

Thunder Bay Volleyball Academy

Boot Camp Positionals / Ages 12-18 / July 2022 *

Skill-n-Drill

JULY 5-6
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

JULY 7-8
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

JULY 11-12
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

JULY 13-14
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

JULY 18-19
MON / TUE
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

JULY 20-21
WED / THUR
6:30 to 8:30pm

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 / Visit: www.tbvaclub.com

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

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