

the rMac Presents:

*Volleyball
Summer of 2011*



Summer Camps & Leagues

303-421-1500x4

www.rMac.biz



High School Tryout Prep Camps

NAME	CODE	DATES	TIMES	COST
Attack & Block	HSATBL	8/1-8/3	9-1130am & 1230-3pm	\$199
Serving (Session 1)	HSSRV1	8/1-8/3	315-415pm	\$49
Defense & Passing	HSDP	8/4-8/6	9-1130am & 1230-3pm	\$199
Serving (Session 2)	HSSRV2	8/4-8/6	315-415pm	\$49
Setting	HSSET	8/8-8/10	9-1130am & 1230-3pm	\$199
Serving (Session 3)	HSSRV3	8/8-8/10	315-415pm	\$49

"The High School Tryout Preparation Camps are designed to get you ready before you walk into that first day of your high school's tryouts. Whether you are trying out as a hitter, setter, or defensive specialist there is a preparation camp designed for you."

High School Attack & Block (HSATBL) *(camp t-shirt included)*

High school attacking & blocking is designed exclusively for the high school athlete looking to enhance their learning of the intermediate through advanced skills and tactics of the net game. Athletes will participate in 15 hours in an intense, competitive attacking & blocking environment. Areas of focus will include: proper footwork to increase space, balance, and power, the one leg takeoff, 1st, 2nd and 3rd tempo attacking, in-line, cross-body, and out of line arm swings and proper eye work for attacking success. Blocking areas of focus: footwork, eye work, and positioning. This camp will offer all the basics and more.

High School Defense & Passing (HSDP) *(camp t-shirt included)*

During competitive volleyball the ability to control the ball is most often the number one factor between winning and losing at any level. Unfortunately, most athletes and coaches often overlook the importance of defense and instead jump into attacking and blocking leaving their teams most vulnerable during the the first contact. High School Defense & Passing is designed to first teach then progressively drill the necessary skills, movements, and tactics of defense, overhead passing and underhand passing, arming each athlete with the ability to control the ball in a variety of situations! Athletes of all sizes and positions are urged to come and develop their all around game.

High School Setting (HSSET) *(camp t-shirt included)*

Quite often the setter is viewed as the most important position in the game of volleyball. With that in mind, athletes attending the High School Setting will be placed through 15 hours of intense setting progressions, drills, and tactical situations. Sessions will also feature special breakout sections allowing each setter to work on individual weaknesses and develop a higher level of technical & tactical positional excellence before the upcoming season.

High School Serving (HSSRV1, 2 & 3)

Contrary to the youth and middle school volleyball player who often achieves success by just getting the serve over and in, the high school athlete must be able to attack the serve receive with a variety of spins, trajectories, and locations while maintaining a high level of consistency and pace! Athletes attending the High School Serving will not only learn to serve with a variety of styles, including the float serve, jump float, topspin and finally jump topspin but will also learn the proper arm and body mechanics to help create power while avoiding injury.

High School Specialty Schools

NAME	CODE	DATES	TIMES	COST
7 day Setting School	SSCHOOL7	7/5-7/11	9-1130am,1230-230pm & 3-5pm	\$399
5 day Setting School	SSCHOOL5	7/5-7/9	9-1130am,1230-230pm & 3-5pm	\$299
3 day Setting School	SSCHOOL3	7/5-7/7	9-1130am,1230-230pm & 3-5pm	\$199
4 day Outside Hitter School	OHSCHOOL	7/5-7/8	9-1130am,1230-230pm & 3-5pm	\$249
4 day Middle Blocker School	MBSCHOOL	7/9-7/12	9-1130am,1230-230pm & 3-5pm	\$249
5 Day Libero School	LSCHOOL5	7/13-7/17	9-1130am,1230-230pm & 3-5pm	\$299
3 Day Libero School	LSCHOOL3	7/13-7/15	9-1130am,1230-230pm & 3-5pm	\$199

"The rMac Schools are with out a doubt the most intense and comprehensive training camp Colorado has to offer! For the serious athletes playing at or soon to be playing at the varsity or collegiate levels."

Setting School (SSCHOOL7, 5, or 3) *(camp t-shirt included)*

The Setting School is with out a doubt the most intense and comprehensive setting camp Colorado has ever offered! The most serious setters playing at or soon to be playing at the varsity or collegiate levels should attend this school. Athletes will participate in the most complex training progressions, drills, tactical situations and class room sessions. Included with the thousands and thousands of repetitions will be the chance to master individual areas through the use of break out sessions which single out certain portions of the skill or tactics of the position. Although the Setting School will be the ultimate setting experience, please do not hesitate to contact us to find out if this is the right camp for you. The Setting School offers 3 choices of commitment. A 7 day, 5 day, or 3 day school is offered, choose the number of days that fits your schedule.

Outside Hitter School (OHSCHOOL) *(camp t-shirt included)*

Plain and simple the game of volleyball is most often won on the antennas which is exactly why we have developed the Outside Hitter School. Only the most serious players should consider attending. Each session athletes will participate in a wide variety of complex training drills and competitions with the ultimate goal of developing dominant outside attackers and blockers. Athletes will also have the chance to work in small break out sessions, which single out certain portions of the skills or tactics of the position for increased learning.

Middle Blocker School (MBSCHOOL) *(camp t-shirt included)*

In the age of highly complex offensive systems loaded with gifted athletes, the middle blocking / attacking position is increasingly becoming more and more specialized. Our Middle Blocker School will equip each athlete with all the necessary skills such as proper attack ready positions for the one and two leg approach, arm swing, hand contact, spacing for both attacking and blocking, and finally the most efficient footwork patterns for all required positional movements. We will also feature specialized breakout sessions focusing on individual weaknesses and areas of interest such as removing false steps, receiving the short serve and setting the out of system ball. Although the middle blocker school will be the ultimate experience, please do not hesitate to contact us to find out if this is the right camp for you.

Libero School (LSCHOOL5 or 3) *(camp t-shirt included)*

The Libero School is a staff favorite for the simple reason it will be the most intense and challenging volleyball camp offered anywhere! Only the most serious athletes of all shapes and sizes, yes even you middles, should plan on attending. Athletes will participate in the highest intensity skills and drills anyone has to offer. Athletes will also have the chance to work in small break out sessions, which will single out certain portions of the skills or tactics of the position for increased learning. The Libero School offers 2 choices of commitment. A 5 day or 3 day school is offered, choose the school that fits your schedule.

Individual Success

Over the past few seasons, over a hundred rMac trained players have garnered Colorado All-League selections. Last fall, 10 earned Denver Post All-State honors. We have a current member on the NCAA D1 National Champion Penn State roster as well as a member of the NCAA DIII National Runner-Up at Emory University. All have participated in our summer programs.

**For more details,
contact Dave at:
303.421.1500x4
dsoller@rMac.biz**

the rMac
4895 Ward Road
Wheat Ridge, CO 80033



NAME	CODE	DATES	TIMES	COST
K-4 All Skills (Session 1)	K4AS1	6/28-6/30	10-1130am	\$89
K-4 All Skills (Session 2)	K4AS2	8/9-8/11	10-1130am	\$89

K-4th Grade All Skills (K4AS1 & 2) *(includes camp t-shirt)*

Each camps athletes will participate in 3 days of fun with the most effective skills demonstrations, training progressions, and teaching available today for this young volleyball player. Simply this All Skills Camp is the perfect camp to help develop the proper blue prints for future success and passion for our great sport.

NAME	CODE	DATES	TIMES	COST
5-8 Attacking (Session 1)	58ATK1	6/28-6/30	9-11am	\$99
5-8 Serving (Session 1)	58SRV1	6/28-6/30	1115-1215pm	\$49
5-8 All Skills	58AS	7/12-7/14	9-11am & 12-2pm	\$199
5-8 Attacking (Session 2)	58ATK2	8/9-8/11	12-2pm	\$99
5-8 Serving (Session 2)	58SRV2	8/9-8/11	215-315pm	\$49

5th – 8th Grade Attacking (58ATK1 & 2) *(includes camp t-shirt)*

The Attacking Camps are specifically designed with the future of the youth attacker in mind. Our staff will introduce and emphasize the proper mechanics and techniques through intense progressions, skills, drills, and competitions. Upon completion each player will possess an individual blue print for future success as well as the proper motor patterns to help avoid injury.

5th – 8th Grade Serving (58SRV1 & 2)

Serving is usually thought of as the most enjoyable skill by the youth athlete, who too often judges their ability to serve by if the serve went over the net or not. The 1 hour a day Serving Camps will not only teach players how to serve over and in, but will also introduce the proper serving mechanics to allow for increased speed, power, and accuracy. The camp will also introduce and teach each athlete a variety of serving styles, including the float serve, topspin serve, jump float, and jump topspin.

5th – 8th Grade All Skills (58AS) *(includes camp t-shirt)*

The All Skills Camp is designed for the young athlete looking for the most fun and intense volleyball training offered. Each athlete will participate in 3 days of being taught the technical breakdowns, drilling, and training of passing, setting, attacking, serve-receive, and defense. In addition the athletes will be introduced to a variety of functional ball control drills, game like situations, and competitions, which will allow each camper many chances to ultimately make themselves a stronger, more confident, more passionate volleyball player.

NAME	CODE	DATES	TIMES	COST
3v3	3V3	Wednesdays: 7/6,13,20,27,8/3	6-9pm	\$50/player

3v3

3 v 3 Competition will be held every Wednesday evening from 6-9pm. Each team will play a minimum of 3 rounds of competition per night. Cost for the league season is \$50 per player. To register for the league, e-mail dsoller@rmac.biz

Monday Evening Clinics

NAME	CODE	DATES	TIMES	COST
Attacking Clinic	ATK-C	7/11, 7/18, 7/24, 8/1	6-8pm	\$35/night
Passing Clinic	PSS-C	7/11, 7/18, 7/24, 8/1	6-8pm	\$35/night
Setting Clinic	SET-C	7/11, 7/18, 7/24, 8/1	6-8pm	\$35/night

Evening Clinics (ATK-C, PSS-C, SET-C)

"NEW" this summer!!!

If you can't commit to one of our other selections, the rMac is also offering clinics on Monday evenings!! Each week's session will cover a wide variety of training drills with the ultimate goal of developing each athlete's attacking, setting, or passing skills. Participants will also have the chance to work and improve on specific personal portions of their game.



"We build strong, confident women."

**Registration Info
can be found at www.rMac.biz**

College Success

69 seniors have graduated from the rMac in our first five seasons. 64 of them have gone on to play college ball. We anticipate most all of this year's Class of 2011 to do the same.

Camps
 Clinics
 Introducing Colorado's
LARGEST volleyball
 organization
 Lessons
 Skills
 Videos
 Summer
 Leagues
 Get ready for the
 fall season!

rMac Summer Camps
 4895 Ward Road
 Wheat Ridge, CO 80033

Welcome to the rMac's (Rocky Mountain Athletic Center) 2011 summer program. This will be our 7th summer of imparting proven coaching and training techniques to local youth. Though the rMac name is fairly new to Colorado, as the largest volleyball organization in the Rockies our coaches and staff bring many decades of experience to the region.

Do not be mistaken, these camps are delivered with high intensity and enthusiasm. Coach to camper ratios are some of the most favorable around and the best way to improve your skills is to immerse yourself with coaches and staff who are so passionate about the game.

Not only will you leave feeling exhilarated and enthused, your self-confidence and love of the game will be renewed.

Oh yeah, you'll also have a blast!

The costs indicated are for pre-registered campers only. Limited "walk-up" spots *may* be available for a \$15 additional charge. All sessions are scheduled to be held at the rMac at 4895 Ward Road in Wheat Ridge, CO, the region's preeminent volleyball-only facility. This four court gem features a fully suspended floor along with a full weight room, concession area, and pro-shop.

Our schedule is designed to allow you to try a little or a lot of this exciting sport. Summer is the best time to concentrate on a specific skill, or to try out a new one without the pressure of performing for your high school or club team.

High School coaches please call (303) 421-1500x4. We have a **GUARANTEED** program designed specifically for your teams.

No cash refunds are available. In the event that at least six campers do not sign up for any given session, we may cancel that session. Fees paid will transfer to any other session.

A discount of \$25 is available if you sign up/pre-pay for three or more sessions (Serving sessions cannot be included in the three).

Private and semi-private lessons can be scheduled at your convenience. Rates for the first person are \$60/hour, dropping by \$5/person for each additional participant up to seven. Please call for rates for eight or more.

Watch our web site for further announcements, and upcoming events.

Are YOU up to the challenge??



home of:
JUGGERNAUT VOLLEYBALL,
 Club Valkyrie, & the **RMYL**
(303) 421-1500x4
www.rMac.biz