

Summer 2012 Pre-Season College-Bound Day Training Camp



- > **What:** Innovative Day Training Camp with EXPERTS in Volleyball, Performance Training, Specialty Training & Collegiate Athlete Educational Program . **Special Minority Mini-Clinic July 25.**
- > **Who:** Designed for Varsity & JV players ONLY; 24 player limit and first come first serve basis. (if you are a freshman email)
- > **When:** July 16-19 and July 23-26; each week, Group 1: 12-3:00 pm and Group 2: 1-4:00pm; each session consists of 2 hours of volleyball & 1 hour of performance training. Specialty Skills training 12-1 & 3-4 (conducted by Armstrong, Rawson and McReavy).
- > **Why:** Better preparation for upcoming HS Team Camp and pre-season training ... Up to **24 hours** of training over two weeks.
- > **Cost:** Price will vary between \$22-\$30 per hour depending on two week or one week program and the number of players in each week. Pre-Season registered camp participants have first priority on weekly Specialty Skills training sessions. Pre-register by sending your \$250 non-refundable deposit by **May 10.**
- > **How to register:** Email info@brvc.com for registration form and return it with deposit before 5/10/2012.



D1, D2, D3, NAIA and Junior College Staff

Week 1: **Prentice Lewis, TCU; Valerie Armstrong, Vernon College; Christy Clawson, Texas Wesleyan University;** Week 2: **Penny Lucas-White, Alabama State University; Natalie Rawson, Midwestern State; Marci Sanders, UTD.**

Both weeks **former collegiate players as well as** Former Olympian and Collegiate Coach **Marilyn McReavy-Nolen, Robert Selders, 3QFitness** and Pre-Season C-BDTC Director **Ruth N. Nelson** (www.lvclub.org)

Reserve a spot TODAY !

Send your \$250 non-refundable deposit by **May 10** for special promotional pricing on 2 week program. Final payment due **June 1.** Late registration fee will apply to those registering after May 10.

Late registration will be put on a waiting list! 4/25/2012