



## S.P.I.K.E.™ Performance Camps

“One of the top 3 camps in the Midwest”

We have great facilities and top coaches from around the country. In 2010 we brought in 32 top volleyball instructors from 11 states to provide the excellent training for which our camps are noted

S.P.I.K.E.™ Performance Camp coaches teach you to be a complete athlete, physical and mental. You will get excellent training in individual skills along with training in game-like situations (with adjustments for beginning or advanced athletes). That is why we call some of our sessions Hitting or Setting and BALL CONTROL, because every play in a match first begins with ball control. We seamlessly incorporate psychological training to help you learn faster and learn more.

## S.P.I.K.E.™ Performance Camp Offers (some items apply only to resident camps)

- Very low player-coach ratio of less than 7-1
- Excellent, enthusiastic head and assistant coaches
- FULL days of instruction/training
- Optional workshops with state-of-the art video analysis and replay.
- Air-conditioned, high-quality hotels for good sleeping
- On-site trainer during session hours
- Swimming pool (supervision provided)
- Camp T-shirt
- Fun

See our web site [SpikeCamps.com](http://SpikeCamps.com) for more information.

## Training Facilities

**National Volleyball Center (NVC)**, MIN is one of the top volleyball facilities in the nation. It is multi-use, state-of-the-art, and highly tuned for the sport of volleyball. The building and equipment are of world class standards, from the Bio-Cushion II floor to the Olympic quality lighting. (It's also air-conditioned.) Rochester is located just over an hour south of the southern St. Paul suburbs and has daily air service (or you can bus from the Mpls/St. Paul airport). **There is daily bus service from Rochester to the Mall of America, which boasts the largest indoor water park in the US.**

**Monticello High School (MHS)** Monticello, MIN features an outstanding eight-court field house and is located less than 30 minutes north of Minneapolis and minutes from the north-west suburbs. Monticello is centrally located in the state and is easy to reach driving (just off Interstate 94) and is less than an hour from the Minneapolis/St. Paul International Airport. The Mall of America is only one hour away.

**Mounds Park Academy (MPA)** is conveniently located on the Maplewood-St. Paul (MN) border in a quiet, natural setting. MPA is home to the nearly new Lansing Sport Center, an exceptional and spacious 4 court multi-sport facility that can be easily reconfigured into 7 volleyball training stations.

## Girls Premier Camps

Please register for the camp closest to your actual skill level for the most rewarding experience. These are guidelines. View more detail at [www.spikecamps.com](http://www.spikecamps.com). EMAIL US WITH ANY QUESTIONS.

**All Skills** For experienced players entering grades 4-12. Athletes will be divided by skill level. NOT for novice beginners.

**Intermediate Setting and Ball Control**  
**Intermediate Hitting and Ball Control** For athletes entering grades 8-12 who have solid all-around skills and are already specializing. Must have a minimum of 2 years of competitive club volleyball. This is NOT a beginner's camp.

**Advanced Setting and Ball Control**  
**Advanced Hitting and Ball Control** For players who are already starting varsity athletes or equivalent (e.g. some players in very strong programs would be a varsity player in most other programs). Athletes should also have played AT LEAST 4 years of highly competitive club volleyball.

**Libero/Defensive Specialist** Open to experienced Libero/defensive specialists grades 8-12. Athletes must be especially self-motivated and confident as this is the most physically demanding of all our camps. This is NOT a beginner's camp.

**Advanced Video Analysis and Biomechanical Training Workshop** (See web site for details.) We use the most sophisticated video analysis program in the industry to record and analyze your technique. You will watch yourself in slow motion or freeze frame action side-by-side with technically sound advanced players to help you correct your technique and help prevent injuries.

**Team Camp** Email us for information on a team camp at your facility.

## Discounts

**\$25 Multi-camp. \$25 off the 2nd and each additional camp.**

**\$20 Sibling. \$20 off your sister's registration.**

Girls Camps	Day/Resident Options	Dates & Locations	Fees
All Skills	<b>Day (Commuter)</b> @ 8:30am-5:30pm	Rochester NVC June 19-21 Monticello HS July 10-12	\$315
All Skills	<b>Resident Quad</b> 4 per room (2 queens)	Rochester NVC June 19-21 Monticello HS July 10-12	\$375
All Skills	<b>Resident Double</b> 2 per room (2 queens)	Rochester NVC June 19-21 Monticello HS July 10-12	\$395
All Intermediate, Advanced, Libero camps	<b>Day (Commuter)</b> @ 8:30-5:30pm	Rochester NVC June 22-24 Monticello HS July 13-15	\$325
All Intermediate, Advanced, Libero camps	<b>Resident Quad</b> 4 per room (2 queens)	Rochester NVC June 22-24 Monticello HS July 13-15	\$390
All Intermediate, Advanced, Libero camps	<b>Resident Double</b> 2 per room (2 queens)	Rochester NVC June 22-24 Monticello HS July 13-15	\$415
All Skills	<b>Day Commuter</b> 8am-4pm	Mounds Park Academy July 18-20	\$279
All Intermediate, Advanced, Libero camps	<b>Day Commuter</b> 8am-4pm	Mounds Park Academy July 21-23	\$299

**Lunch is an OPTIONAL fee for ALL campers at NVC and MHS. No lunch option is available at MPA. Breakfast and dinner included at NVC and MHS except for 1st day breakfast and last day dinner.**

## Supervision & Lodging

Camp staff supervises campers at all times, act as evening chaperones, and perform room-checks for resident campers. Campers are not allowed to leave the camp for any reason without a parent or guardian, who also must complete a Camp Release Form and must accompany their athlete from the camp. Any resident or day campers driving themselves to camp must give their car keys to a designated camp staff member. Keys are returned to day campers after the last training session each day and keys are returned to resident campers on the last day of camp.

Resident camper lodging is at high-quality air-conditioned hotels accustomed to hosting team athletic events. Rooms have 2 queen beds. Hotels have pools which campers may use during designated evening free time (supervision provided). There may be optional evening entertainment/video sessions. Wandering around the hotel and loitering in the hallways is not permitted. Coach's rooms will be interspersed throughout camper floors for added supervision. Resident campers will be bused to and from the facilities and hotel.

## How to Register:

**Online: SpikeCamps.com**

(You may mail a check if you register online. Online registrations are instantly processed and are preferred)

**Phone:** 651-687-9835

**Mail:** S.P.I.K.E.™ Performance Camps,  
1568 Ashbury Ct., Eagan, MN 55122 USA



## Terms and Conditions

- Full payment is required. We accept Visa/MC/echecks online and personal checks made out to SPIKE Performance Camps. Contact us if there are special circumstances.
- If you cancel your registration for any reason, you will receive a refund minus a \$100 administrative fee. If a health injury prohibits participation prior to camp, a physician's letter explaining the circumstances must accompany a written request for a refund minus the \$100 administrative fee and must be received prior to camp. However, no refunds or partial refunds will be given if you: cancel within one week of camp, fail to appear at the camp; arrive late or leave early; change from a Resident to a Day (Commuter) camper within 14 days of or during the camp.
- We reserve the right to decline any registration at any time and offer a full or partial refund accordingly. This includes campers with preexisting medical conditions or without up-to-date immunizations.
- There will be no refund for any camper dismissed from camp. Grounds for dismissal include, but are not limited to: vandalism; use of alcohol, drugs or tobacco products; harassment; not following verbal instructions and/or rules.
- The coaches may move a camper to a session/court closer to her skill level if they determine she is in a group that is too advanced/not advanced enough.
- S.P.I.K.E. Performance Camps reserves the right to change or cancel camps at any time. Full or partial refunds will be offered and/or sent accordingly

## S.P.I.K.E.™ Performance Camps Application

Athlete's First Name		Last Name	
Address			
City		State	Zip
Phone ( )		Cell Phone ( )	
Email			
Date of Birth	Age	Grade in '2011-'12'	Height
Circle T-shirt size: (youth) — YM   YL   (adult) — AS   AM   AL   AXL			
Roommate Request:			

## Mark choices

Rochester (NVC)	Monticello (MHS)	Mounds Park Academy (MPA)
<input type="checkbox"/> All Skills	<input type="checkbox"/> All Skills	<input type="checkbox"/> All Skills
<input type="checkbox"/> Interm. Set	<input type="checkbox"/> Interm. Set	<input type="checkbox"/> Interm. Set
<input type="checkbox"/> Adv. Set	<input type="checkbox"/> Adv. Set	<input type="checkbox"/> Adv. Set
<input type="checkbox"/> Interm. Hit	<input type="checkbox"/> Interm. Hit	<input type="checkbox"/> Interm. Hit
<input type="checkbox"/> Adv. Hit	<input type="checkbox"/> Adv. Hit	<input type="checkbox"/> Adv. Hit
<input type="checkbox"/> Libero/DS	<input type="checkbox"/> Libero/DS	<input type="checkbox"/> Libero/DS

**Circle type:** Day (Commuter) | Resident Camp Room: Double | Quad

School	
Junior Club Team	# yrs. playing JO's
Describe playing history including school and J.O. We want to make sure you have signed up for the appropriate camp for your skill level.	

Register online at [www.spikecamps.com](http://www.spikecamps.com)  
Or, complete this form and mail with the correct camp fee to:  
**SPIKE Performance Camps**  
1568 Ashbury Court, St. Paul, MN 55122 USA

I have read and agree to the S.P.I.K.E.™ Performance Camps cancellation policy and agree to the terms of enrollment described in this brochure. I also agree to pay all camp fees..

Signature

S.P.I.K.E.™ Performance Camps is a Blue Sky Marketing Inc. company.