



## 2011 Lexington United Volleyball Position Camp

Camp	Schedule and Cost
<p data-bbox="446 577 641 651"><b>Position Camp June 24</b></p> <p data-bbox="219 682 844 829">The position camp will work individually on the technical aspects and fundamentals specific to each position, including setter, outside hitter, middle hitter and libero/defensive specialist.</p> <p data-bbox="219 861 820 966">Setter training will include footwork, jump setting, tempos, dumping the ball, running offensive systems, and individual defense.</p> <p data-bbox="219 997 852 1186">Outside hitters and middle attackers will train their arm swings, ball-hand contact, approach dynamics, transition movement, hard-driven attacks, passing /swinging movement and back row attack, off-speed shots and blocking movement.</p> <p data-bbox="219 1218 820 1291">DS/Liberos will focus on ball control, including passing, digging and serving fundamental training.</p> <p data-bbox="219 1323 852 1470">After training with their specific position groups, the positions will combine and train together, based on age and experience level, leading up to competitive team drills and games.</p>	<p data-bbox="885 577 1250 609"><b>Schedule for Position Camp</b></p> <p data-bbox="885 651 1372 766">9:00 am-12 pm Lunch Break (please bring your own lunch) 1:00pm-4:00 pm</p> <p data-bbox="885 808 1031 882"><b>Camp Cost</b> \$65.00</p> <p data-bbox="885 924 1201 955"><b>About Lexington United</b></p> <p data-bbox="885 997 1396 1386">Lexington United is a new youth volleyball club serving all of Central Kentucky. LU is directed by Chris Beerman, a collegiate coach for 20 years, including the past three seasons at the University of Kentucky. LU will focus on elite training, positive motivation and the encouragement for players to set high standards and reach their ultimate potential.</p> <p data-bbox="885 1428 1063 1459"><b>Site for Camp</b></p> <p data-bbox="885 1501 1364 1617">Camp will take place at the Kentucky Basketball Academy (KBA) <a href="http://www.playkba.com">www.playkba.com</a></p>

**Contact Chris Beerman with any questions.**

859-333-4029 or [ctbeerman@hotmail.com](mailto:ctbeerman@hotmail.com)  
<http://www.eteamz.com/lexingtonunitedvolleyball>

# Lexington United Camp Registration

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

School \_\_\_\_\_ Club \_\_\_\_\_

Grade next fall \_\_\_\_\_

Insurance company / Policy Number \_\_\_\_\_

Emergency contact and phone number \_\_\_\_\_

T-Shirt Size (adult) \_\_\_\_\_ (youth) \_\_\_\_\_

\_\_\_\_\_ Position Camp (grades 7-12)      June 24      \$65.00

Position \_\_\_\_\_

**\*Please register by June 17, 2011**

Please send this sheet and check payable to: Chris Beerman  
Lexington United Volleyball  
852 Edgewood Drive  
Lexington, KY 40515

