

College-Bound Coaches Network

Exposure Camp – July 20, 21, 22 & 23 2015



- **What:** Train with EXPERTS in Volleyball, Performance Training, Specialty Training, Mental Training
- **Who:** Designed for Varsity & JV players ONLY; 30 player limit and first come first served basis. (if you are an incoming freshman, email). Junior high and middle school camp in afternoon.
- **When:** July 20-23; each session, Group 1 & 2: 12-4:00 pm; each session consist of 3 hours of volleyball & 1 hour of performance training. Specialty Skills /mental training and/or CAEP training will occur during camp week (these additional topics will be led by Rawson, Armstrong & Nelson).
- **Why:** Better preparation for upcoming HS Team Camp and pre-season training ... Up to 16 hours of training in one week with experts in the field.
- **Cost:** Price will vary between \$20 or more per hour depending on number of days and the date you register. For pre-registration and priority rates register before April 30. See website for detailed rates and deadlines. (April 14 full payment due for Special Discount).
- **How to register:** **EMAIL TODAY** to register & for further information. Registration form non-refundable deposit prior to **April 30, 2015.**



D1, D2 & D3 & NAIA – Collegiate Trainers (final staff will be announced after June 15, 2015)

Guest Trainers: Jill Kramer, TCU; Marci Sanders, UTD & Cathy Kokel, DBU – Daily Trainers: Valerie Armstrong, Binghamton University; Natalie Rawson, Midwestern State; Morgan Fox, Olivet Nazarene; Robert Selders, 3Q Fitness Performance Director, and Ruth N. Nelson, College-Bound Coaches Network Director/Founder and former collegiate players.

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