

VOLLEYBALL CLINICS

REGISTER NOW at signup@mgasportsinc.com

MGA SUMMER PROGRAMS

“NO FEAR” Clinic for Beginners
Learn the basics of volleyball: camp includes skills drills and plenty of fun games!
Ages 10-14 Girls and Boys
Cost \$400
Optional lunch package \$50.00 includes sandwich, drink, fruit and chips

July 8th-11th
Mon-Thurs
8:30-4:30

GAME DAY
All ages! Full day of playing: small team games
Cost \$80 for the day

FRI July 12th
8:30-4:30

ELITE HITTING CLINIC
Advanced hitting clinic for seasoned players
Jump training and swing strengthening
Video Review for each participant
High school Girls & Boys
Registration approval or coach recommendation required
Class capped at 24 participants
Cost \$175 (6 sessions)

MON & WED
July 8th, 10th,
July 15th, 17th
July 22nd, 24th
6:30-8:30pm

ALL SKILLS CLINIC for Middle School
Geared towards beginner and intermediate volleyball players wanting to improve their skills
Serving, setting, hitting and defense.
skills drills and plenty of fun games!
Ages 11-14 Girls and Boys
Cost \$400
Optional lunch package \$50.00 includes sandwich, drink, fruit and chips

July 15-18th
Mon-Thurs
8:30-4:30

GAME DAY
All ages! Full day of playing: small team games
Cost \$80 for the day

FRI July 19th
8:30-4:30

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SUMMER YOUTH CLINIC

Girls & Boys ages 8-14
Hitting, Setting, Serving Skill development
Overall Volleyball IQ
Cost \$450

JULY 22-26th
Mon-Fri
9am-3pm

COLLEGE RECRUITING SHOWCASE CLINIC

High School Girls
Comprehensive approach to creating a college profile
Will include small group games, evaluation and
video review with options to create skills and highlight videos to submit to
college coaches

July 22nd-26th
Mon-Fri
8:30-4:30pm

Please see additional flyer with full details and costs

HS TRYOUT PREP CLINICS

Prepare for tryouts with focused feedback
Two sessions per day Session 1
Session 2
High School Girls
Cost \$30 per session or \$50 for both (per day)

Aug 19th-23rd
Mon-Fri
9:30-Noon
1:00-3:30

GOLD MEDAL SQUARED

Camp teaches this unique system to understand
the tactics of the game. This system is based on studied
scientific principles from human kinetics,
organizational behavior, statistics, and psychology
Cost \$275

Aug 26th-29th
Mon-Thurs
8:30-5:30