

Great Lakes Volleyball Center Upcoming Events

2010 High School Boys June Training Program

We will once again offer this June training program to high school boys. The program will include 3 days per week practice held at the Great Lakes Center and each player will be placed on a team (if you have several players from the same school we will place you together if requested) and compete in 2 tournaments. If you are interested please attend the informational meeting on Friday, May 21st at the Great Lakes Center at 8:00 pm. For more details go to www.greatlakescenter.com.

2010 High School Summer League

Want to get your athletes together for some great competition over the summer, join the GLC HS Summer League. The following schools have committed to the league at this time: Schaumburg, Glenbard West, St. Charles North, Minooka, Proviso East, Proviso West, Hinsdale Central, Huntley, Benet, Geneva, Central, Nequa Valley, Kaneland, Sandwich, St. Francis, IC, Oswego, Maine South and Yorkville.

2010 Sports Performance Summer Camps

We offer several individual day and overnight camps in Illinois. The day camps are held at the Great Lakes Center, Aurora, IL and the overnight camps are held at Benedictine University, Lisle, IL. We offer All Skills, Setting (a level for every setter available), Attack and Pass, Attack and Serve, Pass and Defense and **NEW** this year 1st Contact Academy. This camp will focus on 1st contact of passing, digging and serving at the high school level. It is a great camp for all of your hitters and defensive players.

We also offer a "team camp" where we will send our Sports Performance staff to your school for a week of training. If you are interested in this please email Cheryl Butler at cheryl@greatlakescenter.com.

Other Sports Performance Summer Camp locations: Alabama, Barrington, Bourbonnais, Bloomington, Texas, Canada and Michigan

For all camps go to www.greatlakescenter.com and click on 2010 Summer Camp link

2010 Sports Performance Evaluation Camp

If you currently play for Sports Performance or are interested in trying out in the fall for the 2010-11 club season this is a must camp to attend. The dates are June 27th – July 1st for girls and July 17th-18th for boys. These camps allow our staff to work with the players who will be trying out the following season. It will be split between "special group" training and competition. The camp allows our staff to evaluate all players over a longer period of time instead of just 3 hours at a tryout in the fall. It also allows those athletes who have never played club or who currently play for another club to meet our staff, players and be a part of our elite level training.

Group Training Lessons

4 – 8 players per group at a low cost of \$25.00 per athlete/per hour. We will offer group training lessons starting August 1st – November 30th. The dates, staff, times, position training, etc... will be posted by June 1, 2010 so please check www.greatlakescenter.com for more details at that time. Please note no more than 2 players from the same school may be in a group lesson once high school season begins.

COACHES, COACHES, COACHES....

Looking for some great NEW movement training and ball control ideas then you will need to get our newest 2010 DVD, ***“Movement Training and Ball Control”***. This DVD will have over 250 exercises and training drills for the jr. high and high school level athlete to include: Dynamic warm-up and movement to develop athleticism, agility, coordination, quickness, strength, power and conditioning, wall training to teach overhand, underhand and hand contact, one player, one ball movement training series, two and three person ball training with movement emphasis and extensive court and ball movement series!

For a list of all of our DVD's please go to www.volleyshopglc.com

Team Sales / Volleyvan

If you are looking for low prices for all of your volleyball needs please call us. We also offer a “volleyvan” where our staff comes to you to sell kneepads, shoes, socks, shorts, etc... to your players at a discounted price. Call Sue or Lynne at 630-898-2003 or visit our catalog at www.volleyshopglc.com.

Thank you for all that you do for the sport of volleyball,

Rick and Cheryl Butler

Great Lakes Center / Sports Performance Club Directors