



SUMMER VOLLEYBALL ACADEMY



Starting June 1st

Weeks 1-4

STRENGTH TRAINING FOLLOWED BY POSITION SPECIFIC TRAINING FOR:
*Libero/Defense, Setters, Outsides/
Opposites, Middle Blockers*
3 DAYS A WEEK
Cost: \$299

Camp Coordinator

Judy Rexroth

Setting Coach

John Rexroth

Weeks 5-8

Skills/Team Component

Beginners

STRENGTH TRAINING FOLLOWED BY TEAM PRACTICE 2 DAYS A WEEK + 1 DAY OF COMPETITION, TOTAL OF 3 DAYS A WEEK
Cost: \$299



Intermediate/Advanced

STRENGTH TRAINING FOLLOWED BY TEAM PRACTICE 3 DAYS A WEEK + 1 DAY OF COMPETITION, TOTAL OF 4 DAYS A WEEK
Cost: \$399



FOR MORE
INFORMATION PLEASE VISIT
WWW.MYTERRIO.COM

THE TERRIO EDGE

3521 ALKEN ST.

OR CALL

410-EDGE (3343)

*Ask about our other training options including speed & agility camps as well as our year round training for those serious about maximizing their potential.