

Volleyball Camp Selection – How to Get Good at Volleyball

I am a firm believer in getting volleyball training each summer, the best you can do! That may be within a short distance for convenience or to stay within the family budget. Sometimes players can only logistically attend a local camp such as from their high school. If you can add at least one camp elsewhere in the summer, that is only going to give your player additional learning and skill knowledge over other players who aren't putting more time into their game.

My family has traveled to many camps out of the immediate area and even out of state... never looking back. My three daughters' have shared an enjoyment and desire to excel at the game. They attended a variety of camps and **always try to play with people/players "better" than they are...** not just friends and school mates. That has made the most difference for them mentally and physically. It is easy to play for fun... with friends who aren't very good, but **you don't improve your own play by staying in that "safe" zone.** As you raise your level of play, starting to get better than the rest, you find more opportunities come your way and even get asked to play with higher level players (whether in a sand league, a co-ed tournament, etc.), and it just snow-balls. My youngest daughter started playing among adults at a very early age (6th grade) finding the opportunity at the YMCA Volleyball Open Gym time. Adults often play a faster paced game which is very helpful for a younger player to experience.
(see http://www.icymca.org/?page_id=453).

An all-skills camp is hard to beat, while positional camps are more targeted. Mizzou offers camps close by in Columbia that may fit your goals.
<http://www.mutigers.com/sports/w-volley/miss-w-volley-body.html>

Another favorite camp option of mine is the Washington University Bears volleyball in St. Louis listed at:
<http://bearsports.wustl.edu/AthleticsDept/Pages/SummerCamps.aspx> . Some are one-day specialty camps or the longer Grizzly camp week. Proven training for starting out with camps.

In St. Charles, Lindenwood University offers a variety of camps worth consideration. They often include an Elite Camp that helps prepare the college bound player. Links to their camps will be found at www.lindenwoodlions.com .

The link below covers a variety of St. Louis area camps posted on the Gateway Region website and has good reputations. The St. Louis University camps stand out on this list for quality and particularly the Gateway Elite Camp. These camps involve lots of instruction and coaching, so players need to be hungry to learn proper technique and ready to receive lots of input and coaching... probably more than they have ever received before. I say this since many players aren't used to "coaching" at that level and some feel it is "criticism" and won't enjoy a camp as much as they should. If a player really loves the game and wants to get great at it, they will do fabulous at these types of camps!
<http://www.gatewayvb.org/campsclinics.html>

Lastly, my daughters have also enjoyed camps at the well-established Nebraska Huskers program in Lincoln.

[http://nebraskavolleyballcamp.com/index.php?topic=Camp Information&col=3](http://nebraskavolleyballcamp.com/index.php?topic=Camp+Information&col=3)

Also, Sports Performance camps in Lisle, Illinois, are the final camps to attend, and most intense, more for elite level players headed to college play. Setters camps are particularly a strength at Sports Performance.

www.greatlakescenter.com/9292/index.html

These are just a few camp options that I am familiar with, but by far not all. There are lots more available, particularly at universities that your daughter may have future interest in attending or playing volleyball.

Hope this has been some help to you for camp selection!

Let me know what you end up considering or your feedback after attending a camp.

Regards,

Janice Hoerber
CMVBC
info@cmvbc.org