



ELITE SUMMER VOLLEYBALL PROGRAMS 2019 SUMMER CAMPS

GET READY FOR NATIONALS!

HITTING, OVERHAND & JUMP SERVE MINI CLINICS:

June 11th

@ Oak Lawn Pavilion

OR

June 12th

@ Palos Courts

All Mini Clinics are

4:00pm - 6:00pm

GRADES: 4th - 8th & 9th - 12th

Girls & Boys

Camp Investment: \$25 per clinic

Hitting/ Jumping/ Serving

FEATURING: ELITE PERFORMANCE
TRAINING

SPORTSBOARD®
Mobile Player Assessment Solutions

JUNE 17th – JUNE 20th

Camp can be prorated for missed days

9:30am – 12:00pm

GRADES: 4th - 8th & 9th - 12th Girls & Boys

Location: Palos Court

Camp Investment: \$180

- PLAYER PROFILE BY SPORTS BOARD
- PLAYER LOCKER: VIDEO CLIP & EVALUATION
- IMPROVE FOOTWORK
- LEARN TO GENERATE POWER FROM CORE
- ARM SWING & BODY POSITIONING FOR PRECISE ATTACK & SERVE
- ENHANCE JUMP & IMPROVE TECHNIQUE
- STRENGTH AND AGILITY TRAINING
- T SHIRT

TRAIN WITH THE COUGARS!

July 9th – 10th

@ **Saint Xavier University**

All Girls Clinic – Set, Hit & Serve

9:30am – 12:00pm

Grades: 4th - 8th & 9th - 12th

Camp Investment: \$75

Includes T-shirt

Featuring...

Bob Heersema, Des Aramburu &
The Cougar Volleyball Team



MEET A FEW MEMBERS OF OUR AMAZING STAFF



Meg Griffin-Gardner

National & State Champion
Coach at McAuley HS,
Played at DePaul University



Monica Lang-Estand

National & State Champion Coach at Marist
HS, Played at NIU



Kelly Colangelo-Dorn

Head Girls Volleyball Coach at Glenbrook South
HS, Played at Purdue University and UIC



Rudi Balich

Lewis University Assistant
Coach, Played at Winona State



Desiree Aramburu

National Champion Coach at McAuley
HS, Played at Radford University and Saint
Xavier University



Caitlin Balsam-Hagen

Former National & State Champion Coach at
McAuley HS, Played at EIU



Anne Eastman-Kuziela

Captain of the U.S. Olympic Festival Team, U.S. National Team Member at World Games in Japan
Played at Indiana University, Played professionally in Switzerland
Member of United States Pro-Volleyball Team
Inductee of GCAC Hall of Fame
Saint Xavier Assistant Coach: Women's Team 21yrs., Former Men's Assistant Coach 8 years



Bob Heersema

32nd Season as Head Women's Coach of Saint
Xavier University with over 700 career wins,
Played at University of Illinois - Chicago



John Griffin - Performance Training

Kinesiology degree from St. Ambrose University
Specialty Training for 13 years – Kids of all ages
Currently working with multiple sports programs in our
local High Schools: St. Rita, McAuley and Marist
Trains Celtic Force Volleyball Club & Chicago Volleyball



Sports Board – Cutting Edge Performance feedback system

Evaluation system designed to film, rate skills
and add commentary on the athlete. Provide
verbal & video feedback to player through
"Player Locker". Each player has their own
Locker with 24/7 accessibility.

For Registration Questions, please call 773-704-8205 or email ask@elitevolleyballprogram.com

PLAYERS NAME: _____ GRADE ENTERING IN FALL: _____

PARENT EMAIL: _____

CAMP/CLINICS SELECTED: _____

PLEASE CIRCLE ADULT T-SHIRT SIZES: S M L XL

In the year of 2019, to the fullest extent permitted by law, I hereby consent and agree to assume all responsibility for any and all risks of damage or injury to my child or my property that may occur in, on, or about the facilities used in connection with this camp/clinic and that I use such facilities, equipment and instruction at my own risk. To the fullest extent permitted by law, I hereby fully and forever release and discharge all instructors, the school & facility and the employees of the facility from any and all liability, claims, demands, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, which may accrue to my child, for any damages or injury received either in or about the facilities, equipment or instruction of the clinic. I hereby acknowledge that I am the sole judge of my child's physical abilities and condition to engage in this clinic for which the release is given. In the event of an emergency, I give the clinic staff permission to act accordingly to my child's best interest.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

HOME & EMERGENCY PHONE NUMBERS _____

Please mail bottom portion of form with payment to: Elite Volleyball Program 11000 Central Park Ave. Chgo, IL 60655