

Phoenix Volleyball Indoor Summer Camp 2022

Register Now!!!

All skills camps

The camps are designed for all levels girls and boys who wish to improve their skills. Campers will be evaluated and grouped by skill level into two or three courts depending on the location, and will be taught the correct technique to pass, dig, set, hit, and serve by **World Class Volleyball Player-Xiaofeng Foret** and Phoenix Volleyball coaches. Campers will practice these skills with fun drills and game situations.

Weeks & Locations:

6/13-7/29 @ Santa Clara Adult Education: 1840 Bento Street, Santa Clara, CA 95050

8/1-8/12 @ Cupertino High School Field House: 10100 Finch Ave, Cupertino, CA 95014

Session 1: June 13,15,17, M/W/F 1-4pm for low intermediate to low advanced.

Session 2: July 11,13,15, M/W/F 1-4pm for beginning to low intermediate.

Cost: \$216/session & \$77/drop in

Session 3: August 1-5, M-F 9:30-12:30pm for low intermediate to high advanced.

Session 4: August 1-5, M-F 12:30-3:30pm for beginning to low advanced.

Session 5: August 8-12, M-F 12:30-3:30pm for beginning to low advanced.

Cost: \$360/session & \$77/drop in

Who: Boys and girls 10 years old and up with or without volleyball experiences.

Hitter and Setter camps: Hitter's camp will focus on skills of hitting such as footwork, transition, armswing. Setter's camp will focus on skills of setting such as footwork, hand position, posture, setting mechanics. Half of each day session will be geared toward refining individual skills, and the other half day will be integrated with both hitters and setters.

Session 6: June 20,22,24, M/W/F 1-4pm

Session 7: July 18,20,22, M/W/F 1-4pm

Cost: \$234/session & \$83/drop in

Who: **Intermediate to advanced girls and boys who are entering grades 6-12 with at least one year school or club volleyball experiences.**

Defensive Specialists and Serving camp:

Defensive specialists will focus on skills of playing defense such as footwork, body position, etc. as well as the tactical aspect of the game. Servers will focus on

skills of serving such as body position, armswing, etc., different types of serves such as float, jump float, and top spin.

Session 8: June 27,29, July 1, M/W/F 1-4pm

Session 9: July 25,27,29, M/W/F 1-4pm

Cost: \$234/session & \$83/drop in

Who: Intermediate to advanced girls and boys who are entering grades 6-12 with at least one year school or club volleyball experiences.

Hitter and Defensive Specialists/Serving camps:

Hitter's camp will focus on skills of hitting such as footwork, transition, armswing. Defensive specialists will focus on skills of playing defense such as footwork, body position, etc. as well as the tactical aspect of the game. Servers will focus on skills of serving such as body position, armswing, etc., different types of serves such as float, jump float, and top spin. Half of each day session will be geared toward refining individual skills, and the other half day session will be integrated with both hitters and defensive specialists.

Session 10: August 8-12, M-F 9:30-12:30pm

Cost: \$390/session & \$83/drop in

Who: Intermediate to advanced girls and boys who are entering grades 6-12 with at least one year school or club volleyball experiences.

- Bring athletic attires: shoes, shorts, t-shirt, knee pads; bring bottle water or sports drink.
- Cash, Check, PayPal, and Zelle are accepted; Credit cards are not accepted. Please make checks payable to Phoenix Physical Arts LLC. PayPal: phoenixvolleyball@live.com; Zelle: 408-348-5149.
- 5% off for signing 4 weeks and 10% off for 6 weeks and more. 5% discount for siblings.
- No refunds will be given after the first class started.
- Phoenix Volleyball has authority to cancel any day or/and any week camp due to situations that out of control. You will get credits or refunds if it happens.
- Please check your contact information daily during your child camp week to make sure if there is anything happens.
- To register the camp, please fill out the Registration Form and mail it to: PO Box: 344, Morgan Hill, CA 95038.

Contact to: Xiaofeng H. Foret **Phone** 408-348-5149 **Email:**phoenixvolleyball@live.com

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