

“Girls’ Volleyball - Sports Academy”



Campers go through various volleyball drills while attending our camp. The emphasis is place helping campers get better with their footwork, passing, receiving, and defensive skills. Team concepts are Introduced with various offensive & defensive plays implemented so campers can get ready for the upcoming season. Campers will play games during the camp session! Individual instructions will be given at every grade level. Hard work will be on display at this camp!

- Campers needed to bring -

- Sneakers / Volleyball shoes
- Camp issued Practice Gear (everyday no exceptions)
- Water Bottle
- {2} Towels
- Extra Socks
- Travel Bag
- Lunch & {3} Energy Snacks
- White T-Shirts (under practice gear)
- Great Attitude



- The Volleyball Experience -



Volleyball Practice Drills Improve Basic Skills

In our academy, you'll see a number of drills you can apply to your next volleyball practice.

You'll notice the use of energy checks interspersed throughout the practice session to keep momentum and engagement high.

Follow along as our coaches take these beginner players through jam-packed volleyball practice drills.

Academy Skills - Program



- Academy Curriculum -



The Core Athletics is a year round program.

The Program includes

Seven (7) months of intense skills training

Year round Educational Tutoring

Year round Volleyball Program

Some of best coaches in Powder Springs

Practice Gear & Bags

Practice Sessions – Two (2) days a week

Academy Skills - Program Calendar

September – May / Skills Training



- Program Highlights -



Academy Instruction

Energy Check Drill

When team energy dips, boost it with a quick energy check! Players place a volleyball between their knees, then clap out a rhythm on their thighs and hands, followed by a jubilant shout of **“Volleyball!”**

Academy Skills - Program Calendar

September – March / Skills Training



- Team Concepts -



Academy Instruction

Down Ball Hitting Drill

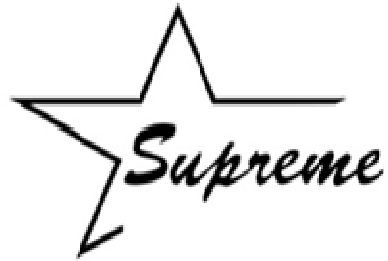
Warm up your players' hitting hands with this simple drill. Athletes position the ball in front of their hitting shoulder, then strike the ball against the floor using the entire area of their hitting hand.

Academy Skills - Program Calendar

September – March / Skills Training



- Offensive Concepts -



Items needed for registration

Parent's ID

Update picture of your child

Any medical restrictions, we need to know about

Practice Gear Sizes - (Shirts & Shorts)

Class schedules for tutoring

Academy Hours & Sessions

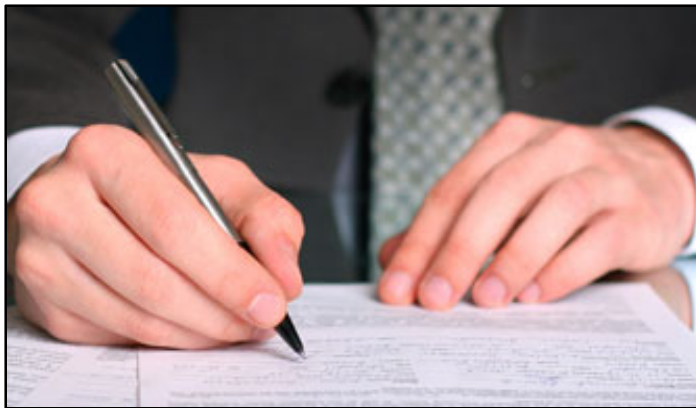
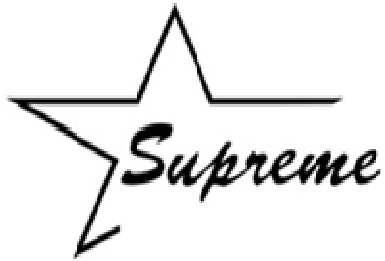
(TBA)

Holiday, School Break, Summer Camps Available

Full Day / 8am - 6pm / TBA



- Registration Information -



Monthly Tuition / TBA

Boys' Volleyball - Program

Academy tuition cover the cost for the entire monthly academy experience, which includes the sports training experience, and daily meals.

Program deposit of (TBA) is required at time of registration. The deposit cover the 1st month tuition, t-shirts & shorts, travel bag, and administration fees.

TBA - monthly tuition discount for multiple family members are available at the time of registration.

Payment methods accepted;

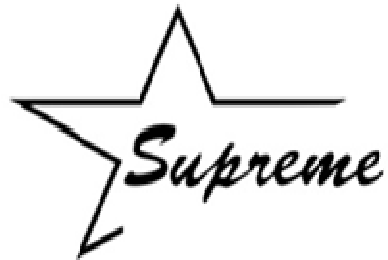
School's Payment Portal

No Cash App payments will be accepted.

Holiday & School Break Camp Available - TBA



- Students' Registration Information -



For more information Contact Us

@

Academy Hotline / 470 – 494 – 0292

Website: www.coreathletics.org

Academy - Executive Directors

Jerome Smith

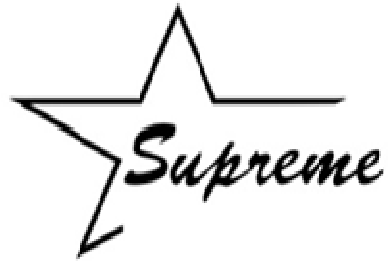
470 - 710 - 4373

Rashid Caraway

919 - 376 - 7167



- Contact Information -



***Come be apart of the Best Sport
Academy Program in the nation!***

A place where kids can be kids!



- Welcome Information -