



VVC

## VolleyJuniors Summer Camp

Presenting NVVA's **VolleyJuniors Summer Camp**, a fun-filled and fast-paced volleyball and fitness camp for boys and girls, housed at Northern Virginia's premier volleyball training facility, the Virginia Volleyball Center. **VolleyJuniors** will give youth players, ages 7 – 12, the opportunity to learn the sport of volleyball through fun games, drills, circuit courses, and competitions, focusing on the young athletes' basic volleyball skills; speed, agility, and movement; hand-eye coordination; and overall enjoyment of the sport.

For our middle school athletes, NVVA offers **VolleyJuniorsADVANCED**, for players with previous volleyball experience. This high-intensity camp will focus on improving players' individual volleyball skills and understanding of the game, through advanced drills, games, and competitions.

Along with volleyball skills, **VolleyJuniorsADVANCED** will focus on the fitness level of the total athlete, improving players' conditioning, agility, coordination, and awareness of diet and nutrition.

<b>Dates:</b>	July 5 – 8	August 9 – 12	August 23-26
	July 19 – 22	August 16-19	
<b>Times:</b>	VolleyJuniors!: 9:00am – 12:00pm, <b>OR</b> 1:00pm – 4:00pm		
	VolleyJuniorsADVANCED: 9:00am - 4:00PM		
<b>Cost:</b>	VolleyJuniors!: \$150		
	VolleyJuniorsADVANCED: \$275		
<b>Suggested Ages:</b>	VolleyJuniors!: 7-12yrs		
	VolleyJuniorsADVANCED: 12-14yrs		

**VolleyJuniors!** is the perfect program to introduce young athletes to the skills and the sport of volleyball!

Sign up today at [www.nvva.com](http://www.nvva.com).