

Platinum Volleyball Solutions

2009 Summer Camps



Platinum Volleyball Solutions is hosting elite volleyball camps this summer. These camps incorporate the development of volleyball skills and a strength and agility mini-program. Each camp is led by Julie Vordenbaum. Julie has thirteen years of USAV coaching experience. During the summer of 2008, she provided 100+ hours of private instruction to athletes in the north Dallas area ages (8-18). Julie is IMPACT certified as well as USAV CAP I certified.

Athletes will learn: (1) Offense (setting, hitting, serving) (2) Defense (blocking, digging, emergency techniques) (3) Ball Control (4) Game situation decisions.

What makes Platinum Volleyball Solutions' summer camps unique is that along with teaching athletes quality skills, athletes learn how to improve their strength, agility, and quickness. Forty-five minutes of each day will be dedicated to helping athletes become quicker, have improved body control/strength, increase their vertical jump and have better overall endurance. This will be lead by Julie Vordenbaum who trained under the USAV Volleyball Conditioning Program. The training utilizes: fast twitch development, plyometrics, and core training.

The camp registration is limited to insure a quality coach to athlete ratio (8:1). Athletes should have previous club or school experience. Athletes will be divided according to playing level. Please sign up early by registering online at www.platinumvolleyball.com. Our camps have filled every year, so please make sure to register early. You can download a copy of the PVS waiver form and save time at registration.

| Date | Type | Time | Place | Ages |
|----------------------------|----------------|-----------|-------------|-------|
| Monday, June 15, 2009 | Middle School | 1:00-4:00 | Net Results | 11-13 |
| Tuesday, June 16, 2009 | Middle School | 1:00-4:00 | Net Results | 11-13 |
| Wednesday, June 17, 2009 | Middle School | 1:00-4:00 | Net Results | 11-13 |
| Thursday, June 18, 2009 | Middle School | 1:00-4:00 | Net Results | 11-13 |
| Monday, August 03, 2009 | Back to School | 1:00-4:00 | Net Results | 11-13 |
| Tuesday, August 04, 2009 | Back to School | 1:00-4:00 | Net Results | 11-13 |
| Wednesday, August 05, 2009 | Back to School | 1:00-4:00 | Net Results | 11-13 |
| Thursday, August 06, 2009 | Back to School | 1:00-4:00 | Net Results | 11-13 |



*Coaches dedicated to training the elite volleyball player
Instructors: Julie Vordenbaum, Heidi Mullins, Kyla Obert, Kayla Whittington*