2018 SUMMER VOLLEYBALL CAMPS AND TRAINING

All-Skills Camps

Take ALL your skills to the next level and have a blast doing it! Spend the week serving, passing, setting, hitting, blocking, and playing defense in a dynamic and energetic environment. Skills will be integrated through competitive small group play and scrimmages.

Session 1: June 11-15 from 9:00 am – 12:30 pm Ages 13-17

Session 2: June 25-29 from 9:00 am – 12:30 pm Ages 12-14

Lil' Ballers Volleyball Camp

Designed for younger players, this camp is packed full of high energy volleyball fun! Perfect for beginners and kiddos who want to learn the basics of the game in a fun, learning environment. Open to girls and boys ages 7-12.

Session 1: June 11-15 from 1:30 pm – 5 pm

Session 2: July 9-13 from 9:00 am – 12:30 pm

Skills, Strength, and Agility Camp

Volleyball is a game of power, mobility, flexibility and agility. This camp combines volleyball court skills with jump training, agility exercises, plyometrics, and yoga. Training in these areas can significantly improve on-the-court play by helping athletes to jump higher, move more quickly and efficiently and react faster on defense and offense. Open to ages 14 and up.

Session 1: June 25-29 from 1:30 pm to 5 pm

Session 2: July 9-13 from 1:30 pm to 5 pm

All camps located at Nash Gymnasium at Carolina Day School. Cost is $215 per session. Financial Aid may be available – contact Kristin for more information. Drop off begins at 8:15 am for am sessions and 12:30 for pm sessions. Latest pick up begins at 1:30 for am sessions and 5:15 pm for pm sessions.

PERSONALIZED TRAINING

Private and semi-private lessons are also available upon request. Sessions are personalized to meet each player's needs. In addition to position-specific volleyball skills training, sessions may include jump/agility training, goal-setting, visualization techniques, and mental toughness tools and strategies.

Session Costs

- 1 Player - $55/session or 5 sessions for $250
- 2 Players - $35/session or 5 sessions for $150
- 3 Players - $25/session or 5 sessions for $110

Sessions last 1 hour. Court sessions will be held at Carolina Day School, UNCA, or Asheville School. To schedule sessions, please contact Kristin at Kristinpeppel@gmail.com.

LEAD CAMP INSTRUCTOR

KRISTIN PEPPEL

KRISTINPEPPEL@GMAIL.COM

VARSITY HEAD COACH, CAROLINA DAY SCHOOL

HEAD COACH, BILTMORE VOLLEYBALL ACADEMY

ABOUT COACH KRISTIN

Kristin has been playing and coaching volleyball for over 25 years. She loves helping players to improve their skills while also building confidence and realizing their innate potential to succeed.

Kristin played at Florida Tech, a Division II College in Melbourne, FL as a middle blocker, left back defender and 2- year team captain. She was selected to the AVCA DII All-Region Team and broke school records for blocks, kills, and service aces.

She began her coaching career as a college player, and hasn't looked back since. She's coached at the Middle School, 'jV, and Varsity levels, and is in her 15th season as a USAV Club Volleyball coach.