

# SUMMER CAMP

July 9th - 13th / 9:30am - 2:00pm



## Featuring Cape Fear Coach: Tom Pangborn

- Previous Club Owner for 14 years
- USAV High Performance Regional Director
- Ability to coach all levels of indoor and outdoor

Camps will be split into two groups:

### Beginner/Intermediate

- One on One sessions w/ Tom
- Video analysis with flash drive
- Learn basic offenses that both high school and college coaches use.
- Proper fundamentals of volleyball that future skills will grow from.
- No more than 10 girls per coach!!!
- Live matches every day.

### Intermediate/Advanced

- One on One sessions w/ Tom
- Video analysis with flash drive
- Learn advanced plays that many college coaches use.
- Run advanced drills to improve skills and agility
- No more than 10 girls per coach
- Live matches every day

**Great tune up for School Season**

Cost is only \$275. for entire week.

\$125. to hold a spot, and remainder the 1st day of camp.

Registration forms online at [www.Capefearvb.com](http://www.Capefearvb.com)

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