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# Elite Team Camp

## 2010 Information

### Purpose:

UIL allows team camps during the summer for player development. SportVolleyball's Elite Team Camp is designed not only for maximum individual skill development, but also to improve your team's ability to execute plays and communicate on and off the court.

### Camp Directors:

Scott and Sarah Dillingham have coached players throughout the greater East Texas area for 11 years. Together they have coached UIL, TAPPS, NJCAA, and USAV with numerous playoff experiences, district and conference titles, tournament wins, and two national appearances. Both are IMPACT and referee certified through USA Volleyball and have assisted collegiate summer camps throughout their careers. They are very excited about bringing their expertise and love of the game to your school team.

### Camp Schedule:

Day 1 - 9:00am – 12:00pm

Day 1 - 1:00pm – 4:00pm

Day 2 - 9:00am – 12:00pm

Day 2 - 1:00pm – 4:00pm

### Camp Curriculum Includes:

- Positional Training
- Technical Skill Training
- Personal Video Sessions
- Take-Home Position Manuals
- Offensive System Planning
- Defensive System Planning
- Situational Decision Making Training

Participants are not required to have previous elite or high level training. Players are expected to have an interest in bettering their personal skills, technical knowledge, and understanding of the game. The goal of the camp is to maximize each player's potential in preparation for the 2010 UIL season.