

FRONT RANGE  
VOLLEYBALL  
CAMPS  
2010 Summer Youth  
Camps  
May 4, 2010



"We are what we repeatedly do. Excellence, then, is not an act - it is a habit." Aristotle

[Group Lessons](#) - [Summer Camp Information](#) - [Camps](#) - [Leagues](#)

#### May Group Lessons Opened

Group Lessons for the month of May have been opened for registration. Places go very quickly, so sign up today! For complete information, please see our [Group Lessons page](#).

#### Stuck In The Middle? Hardly.

Front Range Volleyball Club has camps, clinics and leagues for all ages. But you're not interested in *all* the camps, just the ones for *your* age.

Middle School can be a tough age. But it isn't tough when it comes to finding a place to play volleyball! Front Range has plenty of options for all you Middle School athletes out there! Come join us at any of our Middle School Camps!

See the list of offerings below for Middle School athletes. Please see our [Camps & Clinics page](#) for complete information!

### General Information (regardless of age):

1. Please check your web browser settings **to ensure that PayPal payments will work** through Sign Up To Play. See our instructions [here](#).
2. Register at [Sign Up To Play](#). Instructions for registration can be found [here](#).
3. Please print and complete the [Liability and Release forms](#) and bring them with you to camp.
4. **Beginning** camps or leagues are intended for relatively inexperienced players (1 year or less experience playing volleyball);
5. **Intermediate** camps and leagues are intended for players with some experience (1 or 2 years experience playing volleyball);
6. **Advanced** camps or leagues are intended for experienced

players (2 or more years experience playing competitive volleyball).

## **CAMPS**

### **Middle School Elite Camp**

Cost: \$160 pre-[register](#)ed; \$175 walk-up; or \$25 each session

Dates: July 5&7, 12&14, 19&21, 26&28

Time: 7:00 - 8:00 pm

Level: Grades 7 - 8 (Girls and Boys); [Advanced](#) level

This camp is designed for the 7th and 8th grader looking for an intense volleyball skills camp. This camp offers movement training, ball control drills and games. The campers will experience game-like situations and competitions in both 3-on-3 and 4-on-4 games.

### **Beginning Passing & Hitting Boot Camp**

Cost: \$85 pre-[register](#)ed; \$100 walk-up

Dates: July 6, 13, 20, 27

Time: 4:00 - 6:00 pm

Level: Grades 7 - 8 (Girls and Boys); [Beginner to Intermediate](#) level

For new and intermediate passers and attackers looking to maximize their volleyball potential. This camp will offer an outstanding opportunity for hitters to learn the fundamentals and basics of attacking and passing along with tons of repetitions. Coaches will use video breakdown to analyze and instruct form and technique of both passing and hitting.

### **Beginning Setter Boot Camp**

Cost: \$120 pre-[register](#)ed; \$135 walk-up

Dates: July 8, 15, 22, 29

Time: 10:00 - 11:30 am

Level: Grades 6 - 8 (Girls and Boys); [Beginner to Intermediate](#) level

This camp offers an outstanding opportunity to learn the fundamentals of setting. Setters will learn to improve their setting control and accuracy and expand their repertoire through instruction from Colorado's most experienced and accomplished setting coaches.

### **Serving & Jump Serving Camp I**

Cost: \$100 pre-[register](#)ed; \$115 walk-up; or \$30 each session

Dates: July 9, 16, 23, 30

Time: 9:00 - 10:30 am

Level: Grades 6 - 8 (Girls and Boys); [Beginner to Intermediate](#) level

This camp is for youth and middle-school volleyball player who want to achieve success in breaking down a serve receive with a variety of different serves.

### **Middle School Vertical Jump and Speed Training Program**

Cost: \$120 pre-[register](#)ed; \$135 walk-up

Dates: July 5, 12, 19, 26

Time: 9:30 - 11:00 am

Level: Grades 5 - 8 (Girls and Boys); [Intermediate to Advanced](#) level

This camp is a unique volleyball-training program for players who want to elevate their athleticism. The camp will focus on core strength and stability, balance and coordination, vertical jump, resistance training, and speed and acceleration. Campers will train with the coaches once per week and will be responsible to duplicate training twice per week at home. Training will be done outside if weather permits. *Limited to 20 campers per session!*

## LEAGUES

All participants are responsible for making their own teams prior to the start of the league.

### **Middle School Academy Doubles League**

Cost: \$100 for the league **per team** (\$50 per person) pre-[registered](#);  
\$115 per team walk-up

Dates: July 8, 15, 22, 29

Time: 1:00 - 2:30 pm

Level: Grades 7 - 8 (Girls and Boys); [Beginner](#) level

***Make your own team*** (Front Range will not provide a partner for individuals.)

Games played on grass courts outside (if weather permits) or inside at the Front Range facility. This is the perfect opportunity for young players to get an introduction to the sport of doubles and also receive 30 minutes of skill training before play to advance skill.

### **Middle School Doubles League**

Cost: \$80 for the league **per team** (\$40 per person) pre-[registered](#);  
\$95 per team walk-up

Dates: July 8, 15, 22, 29

Time: 1:30 - 2:30 pm

Level: Grades 7 - 8 (Girls and Boys); [Beginner to Intermediate](#) level

***Make your own team*** (Front Range will not provide a partner for individuals.)

Games played on a half court outside on the grass (weather permitting) or inside at the Front Range facility which gives the young players a perfect opportunity to get a maximum number of touches on the ball in a competitive setting, to learn how to move towards the ball and to acquire the basic skills to progress toward a middle school team.

### **Middle School 3 v 3 League**

Cost: \$180 for the league **per team** (\$60 per person) pre-[registered](#);  
\$195 per team walk-up

Dates: July 8, 15, 22, 29

Time: 6:00 - 9:00 pm

Level: Grades 7 - 8 (Girls and Boys); [Beginner to Intermediate](#) level  
***Make your own team*** (Front Range will not provide a partner for individuals.)

Games are played on full courts inside at the facility. This is the perfect opportunity for players to get an introduction to 3 v 3 and also get a maximum number of touches on the ball in a competitive setting. The players will learn how to attack, set, pass and acquire the basic skills of the sport.

[Camp Calendar](#) - [Contact Us](#) -- [Privacy Policy](#) -- © Front Range  
*Volleyball Club*

8536 Concord Center Drive Unit A, Englewood CO, 80112 Phone:  
303-770-9435