

## Why you'll love Abstract Volleyball camps!

- ⤴ Professional coaching
- ⤴ Cutting edge skill information
- ⤴ Training to achieve each athletes highest potential
- ⤴ Information session on college volleyball opportunities and beyond
- ⤴ An environment that promotes having fun while working hard to improve skills



We'll come to you!

### High School Team Training Workshop

Start your High School season off on the right foot with a team training camp led by professional skills coach Jesse Knight.



#### Head Coach, Jesse Knight

Jesse has experience coaching at the games highest levels including CIS, NCAA, Team BC, Team Canada and Professionally in Europe

Jesse is proud to have helped High School Teams such as Caledonia High School (Terrace BC) achieve their goals for years. Caledonia is from a small town and is primed and in a position to win a provincial championship in 2017.

More about Jesse Knight and Abstract Volleyball:  
[www.abstractvolleyball.ca](http://www.abstractvolleyball.ca)

### Team Training Camp Format

- Friday- Sunday; 3-4 x 2.5 hour sessions
- Customized options based on your gym time
- Optional College/University information session for parents and athletes

#### Clinic Logistics

- Available to both girls and boys teams
- Can train up to 3 teams (36-40 athletes) at once. 1 court per 12-14 athletes.
- Flexible to customize for each team's needs but strongly focuses on the following:
  - ✓ Skill development
  - ✓ Game play and tactics
  - ✓ Building team cohesion
  - ✓ Winning through analytics (improving statistically)

#### Host Responsibilities

- ✓ Solidify 1 court per 12 athletes
- ✓ Organizer/host or representative must be available on site for each session
- ✓ Balls: minimum 1 per athlete

#### Cost:

\$110-\$150 per athlete

\* Dependent on number of athletes and training hrs

#### Dates Available:

September 15-17, 22-24, 29-Oct1

Contact us to inquire:  
[info@abstractvolleyball.ca](mailto:info@abstractvolleyball.ca)