



HIGH PERFORMANCE  
*Summer*

NEW  
IN WINNIPEG

# VOLLEYBALL CAMPS FOR BOYS/GIRLS

*TRAIN with the best...  
BECOME your BEST!*

- **GIRLS U15-U17 (GRADES 9-12)**
- **BOYS U13-U15 (GRADES 7-9)**
- **EXPERT COACHING!**
- **LOW PLAYER/COACH RATIO!**

H.I.T.T. Volleyball is presenting an exciting summer lineup of camps and coaches to give you the camp experience of a lifetime. All our camps are "High Performance" camps - simply with the type of coaching staff we present. Your learning will excel and your development will flourish under the guidance of these master coaches.

Our camps are packed with technical learning and exceptional teaching to help you in your quest to become a better volleyball player. We are looking for hard working players who want to get better, take advantage of high-level techniques and are ready to have lots of fun!

Each camp will target advanced skills in areas such as attacking, blocking, defense (read & react), passing and serving (jump serving) as well as tactical information appropriate for the age level. These camps are not just your average skills camps. They require passion, discipline, desire, a high level of work ethic and a willingness to change in order to develop new and advanced techniques. Each camp is enhanced by specialty session offerings such as vertical training, sport psychology, sport nutrition, yoga and beach volleyball training.

**"H.I.T.T. VOLLEYBALL CAMPS PROVIDE RESULTS.  
YOU BECOME A BETTER PLAYER, WHILE HAVING TONS OF FUN."**

Again this year we also offer the "Total Camp - for the Total Athlete!" in **Calgary and Edmonton, Alberta**. It is an advanced **7 day training camp** for volleyball players who want to be the best they can be in all areas of the game. Leadership training, tactical sessions, sports nutrition, sports psychology, yoga and mental toughness training, teach the game - improve your game by learning how to train others, speed explosion & vertical training; close out the week with a 6 on 6 tournament.

➤ **GENERAL INFO:** For further information on HITT regarding locations, time frames, coaching staff, camp content and pricing please visit our website at: [www.hittvolleyball.com](http://www.hittvolleyball.com) or contact Carsten Stanjeck (Founder HITT Volleyball) at 403-690-0699.

➤ **WINNIPEG CAMP INFO:** Please see our website at [www.wesmen.ca](http://www.wesmen.ca) for more information, contact Diane Scott (Head Coach University of Winnipeg Wesmen) at 204-786-9819

➤ **COACHES/INSTRUCTORS:** Jo Ross, Leah Allinger, Kelsi Andrew-Wasylik, Claire Anderson (strength/conditioning), Christine Parker (Nutrition), Melanie Gregg (sports psych), Andrew Grant (Athletic Therapy/Recovery) Diane Scott

**2012 WINNIPEG HITT CAMP:**

July 30- Aug 3 8:30am - 4:30pm Girls(Grades 9-12) Boys(Grades 7-9) Maximum 48 spots