

# 2010 SUMMER VOLLEYBALL CAMP SERIES



## SUCCESS STORIES

*In the last 12 months, Rolling Thunder Volleyball Club has produced:*

- 7 teams earned bids to the Junior Olympics National Volleyball Championships
- 22 USA Volleyball High Performance Participants
- 1 USA Volleyball Continental Team
- 1 USA Volleyball Junior Olympic All Tournament Team
- 4 All State High School Selections
- 38 All Area High School Selections
- 39 All Conference High School Selections
- 2 High School Conference "Players of the Year"
- 74 Tournament Championships/Awards

*Rolling Thunder Volleyball Club... we make the difference to set you apart!*



## ABOUT OUR CAMPS

At Rolling Thunder Volleyball Camps we are committed to provide quality instruction and training to compete in the sport of volleyball. We combine hard work, commitment and fun so that each athlete can get the most out of our camps. It is important to realize that changes will not occur overnight, but the techniques that the athlete will learn and take away will produce improvement overall. All of our camps are day camps. It is not necessary to spend hundreds of dollars more in overnight camps in order to find quality instruction. Once an athlete has completed a Rolling Thunder Camp, not only will they have improved in the physical aspects of the game, but also in the mental aspects as well. Rolling Thunder Volleyball Camps are among the best in the Chicago area.

*"The Camp was very beneficial to me. This is my second year attending your camp and I have seen so much improvement in myself... you come out feeling like you have gotten so much better. The camp really improved my vertical technique so I can get on top of the ball. The coaches were excellent... they took the time to instruct you one on one. After a week I was sore but the hard work definitely paid off! You work hard but have fun doing it!"*  
- K. Hall - Stevenson HS - Outside Hitter



## CAMP STAFF

Peter Miramonti will direct the Rolling Thunder Camps along with Rob Ridenour (Boys 18 Blue Coach), Melissa Seelinger (Girls 18 Blue Coach), Keith Brandstetter (Girls 17 Navy Coach), Spencer Kaszuba (Girls 17 Blue Coach), Lauren Swantz (Girls 16 Navy Coach), Kimmi Dotseth (Girls 14 Blue Coach) and other staff members.



## ALL SKILLS CAMP

The Rolling Thunder All Skills Camp will focus on fundamentals and basic techniques for all skills used in the sport of volleyball specifically setting, hitting, passing, blocking, and serving. Emphasis during the Setting portion will concentrate on proper footwork patterns, hand positioning, set location, and combination offense. The Hitting portion will be on the skills and techniques needed to become a dominating hitter. We will provide technical breakdown of the footwork, approach, arm swing, and shot selection for outside, middle, and right side hitters that is necessary to become a powerful hitter. The Defense / Libero segment of the camp will concentrate on the technical aspects of the underhand pass. This will include arm positioning, upper and lower body positioning, footwork, movement patterns, as well as the mental side of "reading the hitters" in this extremely important position on the volleyball court. Athletes will be divided up into groups based upon skill level in order to provide the best training possible for everyone. Advanced skills will be taught to those athletes with sound fundamentals. Athletes will incorporate the learned skills into drills and game like situations.

*"I attended several RT Camps last summer. I cannot stress enough how much they helped me succeed. The coaches helped me not only with fundamentals but helped me decide volleyball was for me. There was not one part of the camps I did not like."* - M. Kuczak - 8th Grade - Holy Cross - Middle Hitter

*"...in just one week I learned so much. With all the individual attention, I could see myself improving from day one. I learned more from these camps than any other volleyball camps I have been to."* - A. Funk - Lake Forest HS - OH



## SERVING CAMP

The Serving Camp will focus on proper technique needed to be an effective server. Various types of serves will be introduced as well as aggressiveness and strategic placement of serves to increase scoring opportunities.



## ATTACKING CAMP

This camp is for all hitters wanting to become a dominant attacker. The technical as well as tactical aspects of this specialized skill will be developed for outside, middle, and right side hitters. Emphasis will be placed on the timing, approach, and arm swing necessary for one of the most exciting skills in volleyball.

*"The summer attacking camp and skills camp was a great experience. I was able to focus on a single skill and made great progress with my arm swing. I learned to alter my shots and adjust my technique to become a much better hitter. The coaches at my high school were impressed with my progress in all areas when the season started... the coaches were great and gave a lot of individual attention."* - C. King - St. Viator HS - OH/RH

*"I have attended RTVBC camps for 3 years. They have taught me to push myself harder. They are challenging and intense but fun at the same time. They have taught me that nothing is impossible."* - A. Mielbke - Lake Zurich HS - OH

*"The two Camps I did helped me become a better volleyball player. The drills were creative, fun, and helped us learn what we were doing wrong. I learned a lot."* - E. Liedlich - St. Anne's School



## SPEED & AGILITY CAMP

Marcus Robinson (Chicago Bears) will be the master coach for this Camp. Designed to maximize the athletes quickness and explosiveness that is needed on the volleyball court. The Speed and Agility Camp is a must for those athletes that want to compete at the "next level".



## PASSING & DEFENSE CAMP

Get to the tough balls! This camp will concentrate on this very important skill in volleyball and the technical aspects of being a great passer. This will include arm positioning, upper and lower body positioning, and the mental part of this position, "reading the hitters" and believing you can get to EVERY ball.

*"The camp really taught me how to move my feet and adjust to every ball. I noticed improvement in both my consistency in passing and also my aggressiveness to get to every ball. The camp was lots of fun and I learned a lot."*  
- J. Mueller - Hersey HS - DS/Libero



## SETTERS CAMP

The Setters Camp will focus on the development of the three components to being a complete setter: footwork patterns, consistent placement / location, and the tactical skill needed to run the team offense. Setters and attackers will be brought together in order to further develop the setter in front sets, back sets, and jump sets.

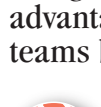
*"The Rolling Thunder Setters Camp was extremely fun. I feel I have learned a lot and will be able to take the skills from the camp and put them to use on the court. The coaches were always positive and helped make you better..."*  
- C. Howard St. Mary School - 8th Grade

*"Camp was a blast! I learned so much in just one week. I learned different types of footwork and learned how to set different types of balls in certain situations... The camp really taught me a lot about setting and hope to keep setting in the future."* - E. Butch - Maine South HS - Setter



## TEAM CAMP

Designed for Middle Schools that want their teams to receive group training and game experience to gain a competitive advantage. Each day will include skill development and scrimmages against other school teams. It is suggested that teams be made up of 10-12 athletes.



## CAMP SCHEDULE

Camp:	Date:	Facility:	Time:	Cost:
Girls All Skills Camp I (Grades 4-6)	June 14-18	Kits SportsCenter	8:30am-11:30am	\$180.00
Girls All Skills Camp II (Grades 6-9)	June 14-18	MAX Training Center	8:30am-11:30am	\$180.00
Girls All Skills Camp III (Grades 6-9)	June 14-18	Kits SportsCenter	4:00pm- 7:00pm	\$180.00
Girls All Skills Camp IV (Grades 4-6)	June 14-18	MAX Training Center	12:00pm- 3:00pm	\$180.00
Girls All Skills Camp V (Grades 6-9)	June 21-25	MAX Training Center	8:30am-11:30am	\$180.00
Girls All Skills Camp VI (Grades 6-9)	June 21-25	MAX Training Center	6:00pm- 9:00pm	\$180.00
Girls All Skills Camp VII (Grades 5-8)	July 26-30	Kits SportsCenter	6:00pm- 9:00pm	\$180.00
Girls Speed & Agility Camp I (All Grades)	July 5-9	MAX Training Center	8:00pm-10:00pm	\$150.00
Girls Serving Camp (All Grades)	July 5-9	MAX Training Center	1:00pm- 3:00pm	\$160.00
Girls Passing & Defense Camp (All Grades)	July 5-9	MAX Training Center	6:00pm- 10:00pm	\$160.00
Girls Attacking Camp (All Grades)	July 5-9	MAX Training Center	6:00pm- 8:00pm	\$160.00
Girls Setters Camp (All Grades)	July 5-9	MAX Training Center	8:00pm-10:00pm	\$160.00
Girls Speed & Agility Camp II (All Grades)	July 12-16	MAX Training Center	8:00pm-10:00pm	\$150.00
Girls Speed & Agility Camp III (All Grades)	July 19-23	MAX Training Center	8:00pm-10:00pm	\$150.00
Girls Passing & Defense Camp (Advanced)	July 19-23	MAX Training Center	3:00pm- 5:00pm	\$175.00
Girls Attacking Camp (Advanced)	July 19-23	MAX Training Center	6:00pm- 9:00pm	\$175.00
Girls Setters Camp (Advanced)	July 19-23	MAX Training Center	8:00pm-10:00pm	\$175.00
Boys All Skills Camp I (Grades 4-6)	June 14-18	Kits SportsCenter	8:30am-11:30am	\$180.00
Boys All Skills Camp II (Grades 6-9)	June 14-18	MAX Training Center	8:30am-11:30am	\$180.00
Boys All Skills Camp III (Grades 6-9)	June 14-18	Kits SportsCenter	4:00pm- 7:00pm	\$180.00
Boys All Skills Camp IV (Grades 4-6)	June 14-18	MAX Training Center	12:00pm- 3:00pm	\$180.00
Boys All Skills Camp V (Grades 6-9)	June 21-25	MAX Training Center	8:30am-11:30am	\$180.00
Boys All Skills Camp VI (Grades 6-9)	June 21-25	MAX Training Center	6:00pm- 9:00pm	\$180.00
Boys All Skills Camp VII (Grades 5-8)	July 26-30	Kits SportsCenter	6:00pm- 9:00pm	\$180.00
Boys Speed & Agility Camp I (All Grades)	July 5-9	MAX Training Center	8:00pm-10:30pm	\$150.00
Boys Serving Camp (All Grades)	July 5-9	MAX Training Center	1:00pm- 3:00pm	\$160.00
Boys Passing & Defense Camp (All Grades)	July 5-9	MAX Training Center	3:00pm- 5:00pm	\$160.00
Boys Setters Camp (All Grades)	July 5-9	MAX Training Center	8:00pm-10:00pm	\$160.00
Boys Speed & Agility Camp II (All Grades)	July 12-16	MAX Training Center	8:00pm-10:00pm	\$150.00
Boys Attacking Camp (All Grades)	July 12-16	MAX Training Center	5:30pm- 8:00pm	\$185.00
Boys Speed & Agility Camp III (All Grades)	July 19-23	MAX Training Center	8:00pm-10:00pm	\$150.00
Boys Passing & Defense Camp (Advanced)	July 19-23	MAX Training Center	3:00pm- 5:00pm	\$175.00
Boys Setters Camp (Advanced)	July 19-23	MAX Training Center	8:00pm-10:00pm	\$175.00
Team Camp I	July 26-30	MAX Training Center	9:00am-12:00pm	\$1250.00
Team Camp II	August 2-6	MAX Training Center	9:00am-12:00pm	\$1250.00



## CAMP SITES

The Rolling Thunder 2010 Summer Volleyball Camp Series will be held at one or more of the 4 sites listed below.

**MAX Training Center**  
355 Hastings Rd., Buffalo Grove, IL 60089

**Kits SportsCenter**  
325 Surrise Rd., Lake Zurich, IL 60047



**Middle School North (MSN)**  
95 Hubbard Ln., Hawthorn Woods, IL 60047

**Middle School South (MSS)**  
435 Cuba Rd., Lake Zurich, IL 60047



**Complete Registration Form and send to: Rolling Thunder • P.O. Box 248 • Lake Zurich, IL 60047**

**Any Questions Call: 847-540-0487 or E-mail us at: rollingthundervbc@earthlink.net**