

# Thunder Bay Volleyball Academy

**Boot Camp Positionals / Ages 12-18 / June 2022 \***

## Skill-n-Drill

**JUNE 7-8**  
**TUE / WED**  
**6:30 to 8:30pm**

Repetitive drill practice for hitting and receiving serves, defense, attack, position rotations, and competitive play, with a focus on footwork, arm swings, ball-handling, and contact. / Cost: \$90

## DEF-CON

**JUNE 9-10**  
**THUR / FRI**  
**6:30 to 8:30pm**

DEFend and CONdition with #NextLevel attention focused on a hard-blocking, tactical, backcourt defense aimed to win games and secure championships. / Cost: \$90

## Set-To-Score

**JUNE 13-14**  
**MON / TUE**  
**6:30 to 8:30pm**

Ready, Set, and . . . Set Some More! Setting takes fingers, wrists, extension, contact, and placement. Practice hard on the fundamentals to master this most essential volleyball skill. / Cost: \$90

## Hard Attack

**JUNE 15-16**  
**WED / THUR**  
**6:30 to 8:30pm**

Strong legs, sharp instincts, strategic power mixed with speed, placement, and position. Put Hard Attack skills into play and get set for explosive action. / Cost: \$90

## Fitness Prep

**JUNE 29-30**  
**WED / THUR**  
**6:30 to 8:30pm**

Get ready for school and club seasons with fitness training that includes agility drills and endurance. Also, full-core, speed, strength, muscular and plyometrics training. / Cost: \$90

## Skill-n-Drill #2

**Not Yet**  
**Scheduled**

Repetitive drill practice for hitting/receiving serves, defense, attack, position rotations, and competitive play. Focus on footwork, arm swings, ball-handling, and contact. / Cost: \$90

Call: 813-331-5388 / Email: [tbvaclub@gmail.com](mailto:tbvaclub@gmail.com) / Visit: [www.tbvaclub.com](http://www.tbvaclub.com)

\* Terms, dates and times subject to change / TBVA is a 501(c)3 nonprofit youth sports organization

Updated: 04/12/22