

# JUGGERNAUT SUMMER CAMPS

SAVE THE  
DATES,  
REGISTRATION  
OPENING  
SOON!

CHOOSE STRENGTH  
CHOOSE TRAINING  
SUCCESS IS A CHOICE

ELITE TRAINING  
SCHOOLS

*Now is the time to become the athlete you want to become.*

Juggernaut Volleyball supplies the best training, no matter what age or level. Look for the camps and clinics that best fit you and your goals! From positional specific Volleyball Schools, to youth camps, all skills camps, serving, physical conditioning and college prep training. We also supply competition and training for high school teams, 3v3 and 4v4 leagues. Juggernaut provides camps, private and group lessons that will assist you in reaching your next level.

## SERVING & ARM SWING TRAINING 4TH-12TH GRADE

Any athlete looking to learn how to serve overhand, advance any standing serve and/or jump serve, perfect your location or breakdown the mechanics of your serving or attacking arm swing, you will have the opportunity to strengthen, practice and get guidance to find the most competitive serve and arm swing for you.

### Serving & Arm Swing Training I

July 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> 4:30pm-5:45pm (3.75 hours, \$27.00) or Serving I, II and III for \$70.00

### Serving & Arm Swing Training II

July 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> 3:45pm-5:00pm (3.75 hours, \$27.00) or

### Serving & Arm Swing Training III

July 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> 4:45pm-6:00pm (3.75 hours, \$27.00)

Below is a list of our Volleyball Schools. Our Schools are designed for athletes looking to sharpen all aspects of their specific position. We professionally evaluate and determine each athletes starting point, then intensely challenge and guide them through the progressions throughout duration of the camp to allow them to get to the next level of their game. Each athlete will be allowed to share goals as well as log their progressions, set updated goals and steps to accomplish their goals and get any and all assistance they need to excel to the next level. Our Schools are intense, detailed and informative and delivered by great teachers and trainers. Join the Transformation, See for yourself.

(advanced youth players wanting to join, contact Jess@juggernautvolleyball.com for a request to participate. Schools have a maximum capacity of 50 players.)

### Elite Libero School

July 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> 10:00am-12:00pm, (30 min break)  
12:30am-2:30pm (12 hours, \$165.00)

### Elite Setting School

July 11<sup>th</sup>, 12<sup>st</sup> and 13<sup>th</sup> 10:00am-12:30pm, (30 min break)  
1:00pm-3:30pm (15 hours, \$195.00)

### Elite Middle Blocker School

July 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> 10:00am-12:00pm, (30 min break)  
12:30pm-2:30pm (12 hours, \$165.00)

### Elite Outside Hitter School

July 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> 10:00am-12:30pm, (30 min break)  
1:00pm-3:00pm (13.5 hours, \$165.00)

# JUGGERNAUT

## SUMMER CAMPS

### YOUTH HIGH SCHOOL

We take pride in training youth, dedicating ourselves to properly and thoroughly instilling solid, unquestionably elite fundamentals. These camps are broken down by position and skills. Each camp ensures commitment to all fundamentals and proper technique specifically surrounding the few basic focuses of the camp. Join the camp that best fits your needs, or sign up for all three and receive a discount!

#### Youth Defense and Passing Camp

July 5<sup>th</sup>, 6<sup>th</sup> 7<sup>th</sup> 2:30-4:30pm (6 hours \$89.00)

#### Youth Setting Camp

July 11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup> 12:00-3:00pm (9 hours, \$109.00)

#### Youth Attacking & Blocking

July 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup>  
2:45-4:45pm (6 hours \$89.00)

#### Youth All Skills (including serve receive, attacking, blocking, serving and play)

July 25<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup> 3:30pm-6:00pm (6 hours \$89.00)

Each of these camps will prepare you for your high school season and tryouts. We will first break you up into the group you best fit, based on age, experience and goals. Then we will teach the importance and mechanics of basics skills, get you ready to tryout by going through vertec testing, agility test, ball control and play. This camp will also review and teach main game tactics and competition. Each week builds off of the last, however it is not necessary to attend each session.

**(1 session (4 hours) for \$49.00 or all 3 (12 hours) for \$109.00)**

#### High School All Skills I

July 11<sup>th</sup> & 12<sup>th</sup> 5:00-7:00pm

#### High School All Skills II

July 18<sup>th</sup> & 19<sup>th</sup> 6:00-8:00pm

#### High School All Skills III

July 25<sup>th</sup> & 26<sup>th</sup> 6:00-8:00pm

## FUN & COMPETITION

#### 3v3/4v4 and Open Gym

June 29<sup>th</sup>, July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>  
6:00-8:30pm

**(\$5.00 drop in if you participate in any Juggernaut Camp, or \$10.00 per session)**

## SPECIALIZED TRAINING

#### Specific Position Small Group Sessions (max of 4 players).

Juggernaut is offering an exciting new camp opportunity. We are starting small group training sessions that will give interested campers the chance to work on their touch and advanced skills in a very focused way. Sessions will be limited to only 4 participants; which will allow for hundreds of touches in only an hour of work. You will be challenged and encouraged to develop and try new things.

\*registration will be based on skill level of small group session.

1 = new/local level experience

2 = some experience, some travel

3 = at least 4 years of experience including out of state at mid level competition

4= open level player or open/college bound athlete

**\$40.00/player for group lesson. \$60.00/player for private**

CAMPS WILL BE HELD AT  
RMAC (HOME OF JUGGERNAUT  
VOLLEYBALL CLUB)

4895 WARD RD WHEAT RIDGE 80003  
JUGGERNAUTVOLLEYBALL.COM