



One month of season left!!! April brought on some changes in our recruiting process by the NCAA. Here is a link that explains the changes and updates. Please let us know if you have questions.

<http://www.jvaonline.org/blog/new-recruiting-legislation-impact-junior-volleyball>

Please reference the May checklist. Note that AAU uses Captain U for their source of info for college coaches. We would encourage you to create a profile on Captain U prior to the tournament. Also, 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 fall.

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 their 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 Camps with some coaches from Virginia Tech, Georgia, NC State, Wofford, Radford, High Point, South Carolina, UNC Greensboro, Appalachian State and more in attendance. Each coach will run camp as if they were coaching their own college program.

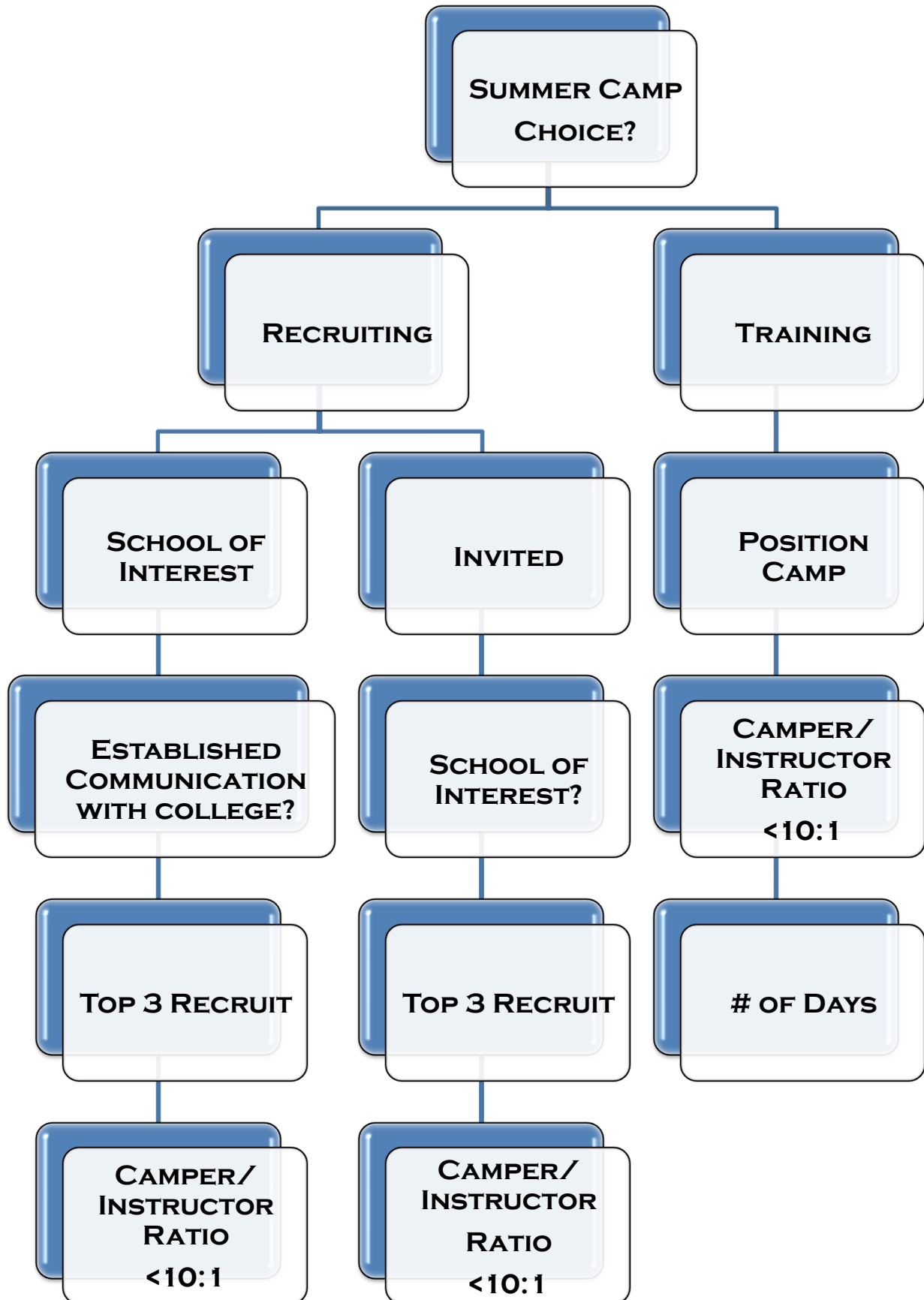
May Checklist

- ✓ Sports Recruits Profile updated with picture and information before AAU
- ✓ University Athlete Profile is up to date, also AAU uses Captain U for college coach source
- ✓ 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

Jayda Carlton		Xavier University
Olivia Cerick		Coker College
Lily Chapman		Univ. of Cumberlands
Erin Cooke		Presbyterian College
Ashley Cruise	2	Marist College
Alli Dowe	0	Catawba Valley CC
Sylvia Duggan	1	College of Charleston
Mackenzie Fulk	8	Union Univ.
Lindsay Elmore		Queens
Skyellar Hall		Tusculum
Hallie Kwiatkowski		West Texas A&M
Grace Kinsch		Appalachian State
Lilly Loeffler		Flagler College
Rami Mullen		Coker College
Delani Nagy		Emory & Henry
Abby Spirkowyc		Aleverno
Lilly Walton		NC A&T
Isabella Bell		Kentucky
Emma Ellis	2	Purdue
Sky Howard	0	UNC
Maggie Mullen	1	Wingate
Carly Peck	9	UNC
Maddie Sisco		Belmont Abbey
Chasidy Sharpe		Wofford
Taylor Weber		Anderson
Maggie Young		Wingate
<i>Boys 2018</i>		
Landen Ensminger		Lees McRae
Drayton Green		North Greenville
Kaleb Jenness		Ball State
Jaret Knight		Cumberland Univ.
Riley Mulkey		Belmont Abbey
Christian Phung		North Greenville

RECENT COMMITMENTS

Choosing Summer Camps



CUVC Summer Camps

Date	Time	Camp	Cost	Camp Pass	Description
7/1-7/3	5:30 - 6:30pm	Jump Serving	\$85.00	Yes	This camp will focus on teaching players to hit a jump float serve as well as a jump top-spin
7/1-7/3	See Description	First Contact	\$125.00	Yes	This camp will focus on serving, passing, and digging. Servers will learn placement as well as their offense in the best situation possible given the variety of serves and attacks that they can use. Times: 6:30 - 8:30pm on Sunday, 10:00 -12:00pm M/Tu
7/6-7/7	See Description	College ID #1	\$115.00	NO	The College ID Camp is a one-of-a-kind camp in which athletes will have the opportunity to train in the gym, and girls will be pushed. One of the goals of this camp is to mimic what the first year players will experience in a college setting and focus to not only impress the coaches they are working with, but to challenge themselves. Sessions: 6:00-8:30pm on Friday, 9:00-11:30am and 1:00-3:30pm on Saturday
7/9-7/12	9:00 - 10:00am	Floor Moves	\$95.00	Yes	This camp will focus on teaching players to effectively play the volleyball while going to the net. Players will understand how to hit the floor safely and effectively! Players will learn how to barrel roll and how to dig for the ball.
7/9-7/12	10:30 - 11:30am	Serve Receive	\$95.00	Yes	This camp will focus solely on serve receive work for players who want to improve their first serve receive, an important skill in the game!
7/9-7/12	5:00- 6:00pm	Jump, Speed, and Agility	\$125	NO	This camp offers you the opportunity to work with a college strength trainer. Will Hayes, a former college athlete, will teach you the importance of strength and movement patterns important to on-court success. Athletes will Have vertical jump training, their jumping technique, linear, and lateral movement; Be trained using jump, speed, and strength and conditioning programs; Be empowered in a positive coaching environment and have fun!
7/9-7/12	6:30 - 8:00pm	Advanced Defensive Tactics	\$125.00	Yes	For the player who wants to expand her back row game. Players will work on reading skills, blocking, and digging for the ball.
7/13 - 7/14	See Description	College ID #2	\$115.00	NO	The College ID Camp is a one-of-a-kind camp in which athletes will have the opportunity to train in the gym, and girls will be pushed. One of the goals of this camp is to mimic what the first year players will experience in a college setting and focus to not only impress the coaches they are working with, but to challenge themselves. Sessions: 6:00-8:30pm on Friday, 9:00-11:30am and 1:00-3:30pm on Saturday
7/16 - 7/19	9:00 - 10:30am	Becoming an Offensive Setter	\$125.00	Yes	Setters who can effectively score are rare! Learn to attack the ball with purpose as a setter.
7/16 - 7/19	9:00 - 11:00am	Advanced Outside Hitter Training	\$145.00	Yes	Don't just swing, swing with a purpose! Players in this camp will learn how to effectively use their swing to outsmart opposing teams.
7/16 - 7/19	9:00 - 11:00am	Advanced Middle Hitter Training	\$145.00	Yes	Players in this camp will focus on how to become a more offensive middle, focusing on effective hitting techniques.
7/16 - 7/19	11:15 - 12:15pm	Pass and Dig to Attack	\$95.00	Yes	For Outside and Rightside Hitters, this camp will focus on how to be an effective hitter after the pass.
7/16 - 7/19	11:15 - 12:15pm	Advanced Blocker Training	\$95.00	Yes	A perfect combination with either the outside hitter or middle hitter training, players will also learn to look for cues as to where a setter is going, so that they can have an advantage.
7/16 - 7/19	5:00 - 6:00pm	Jump, Speed, and Agility	\$125	NO	This camp offers you the opportunity to work with a college strength trainer. Will Hayes, a former college athlete, will teach you the importance of strength and movement patterns important to on-court success. Athletes will Have vertical jump training, their jumping technique, linear, and lateral movement; Be trained using jump, speed, and strength and conditioning programs; Be empowered in a positive coaching environment and have fun!
7/16 - 7/19	6:00 - 8:00pm	Competitions Camp	\$145.00	Yes	This camp will put players into multiple competitive situations from 1-1, to 2-2, to 3-1 or 3-2 situations!
7/20 - 7/21	See Description	College ID #3	\$115.00	NO	The College ID Camp is a one-of-a-kind camp in which athletes will have the opportunity to train in the gym, and girls will be pushed. One of the goals of this camp is to mimic what the first year players will experience in a college setting and focus to not only impress the coaches they are working with, but to challenge themselves. Sessions: 6:00-8:30pm on Friday, 9:00-11:30am and 1:00-3:30pm on Saturday
7/23 - 7/26	9:00 - 11:00am	Ball Control Boot Camp	\$145.00	Yes	Ball Control Boot camp is for every player who wants to improve her touch and control of the ball. This boot camp will teach you how to "better the ball" in every situation! Open to both MS and HS players!
7/23 - 7/26	9:00 - 4:00pm	Elite Setter Training	\$235.00	NO	For the Elite Setter! Elite Setting Camp is 24 hours of the top setter training in the area. Expect to be in ideal and difficult situations, given advanced emergency tactics, be pushed to jump set, learn to dig for the ball, and be suited for the Varsity Setter with collegiate aspirations who wants to head into the high school or college.
7/23 - 7/26	5:00 - 6:00pm	Jump, Speed, and Agility	\$125	NO	This camp offers you the opportunity to work with a college strength trainer. Will Hayes, a former college athlete, will teach you the importance of strength and movement patterns important to on-court success. Athletes will Have vertical jump training, their jumping technique, linear, and lateral movement; Be trained using jump, speed, and strength and conditioning programs; Be empowered in a positive coaching environment and have fun!
7/23 - 7/26	5:30 - 7:30pm	Dig Your Guts Out	\$145.00	Yes	Players will dig, dig, and dig some more in this camp! Prepare to fly around the court as you dig for the ball better and tougher defender!
7/27 - 7/28	See Description	College ID #4	\$115.00	NO	The College ID Camp is a one-of-a-kind camp in which athletes will have the opportunity to train in the gym, and girls will be pushed. One of the goals of this camp is to mimic what the first year players will experience in a college setting and focus to not only impress the coaches they are working with, but to challenge themselves. Sessions: 6:00-8:30pm on Friday, 9:00-11:30am and 1:00-3:30pm on Saturday