

AAU Elite Training Series

JULY 9th – AUGUST 8th

* This popular clinic series allows middle school and high school players to attend 10 clinic sessions and a three-day camp for one low price. While the individual classes will have a theme we will be incorporating all skills into each session so it is beneficial to attend no matter position. Note: For the three-day camps there will be snack break.

PROGRAM	AGE	TIME	GYM
Day Camp I July 10-12	10th-12th grade	9am-12pm	RENO
Day Camp II July 17-19	9th-10th grade	9am-12pm	RENO
Day Camp III July 24-26	6th-8th grade	9am-12pm	RENO

MIDDLE SCHOOL	HIGH SCHOOL
---------------	-------------

Details – Time - Date - Location

Serving and Passing 5:30-7:00 pm Mon, July 9th in Carson	Serving and Passing 7:00-8:30 pm Mon, July 9th in Carson
Hitting and Setting 11:00-12:30 pm Sat, July 14th in Reno	Hitting and Setting 9:30-11:00 am Sat, July 14th in Reno
General Skills 5:30-7:00 pm Mon, July 16th in Carson	Volleyball IQ 7:00-8:30 pm Fri, July 20th in Reno
Volleyball IQ 5:30-7:00 pm Fri, July 20th in Reno	Passing and Setting 7:00-8:30 pm Mon, July 23rd in Carson
Passing and Setting 5:30-7:00 pm Mon, July 23rd in Carson	All Skills 5:30-7:00 pm Mon, July 30th in Carson
Transition Movement 5:30-7:00 pm Tue, July 31st in Reno	Defense & Out of System 7:00-8:30 pm Wed, Aug 1st in Carson
Defense & Out of System 5:30-7:00 pm Wed, Aug 1st in Carson	Transition Movement 5:30-7:00 pm Tue, Aug 2nd in Reno
Setting & Passing 11:00-12:30 pm Sun, Aug 5th in Reno	Setting & Passing 9:30-11:00 pm Sun, Aug 5th in Reno
Footwork & Biomechanics 5:30-7:00 pm Mon, Aug 6th in Carson	Footwork & Biomechanics 5:30-7:00 pm Tue, Aug 7th in Reno
Serve and Serve-Receive 5:30-7:00 pm Thu, Aug 9th in Reno	Serve and Serve-Receive 5:30-7:00 pm Mon, Aug 8th in Carson