



2009
Individual &
Team Camps

SERIOUS TRAINING FOR SERIOUS ATHLETES

Sports Academy
Skills Clinics

Sports Academy
Back to School Camp

Physical Performance
Training



Duke University



Averett University



Wingate University



Lenoir Rhyne



UNC Asheville

**Volleyball Camps by College Coaches
Physical Performance Center**

Increase Your Vertical Leap Strength Speed Agility and Nutrition

NCAA VOLLEYBALL CAMPS

Individual and Team

Elite, Intermediate & Beginner Camps

An alternative to expensive on campus volleyball camps.

Athletes Coaches & Parents

In order to be competitive among volleyball programs and other athletes across NC, it has become critical that coaches encourage athletes to train (skills/conditioning/competition) outside the regular school seasons. Doing so may come at an expense not all athletes can afford, ESPECIALLY IN THIS ECONOMY, and only those with the time and resources will be able to take advantage of such opportunities. Furthermore, it is even more difficult for schools to send an entire team and coaching staff to individual or team camps.

Though our commitment to promote quality volleyball players and teams, we are proud to continue an alternative to expensive college camps. **By hosting individual and team camps and by bringing college coaches to your local area, we are able to greatly reduce camp cost as well as promote greater coach to athlete ratios.** Leading into the school season, these camps will allow teams and individuals to train with some of the best college coaches in the area. It will also afford league and school coaches the opportunity to learn the newest drills and latest teaching techniques while applying those to game like situations.

Camps will focus on individual skills (passing, serving, setting, attacking) conditioning, and game performance (offense and defense). Unlike the common larger publicized camps, athletes will receive more one on one training from each coach.

For those student-athletes interested in playing at the collegiate level, this is also one of the best opportunities to interact with college coaches and earn valuable information on the recruiting process from those coaches who are directly involved. It is also the optimum opportunity to showcase your talents, hustle, dedication and work commitments.



Duke University
John Wasielweski
June 22



Averett University
Danny Miller
June 18 or 19



Lenoir Rhyne
Dave Markland
July 20



UNC Asheville
Julie Torbett
July 13 or 14

Camps will be held in Statesville

Individual Skills Training, Game-like Situations, Game Knowledge
(approx 3 sessions per day)

Cost for Camps are \$125 per Camp
Unless Packaged Together in Specific Programs

See Programs: All Star, Platinun, Gold, Silver, Bronze, Copper, Back to School Explosion

For Info Email or Contact Trina Sharpe:
sportsacademy@ctc.net 704.892.4499



Get In The Game

Promoting Healthy Lifestyles &
Student Development Through
Sports Education and Motivation

**WE TRAIN ATHLETES TO
PERFORM AT THEIR VERY BEST**

*Being an athlete is more than wearing a uniform for your team.
It is what you do when no one else is looking but yourself. Get in the game!*

<u>VOLLEYBALL SKILLS TRAINING</u>	<u>PHYSICAL PERFORMANCE TRAINING</u>	<u>NCAA College Camps</u>
To play the game well, athletes must work on the fundamentals and game knowledge. Our Volleyball Skills Training will teach athletes proper technique and practice these skills under the watchful eye of Skilled Volleyball Coaches. June 09-August 09 530-700 Locations: Central Statesville Area	Core Strength, speed, agility and reaction time are critical for excelling in Volleyball. And yet, many athletes never work to improve the critical components of their game. Additionally, lack of training is the quickest way to injury. Performance Training is designed to increase vertical, speed, agility, core strength as well as injury prevention. Physical Performance Center Exit 45, Amity Hill Rd Statesville	Why pay the high cost of college camps? The Sports Academy continues a 10 year tradition of offering ON SITE college camps with COLLEGE HEAD COACHES assisted by the SA staff. Get one on one instruction and attention from the best Locations Central Statesville Area

<u>Program</u>	<u>Volleyball Skills Clinics</u>	<u>NCAA Volleyball Camps</u>	<u>Physical Performance Training</u>	<u>Cost</u>
ALL STAR THE TOTAL ATHLETE	Tuesday & Wednesday 530-700 (2) Sessions/Week UNLIMITED	Attendance in ALL 4 NCAA Camps	Individual Assessment & Progress Reports (3) 1 Hour Sessions/Week	\$700
PLATINUM ATHLETE	Tuesday & Wednesday 530-700 (2) Sessions/Week (12 Max)	Choice of (3) Camps	Can be added for \$25/Week	\$525
GOLD ATHLETE	Tuesday & Wednesday 530-700 (2) Sessions/Week (12 Max)	Choice of (2) Camps	Can be added for \$25/Week	\$425
SILVER ATHLETE	Tuesday & Wednesday 530-700 (2) Sessions/Week (12 Max)	Choice of (1) Camps	Can be added for \$25/Week	\$325
BRONZE ATHLETE	Tuesday & Wednesday 530-700 (2) Sessions/Week (12 Max)	Can be added for \$125	Can be added for \$25/Week	\$225
COPPER ATHLETE	Tuesday 530-700 (1)Sessions/Week (Max 6)	Can be added for \$125	Can be added for \$25/Week	\$125
BACK TO SCHOOL EXPLOSION	August 04-05 (Individual & Team Camp) Volleyball Skills Training, Offense/Defense & Court Positioning Knowledge Needed to Play at Middle School Level, Game Like Situation, Scrimmages		Can be added for \$25/Week	\$75 3 rd -6 th \$100 7 th -8 th

“You play like a girl.” YEAH RIGHT!!!

The days once dominated by a slow defensive style are long gone. Today’s female athletes are faster, stronger and more intense. These so called “girls” now play with the intensity and speed, strength and power as their male counterparts.

JUMP HIGHER MOVE FASTER MORE POWER COMPETE STAY HEALTHY
TRAIN TODAY

Why Should I encourage my daughter or players to train?

The answer is simple: Performance and Injury Prevention

You say you want to make the team, get in the game, be the best? But fact is less than 10% of all athletes train to perform. Additionally, athletes are less fit, and less fit athletes have a reduced chance of getting in the game and a much greater chance of injury, especially in females. Many theories seek to explain why female are more likely to have a career ending injury than males and why athletic injuries continue to rise. The factors are complex and our understanding of them incomplete; therefore prevention is difficult. What we do know is **leg muscle strength and the timing of hamstring firing are critical and must be addressed with proper weight training and biofeedback designed for female athletes.** Strengthening tissues can reduce the mechanical stress on the body that creates muscle, bone and ligament injuries.

The number of females participating in all levels of sports continues to explode, and the way they play has changed, too. Two things we know for certain. **(1) NO ONE can compete with a serious injury. Athletes who cannot compete, cannot win championships. (2) Female athletes are more likely to sustain non contact related injuries than men.**

Females are competing at much higher levels than ever before and they expect themselves to run faster, jump higher, become stronger. Female athletes who play pivot sports like VOLLEYBALL have an overall injury rate of 2 times that of males with an ACL injury rate of nearly 8 times. **Fact: Over 50% of all athletes will become injured. Of those, an estimate 25,000 high school girls will have major ACL injuries that will PREVENT future competition. Fact: Females are more susceptible to ACL and lower back injuries than males. Most of the things we are doing with our female athletes make them prone to injury.** The big question has been why and how can we prevent it. **First and foremost, we must emphasize the importance of PROPER and continued conditioning, execution, training and throughout their athletic training career.** Secondly, we must teach girls 10-14 the importance of proper training and biomechanics. This is the age range where they develop neutral pathways.

NCAA data reports that females are over 8 times more likely to sustain ACL injuries than men.

Recent reports regarding ACL injuries among female volleyball players are a particular interest. In 2005, 25 NCAA Division 1 women’s volleyball programs were surveyed regarding ACL injuries over the past 5 years.

- *Fourteen programs reported a total of 26 grade 3 (complete) ACL tears of which 73% occurred during competition.*
- *Outside and Middle hitters account for over 85% of these injuries, where setters accounted for the balance.*
- *64% of the injuries occurred during jumping or landing and non contact injuries. **2/3 of the athletes were wearing a brace or taped ankle at the time of the injury.***
- *100% of these athletes underwent surgical repair using the patella tendon grafts.*

James L. Moeller, MD; Mary M. Lamb, MD

THE PHYSICIAN AND SPORTSMEDICINE - VOL 25 - NO. 4 - APRIL 97

2009 Registration

To Register, Please Complete & Return with Payment . Camps will fill quickly. An Information packet will be sent to you upon your registration. If you have any questions or would like further information, please email sportsacademy@ctc.net or call Trina Sharpe @ (704) 450-1718

Name				DOB	
Address, City, State, Zip					
Home Phone		Emergency Phone		Parent Cell Phone	
Grade, Fall 2009	School		Coach		JV Yrs
				Varsity Yrs	
Parent's Email		Club		Yrs in Club	Coach
Players Email					
Parent/Guardian			Phone		
Please CHECK EACH camp you wish to attend					
THE TOTAL PACKAGE (All Inclusive) \$700 _____					
TOTAL PERFORMANCE, INDIVIDUAL SKILLS, POSITION & GOAL DETERMINATION					
Platinum Athlete \$500 Desired Camps (3) _____ _____		Gold Athlete \$400 Desired Camps (2) _____ _____		Silver Athlete \$325 Desired Camps(1) _____ _____	
Bronze Athlete \$225 Add Camp \$125 _____		Copper Athlete \$125 Add Camp \$125 _____		Back to School Explosion 3 rd -6 th Grade 7 th -8 th Grade Circle One	
Physical Performance Training : Can start immediately or Pick your Start Date \$50 (2 Week Minimum) \$25 per week afterwards (3) 60 Minute Sessions per week. Inquire abut schedule					

MEDICAL RELEASE AND WAIVER/RELEASE OF LIABILITY

I hereby authorize and consent to non emergency and emergency medical treatment for my child while enrolled as a participant in the Sports Academy (SA) camps. The SA has my permission to administrator minor first aide as deemed necessary by the staff and in an emergency when I cannot be contacted, to take my child to the emergency ward of the nearest hospital, and the hospital stall have my authorization to provide treatment which a physician deems necessary for the well being of my child.

In consideration of being allowed to enroll in the volleyball camp, the camp participant and the parent/guardian of the camp participant do hereby agree, for ourselves, our heirs, executors and administrators, to release, hold harmless and forever discharge the SA and their employees, contractors, officers, administrators, agents, representatives, students, affiliates, subsidiaries, successors, and assign, for and against any and all claims, actions, causes of action, suits, judgments, and demands whatsoever arising directly or indirectly in connections with the camp participant's association with or participation in the Sports Academy camp.

By signing below, I acknowledge that I have read and understand this form and further understand that the terms herein are contractual and not a mere recital.

Signature of Parent or Guardian

Date