skills to help these athletes get the edge over the competition. This is a two-day camp on Tuesday and Thursday.

TRFC2021 July 26-27, 2021 \$55 6:00-7:30pm 7th-9th Grade

Elite Training Series

Indoor Training Series

Training Series designed to give all athletes quality instruction, touches, and even some match play. Perfect fit between club and school season. This program is designed for 6th-9th graders. Elite will utilize instruction-based training for drills and skill development. Then athletes will be put into team/groups to focus on team play and game like situations. This program includes t-shirt and entry into the Summer Slam Tournament.

ITS2021 June 15, 22, 29 July 6, 13, 20 2021 \$95 4:30-6:00pm 6th -9th Grade

Elite Indoor Training

This program is highly attended by players looking to stay sharp and participate in a team training environment as they gear up for HS tryouts. Our experienced team of coaches will teach a wide range of fundamentals and push players to reach their full potential. Players will fine tune their skills, incorporate advanced training movements, and engage in competitive drills and games. This program includes t-shirt.

ESPT2021 June 15, 22, July 13, 20 2020 \$95 3:30-6:00pm 8th-Collegiate

Elite Small Group Training

QHS6161	Defense Mechanics	June 16 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS6162	Hitting Mechanics	June 16 th , 2021	\$25	4:30-5:30pm	6 th -10 th Grade
QHS6171	Serving Mechanics	June 17 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS6172	Serve Receive Mechanics	June 17 th , 2021	\$25	4:30-5:30pm	6 th -10 th Grade
QHS6231	Setting Mechanics	June 24 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS6232	Blocking Mechanics	June 24 th , 2021	\$25	4:30-5:30pm	6 th -10 th Grade
QHS6241	Hitting Mechanics	June 25 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS6242	Serving Mechanics	June 25 th , 2021	\$25	4:30-5:30pm	6 th -10 th Grade
QHS7071	Blocking Mechanics	July 8 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS7072	Setting Mechanics	July 8 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS7081	Serving Mechanics	July 9 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS7082	Defense Mechanics	July 9 th , 2021	\$25	4:30-5:30pm	6 th -10 th Grade
QHS7141	Hitting Mechanics	July 15 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS7142	Serve Receive Mechanics	July 15 th , 2021	\$25	4:30-5:30pm	6 th -10 th Grade
QHS7151	Defense Mechanics	July 16 th , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS7152	Serving Mechanics	July 16 th , 2021	\$25	4:30-5:30pm	6 th -10 th Grade
QHS7211	Hitting Mechanics	July 22 nd , 2021	\$25	2:30-3:30pm	6 th -10 th Grade
QHS7212	Serving Mechanics	July 22 nd , 2021	\$25	4:30-:30pm	6 th -10 th Grade
QHS7221	Setting Mechanics	July 23 rd , 2021	\$25	3:30-4:30pm	6 th -10 th Grade
QHS7222	Defense Mechanics	July 23 rd , 2021	\$25	4:30-4:30pm	6 th -10 th Grade

Small Group Training Package

This clinic package is for athletes that would like to take part in multiple sessions. Elite Sports Ohio has made this opportunity available at a discounted rate.

QHSCS#1	Clinic Series #1	5 Sessions	\$100
QHSCS#2	Clinic Series #2	10 Sessions	\$175
QHSCS#3	Clinic Series #3	20 Sessions	\$375

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