2011 Itinerary (basic)
Day #1 On-Campus
10-11a Camp 'opening' orientation
Camper 1st Assessment
Warm-up
11a-12p Camp 1st court assignments
Skill review (all courts)
Drills
12-12:45p Open Swim (Campus pool)
12:45-1:45p Lunch (provided on campus)
1:45-2p Courts open for warm-ups
2-3p Skills & Drills (serving & passing)
3-4p Competitive Drills

Day #2 & 4 Off-Campus (Canton facility)
1 ½ hour session
(Times to be announced)

Day #3 On-Campus
10-12p Camp day #3 orientation
Warm-up
Position training (all skills)
Camper 2nd Assessment
Campers to court assignments
Skill review (all courts)
Skills & Drills
12-12:45p Open Swim (Campus pool)
12:45-1:45p Lunch (provided on campus)
1:45-2p Courts open for warm-ups
2-3p Skills & Drills (passing & setting)
3-3:30p Competitive Drills
3:30-4p Scrimmage (all courts)

Day #5 On-Campus
10-12p Same as day #3
2-3p Skills & Drills (serving, passing, setting & hitting)
3:3-55p Competition Scrimmage
3:55-4p Closing Orientation

2011
Instructors
College Coaches
College Players
Fitness Professionals

N. L. T.
Next Level Training
Volleyball BootCamp

The experience
15 Hours
(5dy. Program)
Professional Instruction

Week #1: July 11th to 16th
Week #2: July 25th to July 30th
~ Select the week you will attend ~

✓ Game Academics
✓ Individual Skill Building
✓ Competitive Drills
✓ Position Training
✓ Volleyball Physical Conditioning *

Questions:
scvbcoach@yahoo.com

Benefiting:
Schoolcraft College
Volleyball Program
Welcome to N. L. T

N. L. T. has the most committed, dynamic, flexible training & playing series available. Coaches deliver a focused experience emphasizing game academics, fundamental skills and sport specific physical conditioning.

'Raising the bar'
N. L. T.'s Exclusive Benefits

✓ Modern professional facilities & equipment to train.
✓ Highly qualified & experienced Coaches.
✓ Age groups from ages 12 to 18
✓ Leveled instruction of 2011 incoming 7th-12th grade Student Athletes.
✓ 4 hrs. for 3 days on SC Campus
✓ 1 ½ hrs. for 2 days Off-Campus Volleyball Conditioning facility *
✓ 2011 BootCamp Tee-shirt
✓ Lunch Included (on-campus dates only)
✓ 50 minutes Swimming (On-campus dates only with LifeGuard on duty).
✓ Camper / Player Assessment will be e-mailed at end of BOOTCAMP. Emphasizing current skills, goals and helpful strategies to improve.

College Athletes training the next generation of Student Athletes!!!

University of Michigan
Eastern Michigan University
Oakland University
Schoolcraft College

Please contact our Director for Registration details
scvbcoach@yahoo.com

Boot-Camp 2011

Camp Benefits:

(5 days / 15 hrs.)
4 hours on-campus x 3 days = 12 hours
(On-court Volleyball training)
1 ½ hours off-campus x 2 days = 3 hours *
(Professional Volleyball Conditioning)

2011 BootCamp Tee-shirt

50 minute Free Swimming opportunity daily
(On Campus pool with Life-Guard on duty)

Box Lunch included
(on-Campus dates only)

* Campers must provide their own transportation to both training sites

Schoolcraft College

Main-Campus
Physical Education Bldg.
18600 Haggerty Road
Physical Education Building
Livonia, Michigan 48152

Boot-Camp Package
$165.00
per week

M.H.S.A.A. & N.C.A.A. &
N.J.C.A.A.
Compliant

Next Level Training

Next Level Training

Student Athlete / Camper info:(print clearly)

Name
Camper:
Address

Phone ( )
E-mail

* Campers provide transportation to both training locations

Week #1 or Week #2

Age: Grade level 2011-12:

Shirt size: XS M L XL (Adult sizes & Circle one)
Skill Level: Advanced Intermediate Beginner (Circle one)

School Attending 2011-12:

School TEAM Level achieved:

TOTAL DUE: $165.00
(5 dy. / 15hr. Pgrm.)

Checks payable to:

Register Now !!!

Limited space available
Contact our Director for details
scvbcoach@yahoo.com