

HIGH PERFORMANCE

VVB
CAMPS



SUMMER 2023



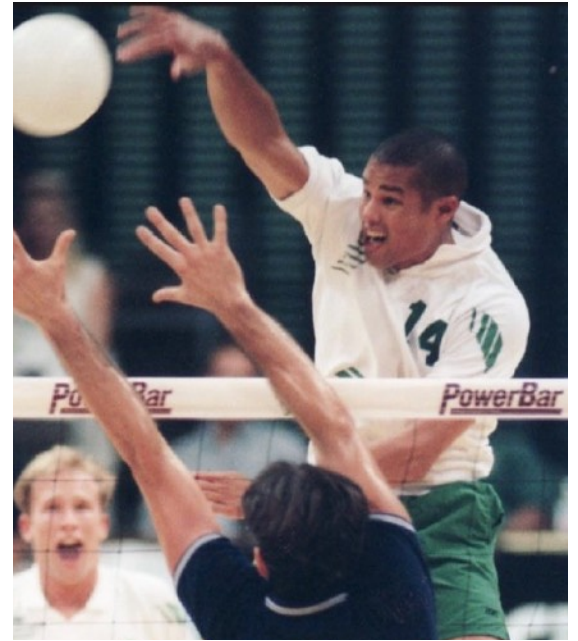
Exceptional Facilities



Professional Staff



US High Performance and CSUN setter Kamalu Makekai-Whitaker Head Coaches the LAHPC Passer/Setter camp.



University of Hawai'i All-American Jason Olive Head Coaches the LAHPC Hitter/Blocker camp.

High Performance Volleyball Camps combine 1.5 hours of elite technical volleyball training with professional volleyball coaches along with 1.5 hours of volleyball specific performance training with the experts from Sports Complex.

* All volleyball staff is Safe-Sport and Impact certified through USA Volleyball.



Lesson For Life

High Performance Campers will take the lessons they learn on the court, and in the training room, with them for the rest of their lives.

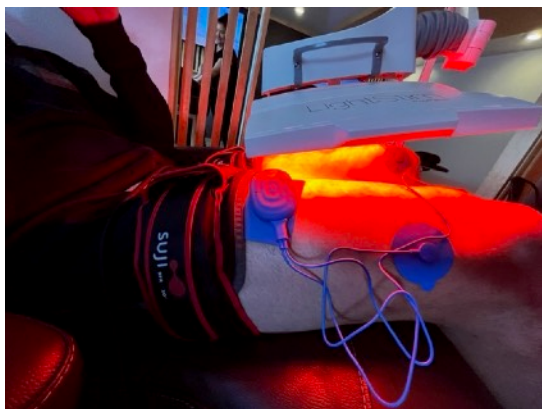
Learning the proper performance training techniques at an early age will set young athletes up for success in the sport for years to come.



Mind Body

The High Performance Volleyball Center offers a first of its kind, on site, wholistic training experience.

Campers can opt-in to a post workout rejuvenation session featuring Soft-Tissue work, Pneumatic Compression, Guided Breathing and Meditation and more with VIVE.



Schedule

\$399/Week

CAMP 1 **Ages 9-12** : July 17-21 : **Beginner/Intermediate**

- 9AM VB Skills
- 10:30AM Performance Training
- 12PM End Camp
- 12pm-TBD Opt-in Vive Session

CAMP 1 **Ages 13-17** : July 17-21 : **Beginner/Intermediate**

- 12pm VB Skills
- 1:30pm Performance Training
- 3PM End Camp
- 3pm-TBD Opt-in Vive Session

CAMP 2 : **Ages 9-12** : Aug 7-11 : **Advanced** (prior club experience)

- 9AM VB Skills
- 10:30AM Performance Training
- 12PM End Camp
- 12pm-TBD Opt-in Vive Session

CAMP 2 : **Ages 13-17** : Aug 7-11 : **Advanced** (prior club experience)

- 12pm VB Skills
- 1:30pm Performance Training
- 3PM End Camp
- 3pm-TBD Opt-in Vive Session

* Skills Training is adjusted to meet the needs/demands of players. More advanced players may be separated into groups to better facilitate the training of newer players.



Run Of Day

VB Skills*

- Monday: Passing & Setting (Foot-work/Ball-work)
- Tuesday: Hitting & Blocking (Foot-work/Ball-work)
- Wednesday: Setting Intensive (Mult. targets/Attacking) & Digging
- Thursday: Hitting Intensive (Mult. set-types/Hitter Vs Blocker)
- Friday: Team Play (Pass/Set/Hit/Dig/Block)

[CLICK FOR MORE INFORMATION AND TO BOOK CAMP](#)

Performance Training

Each day of performance training will focus on teaching campers safe and effective techniques to improve balance, speed, power, agility as well as safeguard against over-use injury.



FAQ

Q: Is Drop-Off Okay?

A: Yes. Drop-off is recommended. We have a small waiting room with CC TV but no parents are allowed on the gym or workout floor.

Q: What Time is Drop-Off and Pick-UP

A: Please drop off no earlier than 15 minutes before your camp starts. Please pick-up within 10 minutes of the camp's end time or the rejuvenation session's end time.

Q: Is it Okay if my camper has no experience?

A: Yes, for the Beginner/Intermediate Camps. However for the Advanced Camps prior experience is necessary.

Q: Does the camp provide water and food?

A: Yes we have refill stations for water bottles. No, the camp does not provide food.

Q: What should our camper bring?

A: Shorts, shirt, volleyball kneepads, tennis shoes, **water bottle**, Sweatshirt, snacks if desired.

Contact: info@losangelesvolleyballclub.com
310-593-4981

