HIGHLY UNUSUAL

Volleyball Camp

Sometimes “unusual” can be very, very good.

CAMP DIRECTOR: Kevin Russell

* USA Volleyball CAP III certified
* USA Volleyball High Performance evaluator
* Worked with the U.S. Women’s National Team staff in 2014.

WHO? For girls with at least one season of either club or high school volleyball.

WHAT? A camp based on learning theory to maximize the benefits of training time.

37.5 hours of high quality instruction and practice over 5 weeks. Limited to 24 girls, TWO coaches per court.

WHEN? July 6 – Aug. 6. Mon., Tues., and Thurs. every week from 6:30 pm – 9:00 pm

WHERE? Lowell Boys and Girls Club, Lowell, MA

WHY? Because becoming a better volleyball player is about modifying physical

behavior, which requires:

* An FUN atmosphere (culture) conducive to learning
  + Athletes are expected to make mistakes
  + Emphasis on effort, not outcome, for rapid improvement
* Methods based on neuro-scientific principles
  + The old “the way I learned it” isn’t good enough anymore
  + Random, not blocked, training works best
* A schedule that complements learning theory
  + Distributed sessions complement learning consolidation
  + Traditional camps create mental and physical fatigue
* Techniques that are used by the highest level coaches
  + No guesswork, teaching is based on biomechanics
  + We regularly “repair” faulty techniques that hold players back

COST? $499 for 37.5 hours of high quality volleyball instruction. Save $50 if

registration is completed prior to June 1st .

<http://www.bamboovbc.com/programs.html>