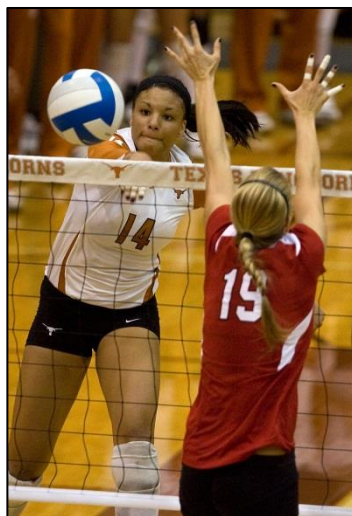
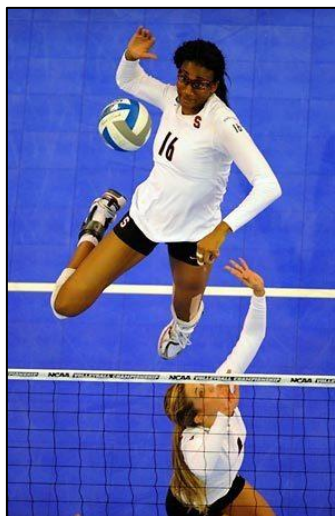


Tennessee Volleyball Association presents

# Hitter Specialty Camp

(featuring the Acusprike Team Trainer)



## IMPORTANT INFORMATION

### High School Sessions

#1 - June 1-5

#2 - June 29-July 3

### Middle School Sessions

#1 - June 8-10

#2 - June 25-27

### TIMES

8am-11am

### COST

\$150/High School

\$100/Middle School

### LOCATION

**Ethos Training Facility**

901 6<sup>th</sup> Ave S

Nashville, TN 37203

## Hitter Specialty Camp

### Multiple sessions in June

The Hitter Specialty Camp is designed as an intensive training opportunity for players who want to improve their attacking skills. Campers will learn everything about the art of hitting from basics all the way up through advanced skills like tooling hands, hitting cut shots and finding seams in the block.

The camp will be high repetition training on hand contact, arm-swings, footwork, shot placement, jumping technique & offensive systems. Campers will combine physical work with a classroom understanding of the art of hitting. Items discussed will include: defensive awareness, in-game adjustments, shot selection, etc. Campers will use video feedback to analyze their hitting form along with learning how to exploit weakness in an opponent's defense.

This camp will feature the Acusprike machine to help teach correct hitting form & jumping ability. This is absolutely one of the best camps in TN - you won't want to miss it!

## CAMP DIRECTORS

### TROY HELTON

- Director of the *Tennessee Volleyball Association*
- Director/Founder of *Ethos Volleyball Club*
- Over 10 years coaching HS & Club volleyball

### EMILY MOORE

- Ast. director of *Ethos Volleyball Club*
- Ast. director of the *Tennessee Volleyball Association*
- Head Coach at Hume Fogg Academic Magnet

## TO REGISTER

- 1) Go to [www.tennessee-volleyball.com/camps](http://www.tennessee-volleyball.com/camps)
- 2) Click on "Register for Camps"
- 3) Fill out the *player registration & medical release* forms
- 4) Make payment via Paypal

[www.tennessee-volleyball.com](http://www.tennessee-volleyball.com)