

HITTERS & SETTERS CAMP

APPROPRIATE FOR ANY AGE AND LEVEL PLAYER!

2011 CAMP DESCRIPTION:

- 2-day intensive fundamentals focused program.
- Individual evaluation guaranteed.
- Develop proper hitting and setting mechanics through biomechanics education and skill correction with a focus on injury prevention.
- Dartfish video analysis software & industries top attack trainer (SoloSpike LS2500) provide testing and teaching environment that develops efficient and confident athletes.

Location

West Concord Community Center, 600 First Street

Cost

\$65 per player

Dates

August 8 & 9, 2011

Time

August 8

10-12 pm

12-2 pm

Hitters Only
Setters Only

August 9

9 am to 12 pm

Setters & Hitters

REGISTRATION DEADLINE JUNE 1, 2011

*Limited to 10 players/session.

**Registration complete only when payment received.

**CONTACT: cardinalclubwc@hotmail.com or call
507-421-5540**

Write checks to:

Cardinal Club, PO Box 435 West Concord, MN 55985



www.competitiveedgevb.com