

2020 Illini Elite Summer Camps



Code	Dates	Camp Description	Cost	Days - Sessions - Hours
IECL	Start 7/7, End 7/31	See the Illini Elite High School Summer Clinic flyer for Grades 9-12	\$155	Tue./Fri. nights
IEYA	Start 7/8, End 7/31	See the Illini Elite Youth Academy flyer sessions for Grades K-8	varies	Wed./Fri. nights (see sessions)
IE01	June 29-July 1	Attacking/Serving - All Levels/Grades 5-12	\$195	3 days - 6 sessions - 15 hours
IE02	June 29-30	2-day 1st Contact Camp (Pass-Dig-Serve) - (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE03	July 1-2	2-day Setter Position Camp (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE04	July 6-8	All Skills & Competition - All Levels/Grades 5-12	\$195	3 days - 6 sessions - 15 hours
IE05	July 6-7	Outside Hitter Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours
IE06	July 8-9	Middle Hitter/Blocker Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours
IE07	July 9-11	Attacking/Serving - All Levels/Grades 5-12	\$195	3 days - 6 sessions - 15 hours
IE08	July 10-11	2-day 1st Contact Camp (Pass-Dig-Serve) - (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE09	July 13-14	Middle Hitter/Blocker Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours
IE10	July 13-14	Outside Hitter Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours
IE11	July 15-16	2-day Setter Position Camp (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE12	July 15-16	2-day 1st Contact Camp (Pass-Dig-Serve) - (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE13	July 17-19	All Skills & Competition - All Levels/Grades 5-12	\$195	3 days - 6 sessions - 15 hours
IE14	July 20-21	2-day 1st Contact Camp (Pass-Dig-Serve) - Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE15	July 20-23	4-day Setting Camp - (Grades 6-12)	\$260	4 days - 8 sessions - 20 hours
IE16	July 20-23	IE Tots & Tikes Camp-Lv. 1: Gr. K-2 (9:00-10:30), Lv. 2: Gr. 3-4 (10:30-12:00)	\$75	4 days - 4 sessions - 6 hours
IE17	July 22-23	Middle Hitter/Blocker Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours
IE18	July 24-25	Outside Hitter Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours
IE19	July 24-25	2-day Setter Position Camp (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE20	July 27-29	Attacking/Serving - All Levels/Grades 5-12	\$195	3 days - 6 sessions - 15 hours
IE21	July 27-28	2-day Setter Position Camp (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE22	July 29-30	2-day 1st Contact Camp (Pass-Dig-Serve) - (Grades 6-12)	\$130	2 days - 4 sessions - 10 hours
IE23	July 30-Aug. 1	All Skills & Competition - All Levels/Grades 5-12	\$195	3 days - 6 sessions - 15 hours
IE24	July 31-Aug. 1	Outside Hitter Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours
IE25	July 31-Aug. 1	Middle Hitter/Blocker Position Camp (Grades 7-12)	\$130	2 days - 4 sessions - 10 hours

All Illini Elite Summer Camps
Are Held At The Air Conditioned :

Illini Elite Training Center
2229 Valley View Drive, Bloomington, IL 61705

To register, go to: www.illinielite.com
Questions? Call: 309-829-3671

Sign up at www.illinielite.com



2020 Summer Camps

ILLINI ELITE SUMMER YOUTH ACADEMY

LEVEL 1	Grades K-2	<u>7/10 - 7/31 Friday (5:00-6:30) (4 weeks). See the Summer "Train and Play" page for details.</u>
LEVEL 2	Grades 3-4	<u>7/8- 7/31 Wednesday and Friday (5:00-6:30). See the Summer "Train and Play" page for details.</u>
LEVEL 3	Grades 5-6	<u>7/8 - 7/31 Wednesday and Friday (5:00-6:30). See the Summer "Train and Play" page for details.</u>
LEVEL 4	Grades 7-8	<u>7/8 - 7/31 Wednesday and Friday (6:45-8:15). See the Summer "Train and Play" page for details.</u>

1st CONTACT CAMPS (Pass-Dig-Serve) - All Levels/Grades 6-12

IE02:	June 29-30	IE14:	July 20-21	<p>These are great camps not just for libero's and defensive specialists, but for any player who needs the extra work on their defense and passing skills. The 1st contact camps cover all aspects of back-court play and the 1st contact of the game of volleyball. The camp will emphasize all aspects of serve receive and ball control, including serve receive techniques, receiving topspin/float serves, overhand serve receive and more. The camp will also cover all aspects of defense, including movement, reading hitters, digging, overhand digging, controlling the hard hit ball, etc. Since liberos can now serve at many levels, we will also incorporate some serving into this camp. Again this year, we will offer 2-day 1st contact camps that will be a shorter, condensed version of the 4-day camp for those that might want some extra work and/or may want to try it out while doing some of the other camps as well.</p>
IE08:	July 10-11	IE22:	July 29-30	
IE12:	July 15-16			

IEVBC TOTS & TIKES CAMP - Grades K - 4

IE16:	July 20-23	<p><u>LEVEL 1: Grades K-2, 9:00-10:30.</u> Introduction to the basic skills with an emphasis on movement and motor skill development/coordination. Fun volleyball-like skills and drills with a catch/throw emphasis, basic footwork, body control/movements and more.</p> <p><u>LEVEL 2: Grades 3-4, 10:30-12:00.</u> Like the Mini-Volleyball clinics, we will build on the basic skills with an emphasis on the 1st and 2nd contacts. Dynamic movements/footwork for beginners, coordination work, armswing development, games and more!</p>
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ALL SKILLS AND COMPETITION CAMPS - All Levels/Grades 5-12

IE04:	July 6-8	<p>The All Skills and Competition camps will cover the 6 fundamental volleyball skills in depth and more, and also include a variety of competition drills and games for the players to put their skills to work. The camps will cover the 6 basic skills of underhand passing, overhand passing, serving, attacking, movement and defense. These camps will cover concepts such as serve receive passing, individual defense, team defense, all aspects of hitting and serving, ball control and so much more. The All Skills/Competition camps are great camps for those players who are looking for the well-rounded camp experience. For the beginner players, these camps are a great way to start your training as they will give the players the foundation necessary to attend other camps and/or get ready for other summer/fall volleyball activities. The All Skills and Competition camps are open to all athletes of all skill levels.</p>
IE13:	July 17-19	
IE23:	July 30-Aug.1	

All Day camp sessions run as follows:

Session 1: 8:00 AM - 11:00 AM
 Lunch break: 11:00 AM - 12:00 PM
 Session 2: 12:00 PM - 2:00 PM

All campers should plan to bring a water bottle (or sports drinks, etc.) that they can refill during the day. Day campers can leave for lunch and come back or can bring a lunch to eat at the gym during their break (we can store a lunch in our refrigerator if needed). The concession stand will not be open during camp so campers should plan accordingly.

Sign up at www.illinielite.com



2020 Summer Camps

SETTING CAMPS

IE03:	July 1-2
IE11:	July 15-16
IE15:	July 20-23
IE19:	July 24-25
IE21:	July 27-28

Setting - All Levels/Grades 6-12- All technical aspects of setting will be trained such as proper setting footwork, correct hand position, backsetting, developing wrist/hand strength, etc. Campers will also spend time on setting quick attacks, setting off one leg, setting with a spin off one leg, blocker recognition, offensive skills and more. All setting camps are open to athletes of all skill levels. Setters are divided into groups based on skill level at the camps so each camper gets the work and skills they need. Again this year we are offering 2-day setter position camps in addition to the 4-day camps that will be a shorter, condensed version of the 4-day camps.

MIDDLE HITTER/BLOCKER POSITION CAMPS

IE06:	July 8-9
IE09:	July 13-14
IE17:	July 22-23
IE25:	July 31-Aug.1

Middle Hitter/Blocker Position Camps (Grades 7-12) - The Middle Hitter/Blocker position camps started a few years ago and have been a huge success and are quite popular for those players that want to focus on the middle hitter/blocker position. There are three two-day camps which can be taken consecutively or individually. This camp will focus on the attacking and blocking skills specifically for the middle hitter/blocker position. The camp will cover all aspects of attacking quick sets, transition attacking, attacking off one leg behind a setter, all blocking concepts including footwork, hand position, reading hitters and more. Whether you are an experienced middle or new to the position, the middle hitter/blocking camps will help each player get to the next level.

OUTSIDE HITTER POSITION CAMPS

IE05:	July 6-7
IE10:	July 13-14
IE18:	July 24-25
IE24:	July 31-Aug.1

Outside Hitter Position Camps (Grades 7-12) - The Outside Hitter position camps also started a few years ago and are among our most popular camps. There are four two-day camps this year which can be taken consecutively or individually. This camp will focus on the attacking, blocking and ball control skills specifically for the Outside Hitter position. The camp will cover all aspects of attacking, including footwork and armswing along with attacking out of serve receive and transition for both the right and left side attackers. The camp will also cover blocking concepts and techniques specifically for outside hitters as well as cover all technical aspects of serve reception. Whether you are an experienced outside hitter (right side or left side) or new to the position, these camps will help each player get to the next level.

ATTACKING/SERVING CAMPS - All Levels/Grades 5-12

IE01:	June 29-July 1
IE07:	July 9-11
IE20:	July 27-29

The Attacking/Serving camps cover all aspects of hitting and serving. Players at the camp will learn and work on all attacking fundamentals including the correct armswing techniques for control and power, proper footwork for attacking a variety of sets and tempos (for all player positions) as well as transition attacking concepts. The camp will break down all aspects of attacking from start to finish and emphasize proper arm and hand action for shoulder stability and health. The camp will cover all aspects of serving including the proper float serve technique, topspin serve, jump serving and more. All Attacking/Serving camps are open to all athletes of all skill levels.

All Day camp sessions run as follows:
 Session 1: 8:00 AM - 11:00 AM
 Lunch break: 11:00 AM - 12:00 PM
 Session 2: 12:00 PM - 2:00 PM

All campers should plan to bring a water bottle (or sports drinks, etc.) that they can refill during the day. Day campers can leave for lunch and come back or can bring a lunch to eat at the gym during their break (we can store a lunch in our refrigerator if needed). The concession stand will not be open during camp so campers should plan accordingly.