



It is hard to believe it is MAY!!! The club season is coming to an end and we are entering the final phase of recruiting. Our athletes need to make sure all of their information is updated on Sports Recruits along with their picture. Emails need to be sent prior to AAU's reminding them that your team will be playing and what division your team is registered to compete. Parents need to video matches in order to have one last video to upload to their profile. This video will allow colleges to follow-up on their evaluations from AAU and have footage available through the

### Choosing Summer Camps

Many colleges are sending out information or inviting our athletes to summer camps. This can be confusing and overwhelming to the athlete and the parents. Some camps are trying to drive number of attendees and revenue numbers, and others are trying to evaluate the recruiting process. The three important questions about camp are - What are you looking for in a camp? Are you looking to try to learn more about a college that is interested in you or on your interest list? Are you looking for a camp that is providing position training at a high level?

If the goal is high level training and college interest, CUVC has a College ID Camp with coaches from Tennessee, High Point, Radford, UNC Greensboro, Davidson and Western Carolina in attendance.

Page 2 will hopefully help guide you through these decisions. Page 3 has training options at CUVC.

### May Checklist

- ✓ Sports Recruits Profile updated with picture and information before AAU
- ✓ University Athlete Profile is up to date
- ✓ Contacted Top 30 list about interest and video update after AAU
- ✓ Create list of 5 schools to visit this summer
- ✓ Working on video and prepared to film matches at AAU for colleges to review until next club season

### IN THIS ISSUE

Choosing Camps

May Checklist

Recent Commitments

### Recent Commitments

#### 2017

Kendall Applegate	Mulenburg College
Vanessa Blas	Newberry College
Jade Brooks	Catawba College
Lauren Espinal	Maryville College
Camryn Fredrick	Barton College
Maddie Grace Hough	UNC
Jaiden Mason	Williamette University
Karlie Redfern	Flager College
Hannah Steckler	Lee McRae College
April Tankersly	UNC Pembroke
McKayla Young	NC Central Univ.
Kai Young	Virginia Tech

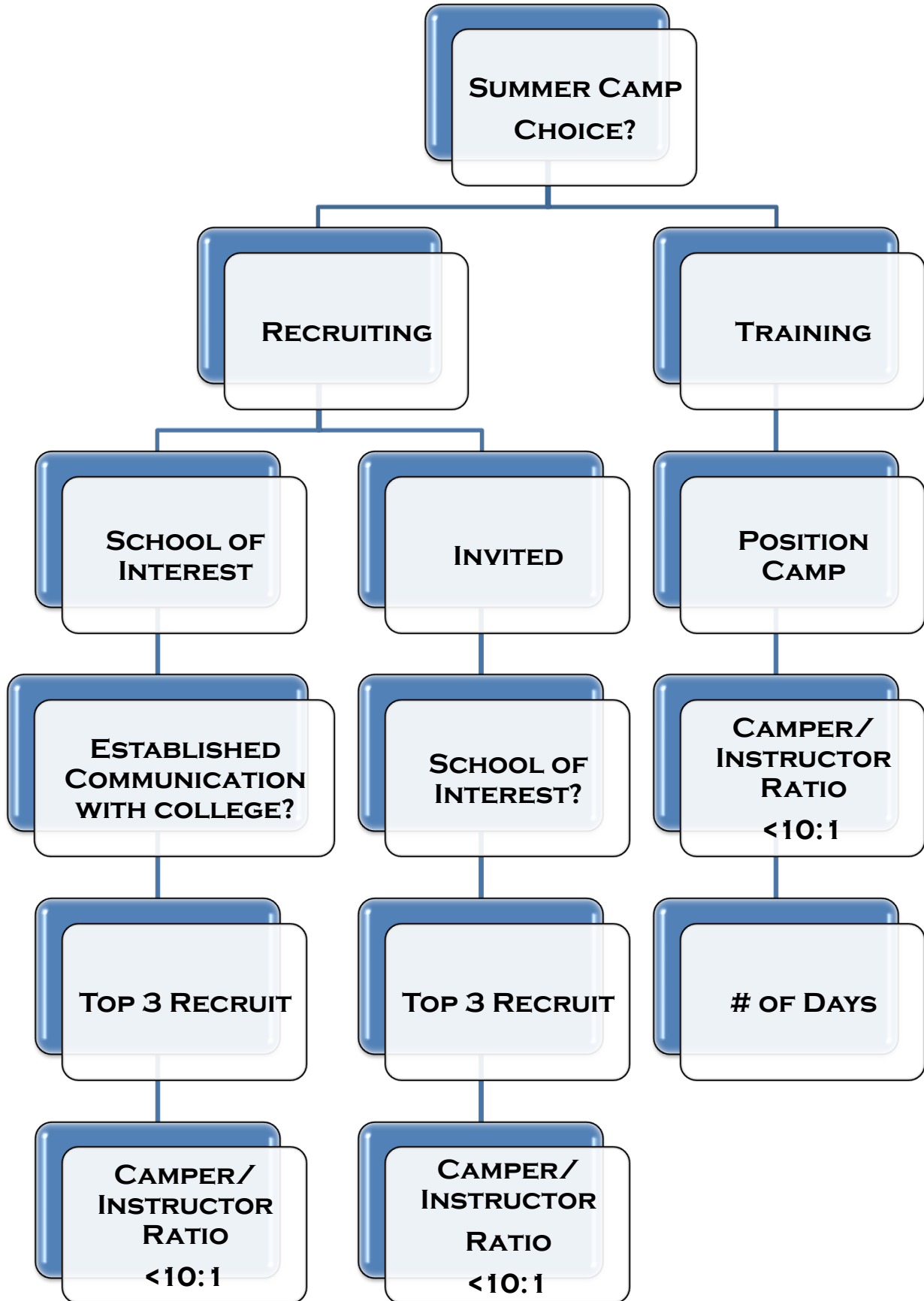
#### 2018

Jayda Carlton	Xavier University
Erin Cooke	Presbyterian College
Sylvia Duggan	College of Charleston
Lindsay Elmore	Queens University

#### Boys - 2017

Joshua Bragg	Erskine College
Garrett Hill	Belmont Abbey

# Choosing Summer Camps



# CUVC Summer Camps

Time	Camp	Description	Cost	Camp Pass
6:30 - 8:00pm	Advanced Defensive Tactics	For the player who wants to expand her back row game. Players will work on reading skills, increasing defensive range, and advanced defensive techniques to turn touches into digs!	\$125.00	Yes
9:00 - 11:00am	Advanced Outside Hitter Training	Don't just swing, swing with a purpose! Players in this camp will learn how to effectively hit around, over, and off the block. Additionally they will learn advanced attacking mechanics to outsmart opposing teams.	\$150	Yes
9:00 - 11:00am	Advanced Middle Hitter Training	Players in this camp will focus on how to become a more offensive middle, focusing on efficient transition and the ability to attack a variety of sets.	\$150.00	Yes
9:00 - 10:30am	Becoming an Offensive Setter	Setters who can effectively score are rare! Learn to attack the ball with purpose as a setter and present another threat to the opponents!	\$125.00	Yes
11:15 - 12:15pm	Pass and Dig to Attack	For Outside and Rightside Hitters, this camp will focus on how to be an effective hitter after passing in serve receive or digging on defense.	\$95	Yes
11:15 - 12:15pm	Advanced Blocker Training	A perfect combination with either the outside hitter or middle hitter training, players will learn how to take away a hitter's airspace and control the other team at the net! Players will also learn to look for cues as to where a setter is going, so that they can have an advantage when preparing to block.	\$95	Yes
6:00 - 8:00pm	Competitions Camp	This camp will put players into multiple competitive situations from 1-1, to 2-2, to 3-1 or 2-1 situations. The idea is to teach each individual to compete to win no matter what the game or situation!	\$150.00	Yes
9am - 4pm	College ID Camp	The College ID Camp is a one-of-a-kind camp in which athletes will have the opportunity to train under seven different college coaches. Each coach will bring his or her unique style to the gym, and girls will be pushed. One of the goals of this camp is to mimic what the first week of a collegiate experience will feel like mentally and physically. Players will be asked to push through and focus to not only impress the coaches they are working with, but to challenge themselves to see if they have what it takes to play at the next level!	\$235	Not Included
6:00- 7:30pm	MAX Session: Setter Attacking	90 minutes of complete focus on becoming a point scoring setter!	\$20	Not Included
6:00- 7:30pm	MAX Session: Out of System Attacking	The majority of attacks are out of system! Use this session to become an effective attacker in an out of system scenario.	\$20	Not Included
6:00- 7:30pm	MAX Session: Overhead Digging and Passing	This session is perfect for anyone looking to get a ton of touches and gain more range with overhead contacts.	\$20	Not Included
6:00- 7:30pm	MAX Session: Attacking a Slide	Learn strategies on how to effectively become a dominant attacker on the most lethal attack in the game!	\$20	Not Included
6:00- 7:30pm	MAX Session: Digging Balls in Front	This session will focus solely on how to dig more balls hit in front of you. Learn techniques and reading skills to expand your defensive range!	\$20	Not Included
6:00- 7:30pm	MAX Session: Tooling a Block	Perfect for any attacker looking to find ways to get more kills! Players will learn attacking mechanics to stay aggressive and use the block to score!	\$20	Not Included
9:00 - 4:00pm	Elite Setter Training	For the Elite Setter! Elite Setting Camp is 24 hours of the top setter training in the area. Every setter will get thousands of reps, pushed beyond her comfort zone, made to set in both ideal and difficult situations, given advanced emergency tactics, be pushed to jump set, learn to be an efficient attacker, and get reinforcement of the fundamentals! This camp is ideally suited for the Varsity Setter with collegiate aspirations who wants to head into the high school season ready dominate.	\$235	Not Included
9:00 - 11:00am	Ball Control Boot Camp	Ball Control Boot camp is for every player who wants to improve her touch and control of the ball. Whether you are a middle, a defensive specialist, or a utility player, the ball control boot camp will teach you how to "better the ball" in every situation!	\$150	Yes
5:30 - 7:30pm	Dig Your Guts Out	Players will dig, dig, and dig some more in this camp! Prepare to fly around the court as you dive and touch everything! This camp will beat you up, but you will come out of it a much better and tougher defender!	\$150	Yes
10:00 - 12:00pm	First Contact	This camp will focus on serving, passing, and digging. Servers will learn placement as well as be helped to master their jump serve. When passing and digging, they will learn how to put their offense in the best situation possible given the variety of serves and attacks that they will face!	\$150	Yes
6-7:30pm	Advanced Middle Hitter Training		\$125	Yes
7:30-9pm	Advanced Outside Hitter Training		\$125	Yes
10:00 - 11:30pm	HS Tryout Prep Camp	More Info Coming Soon- but mark your calendars for a focused session with the goal of prepping HS players for their HS Tryout!	\$45	Not Included