

December 27-30, 2017 Lake Placid Training Center Lake Placid, NY

The Volleyball Factory Accelerated Development Camp is designed to help player raise their overall game to a new level. Players will have the opportunity to **work with former college players and coaches** who know what college coaches look for in volleyball prospects. Take advantage of this opportunity to learn from the best and get an edge on your competition!

Volleyball Factory Accelerated Development Camp Benefits:

Three days of intense training and gameplay with professional coaches

- Work one-on-one with our pro instructors to improve your serving, attacking, blocking, digging and setting.
- Our coaches will identify areas to improve and together will come up with an action plan to fix your weaknesses and improve your strengths.

Volleyball specific speed and strength training

- Help improve your jumping ability and lateral quickness.
- Leave with speed and strength workouts you can continue at home.
- These workouts will help you become the best player you can be, as well as prevent injury.

Train with Volleyball Factory's experienced staff

- Our staff includes Volleyball Factory's Senior Director of Operations Cassy Marx
 - Played 4 Years at UW-Parkside
 - Assistant coach at Cardinal Stritch University
 - Helped lead Stritch Men's team to Great Lakes Division Regular Season Championship in 2014

Receive updates to your Volleyball Factory Player Page

- Your personal player web page will be updated with a written evaluation based on your performance at the Volleyball Factory Defensive & Setting Development Camp.
- You will be able to email the link to this web page directly to college coaches for promotion and instant exposure.



UNDER ARMOUR VOLLEYBALL FACTORY ADVANCED WINTER TRAINING AT LAKE PLACID

Date:	Wednesday, December 27 – Saturday, December 30, 2017	
Training Location:	Lake Placid Training Center 196 Old Military Road Lake Placid, NY 12946	
Lodging Info:	<u>Volleyball Factory Headquarters</u> Lake Placid Training Center 196 Old Military Road Lake Placid, NY 12946 (518) 523-2600	<u>Volleyball Factory Parent Hotel</u> TBD
Itinerary*:	December 27	Player Arrival (between 8am-11am at Albany International Airport), Check in (3:00 PM), Welcome Meeting, Dinner, On-Court Training.
	December 28-29	Breakfast, Training, Lunch, Training, Dinner, Training, Meetings
	December 30	Breakfast, Training, Lunch, Training/Q & A session, Player Departure (after 4pm)
Coaching Staff Includes*:	<p>Cassy Marx: Cassy is the Director of Operations at Volleyball Factory. Before coming to the Factory, she was the assistant coach at Cardinal Stritch University for the men and women’s volleyball program. While at Stritch, the women’s team made school history making it to their first National Tournament appearance. Cassy played her collegiate volleyball at the University of Wisconsin-Parkside. She was primarily positioned as an outside hitter, but also spent time as a right outside hitter and trained as a setter.</p> <p>Candace McNamee: Candace played her collegiate volleyball at University of California, Berkeley from 1998-2001. She ranks fifth on the school’s all-time list with 3,622 assists and is tied for eighth with 102 career aces. She is also the only student-athlete in program history to record three triple-doubles during her career. After an 11-year career playing professionally on the international level, Candace now coaches at her high school alma mater, Sidwell Friends School in Washington, DC, where she was a high school All-American her senior year.</p>	
Important Event Info:	<ul style="list-style-type: none"> ◆ Players traveling alone will meet Volleyball Factory representatives at baggage claim ◆ Players are transported in charter buses/vans from site to site ◆ Players are fully supervised 24 hours a day ◆ All player lodging and meals will be covered throughout the duration of the event ◆ Players will receive an Under Armour jersey ◆ Players will receive access to Volleyball Factory’s Recruiting, Education & Development (R.E.D.) Manual via online Member’s Section. ◆ Players receive a detailed player info pack upon registration ◆ Parents welcome 	

**General itinerary and coaching staff subject to change. Check with your Player Development Coordinator for the most updated information.*