



U-TURN VOLLEYBALL

INSTRUCTOR

DIRECTOR OF VOLLEYBALL

Donald A. Gresham
804.358.2775 ext. 23
gresham@u-turn.org

- C** IMPACT, CAP I, CAP II
- C** USAV High Performance
- C** USPAV Girls 18's National Team
- C** Girls 18 Nat'l Team
- C** USAV Summer Camps
- C** HS & College Camps

Certified Coach

CAMPS INCLUDE

- U-TURN staff/trainers
- Visiting collegiate student-athletes

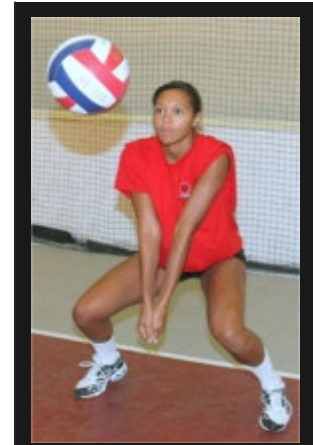
U-TURN VOLLEYBALL



Summer Camps 2010

CAMP FEATURES TRAINING IN:

- passing
- setting
- footwork
- blocking
- defensive positioning
- transition
- arm swing
- attacking
- placement of attack
- covering
- how to roll
- serving
- jump serve
- placement of serves
- serve/receive
- overhead passing
- knee down passing
- double knee down passing
- down up passing
- emergency passing
- hitting a quick
- hitting a slide
- back sets
- quick set
- tipping
- back row attack
- swing blocking
- team communication
- libero rules
- mental toughness
- leadership



Space is limited!
Call **U-TURN** Director of **VOLLEYBALL**, **Donald Gresham**, to learn more.

Jump Training — special strength and conditioning training will significantly improve your vertical leap and get your body physically ready for competition.

U-TURN VOLLEYBALL

Girls Pre-Varsity Camp High School Mon - Fri 8 AM - Noon June 21 – Aug 6			
7-Week Camp: \$460	1-Week: \$90 ▶	WK 1: Jun 21 - 25	WK 4: Jul 12 - 16
		WK 2: Jun 28 - Jul 2	WK 5: Jul 19 - 23
		WK 3: Jul 5 - 9	WK 6: Jul 26 - 30
			WK 7: Aug 2 - 6
Girls Varsity/Pre-College High School Mon - Fri 1 PM - 5 PM June 21 – Aug 6			
7-Week Camp: \$460	1-Week: \$90 ▶	WK 1: Jun 21 - 25	WK 4: Jul 12 - 16
		WK 2: Jun 28 - Jul 2	WK 5: Jul 19 - 23
		WK 3: Jul 5 - 9	WK 6: Jul 26 - 30
			WK 7: Aug 2 - 6

Early morning drop-off 7:30 AM (Pre-V) Late pick-up 12:30 PM (Pre-V) 5:30 PM (V)

REGISTER ONLINE AT WWW.U-TURN.ORG

A nonrefundable deposit of just \$25 will reserve your spot!

U-TURN SPORTS PERFORMANCE ACADEMY ♦ 2101 Maywill Street ♦ Richmond, VA 23230 ♦ 804.358.2775

Each registered athlete will receive a complimentary sports bag and t-shirt.

\$10 off for each additional family member! Contact customer service (ext. 32) for details.

U-TURN VOLLEYBALL Summer Camps 2010 REGISTRATION AND PARENT/GUARDIAN INFORMATION

		PRE-VARSITY							VARSITY / PRE-COLLEGE							SUBTOTAL FOR EACH ATHLETE		
		\$460	\$90						\$460	\$90								
		7-WEEK	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	7-WEEK	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	
Athlete #1:	Age:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
Athlete #2:	Age:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
Athlete #3:	Age:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
Parent/Guardian:	Daytime Phone:																	TOTAL AMOUNT ENCLOSED
Address:	Home Phone:																	
City, ST ZIP:	Email Address:																	

Mail this form with a check made payable to: **U-TURN Sports Performance Academy** ▪ Attn: Donald Gresham ▪ 2101 Maywill Street ▪ Richmond, VA 23230