

ATHLETIC REPUBLIC™

SUMMER ACCELERATION CAMP SERIES

Acceleration Camp for Volleyball / Vertical Jump

This camp is designed specifically for athletes looking to increase their vertical jump. Athletes will participate in a variety of exercises and drills that have proven to add inches to their vertical leap, and ability to recover. Athletic Republic staff will combine dynamic flexibility, plyometrics, Olympic lifting techniques, agility drills, core exercises, and bouts on the Athletic Republic patented "Super" treadmill.

Camp Dates: Monday June 28th – Thursday July 1st

Camp Session: 9:30 am – 12:00 pm

Camp Cost: \$165 (\$25 non-refundable registration fee – balance paid first day of camp)

Space is limited to the first 25 registrations

Camp Features: Ages 8 and UP



- Experienced coaches and trainers
- Patented Athletic Republic Acceleration Training
- Volleyball specific agility and movement skills and drills
- Daily Camp talk
- Athletic Republic Combine Style Testing – Day #4
- Athletic Republic Camp Shirt

Camp Sample Itinerary:

9:30 – 9:45	Coaches Chalk talk
9:45 – 10:00	Dynamic Warm-up / Agilities
10:05 – 10:40	Plyometrics/Treadmill Training
10:45 – 11:20	Explosive Strength Training
11:25 – 11:45	Volleyball Skills and Drills
11:45 – 12:00	Nutrition, Injury Prevention, Flexibility, Stretching

