



NORTHEAST VOLLEYBALL CLUB

SUMMER 2021 PROGRAMS

NEW IN 2021:

- 10 weeks of volleyball programming
- June Youth Leagues (Mini, MS, & HS)
- Expanded **COLLEGIATE & VARSITY** Series
- Updated **CLASS STACKS**
- 2 v. 2 Training & Tournaments



[**REGISTER HERE**](#)

589 DANBURY ROAD, WILTON CT 06897



NORTHEAST VOLLEYBALL CLUB

TABLE OF CONTENTS

Letter from the Directors 2

Summer Youth Leagues 3

 Youth League (Mini, MS, HS) 4

 Boys Summer League 5-6

Summer Classes & Camps 7

 Mini Volley Camp 8

 Middle School Camps 9

 High School All Skills 10

 Varsity Preseason 11

 Collegiate Preseason 12

 Elite Positional Training 13-14

 Rep Sessions 15

 Double Camp 2 vs. 2 16

Class Stacks & Weekly Overview 17

 Class Stacks 18

 Refund Policy 19

 Weekly Overviews 20-22



NORTHEAST VOLLEYBALL CLUB

LETTER FROM THE DIRECTORS

To our Northeast Volleyball athletes and community:

It's been a challenging year for our community, and we hope that you all are healthy and safe during this time. We are looking forward to a safe and fun summer - thanks to your support and continued vigilance.

While we prepared for Summer 2021, we looked back to our *three key values* to guide our decisions:

SAFETY: Athlete and staff safety is our #1 priority. Our protocols have kept our athletes playing the sport they LOVE in a safe environment. We will post the latest policies on our website (northeastvbc.com/covid19protocols) and email them out ahead of each class. We ask that you *carefully read and respect these protocols*, so that our coaching staff can focus on coaching!

SIMPLICITY: Our safety protocols are based on State, CDC, and USA Volleyball regulations. Our goal is to give clear and concise guidelines to our athletes and families. Please check our website for the latest guidance.

TRANSPARENCY: We will always be transparent about the possibility of changing protocols, mandated quarantines, and class cancellations due to COVID-19. We will communicate these updates and changes openly and promptly, and we ask for your flexibility in return.

Looking forward to a great summer! Please reach out to us with any questions.

Shawn Hoyt
Youth Director

Please reach out to Shawn (shawn@northeastvbc.com) with any questions regarding summer class registrations or placements.



NORTHEAST VOLLEYBALL CLUB

SUMMER YOUTH LEAGUES

Check out the following pages for details on our Summer Youth Leagues for Grades 1-12. Beginner athletes should register for our classes (not leagues).



COED GRADES 1-8
GIRLS GRADES 9-12

YOUTH LEAGUE

Our new Youth League in June 2021 is the perfect continuation of Spring Classes or Fall/Winter teams. Athletes will be placed on teams and will get 2 weekly sessions led by an NEVBC coach focused on competition (minimal instruction). After the 4-week season, a Tournament will crown the inaugural NEVBC Youth League champions at each age division!

June 8th - July 1st, 2021

Tuesdays & Thursdays

- **Mini Volley (Grades 1-5):** 6:15P M - 7:45 PM
- **Middle School (Grades 6-8):** 4:00 PM - 5:30 PM
- **High School (Grades 9-12):** 6:15 PM - 8:15 PM

Tournament of Champions: Thursday, July 1, 2021 (time TBD)

COST Mini & Middle School - \$125 per athlete
High School - \$175 per athlete

First time and beginner volleyball athletes should sign up for our NEVBC All Skills classes instead of this league.



BOYS HIGH SCHOOL

BOYS SUMMER LEAGUE

Our Boys Summer League is BACK! Get your team together from club or high school to play weekly at NEVBC. Each week will consist of a training session, followed by a match, and the season will end with a Tournament of Champions to determine the Boys Summer League champions. We only have spots for SIX TEAMS, so get your team and reserve your spot! We will accept team and individual sign-ups.

July 23 - August 27, 2021

Friday Evenings**, 6:00 PM - 9:00 PM (**9:00 AM - 12:00PM on August 6)

Tournament of Champions: Friday, August 27, 2021 (time TBD)

COST \$200 per athlete

***Questions? Reach out to our NEVBC Boys Director,
Jon Mercado (jon@northeastvbc.com)***

589 DANBURY ROAD, WILTON CT 06897



BOYS HIGH SCHOOL

BOYS SUMMER LEAGUE (CONTINUED)

- The Summer League is open to all boys high school athletes, regardless of previous club affiliation
- Our goal is that Summer League teams will be comprised of athletes from the same school teams, but athletes can sign up as individuals (and we will work to combine teams as needed)
- Minimum 7 and maximum 10 athletes on each team
- Athletes and parents will be responsible for organizing teams (There are only 6 team spots in the league, so rally your team and sign up now!)

Note re COVID-19: Northeast Volleyball Club will follow all COVID-19 protocols based on CT and USAV guidelines. Athletes are required to follow all safety protocols posted or directed by staff members, and if not, they will be removed from the league.

***Questions? Reach out to our NEVBC Boys Director,
Jon Mercado (jon@northeastvbc.com)***



NORTHEAST VOLLEYBALL CLUB

SUMMER 2021 CLASSES & CAMPS

Here you will find details and class descriptions for our Summer Classes. Please read the descriptions CLOSELY and make sure you sign up for an appropriate level!



NORTHEAST

COED GRADES 1-5

MINI VOLLEY CAMP

Mini Volley Camp is the perfect introduction to volleyball or continuation of our Mini Volley classes or Fall Club teams. This camp will focus on learning the fundamental skills and HOW the game is played, working up to 3 v. 3 competitions.

Mini Volley 3 v. 3 games are played on our smaller "Blue Court" (16' x 32') and on a lower net so that our youngest athletes can find success, have FUN, and compete in our complex sport!

***Cost, dates, & times varies by week.
Please see our registration website for details.***



NORTHEAST

COED GRADES 6-8

MIDDLE SCHOOL

Middle School Summer classes are a great perfect introduction to volleyball or continuation of our Middle School classes or Regional/Club team. These classes focus on teaching fundamental skills and HOW the game is played to prepare young athletes for their middle school teams, club programs, and eventually their high school programs.

Middle School All Skills camps are appropriate for all levels. For our Middle School INTERMEDIATE / ADVANCED camp, you MUST have played one season of club volleyball to register.

***Cost, dates, & times varies by week.
Please see our registration website for details.***



NORTHEAST

GIRLS GRADES 9-12

HIGH SCHOOL ALL SKILLS

High School All Skills camps are returning for a third year! Our most popular class, these classes are run by our NEVBC coaches and provide 3-4 days of fun, high intensity volleyball training sessions. We will focus on the keys skills needed for success in your high school tryouts - including ball control, consistent serving dynamic attacking, and increasing your "volleyball IQ."

This class is for high school athletes of ALL levels of play and is a great way to get ready for high school season and get exposed to our coaches before club tryouts in the winter!

Cost, dates, & times varies by week.

Please see our registration website for details.



GIRLS GRADES 10-12

VARSITY PRESEASON

Our Varsity Preseason Training is a new class designed to build the complete athlete, combining high level volleyball training and gameplay with strength and conditioning. These classes will include on-court workout sessions and volleyball training to get you ready for your upcoming season. Sessions will be FAST PACED, INTENSE, and FUN.

Athletes MUST have Varsity volleyball experience or equivalent to register for this class. Freshman/JV athletes should register for our High School All Skills camps.

***Cost, dates, & times varies by week.
Please see our registration website for details.***



GIRLS GRADES 11+

COLLEGIATE PRESEASON

Our Collegiate Preseason classes are not for the faint of heart. This class will give you a glimpse of the expectation and training regimen at the NCAA level, including challenging team drills, positional work, and intense 6 v. 6 competition. This is for Open and collegiate athletes looking to sharpen their skills and compete heading into their fall seasons.

Athletes MUST have Collegiate, Open level club volleyball experience or equivalent to register. Varsity/Club level athletes should register for Varsity Preseason, and Freshman/JV athletes should register for High School All Skills.

***Cost, dates, & times varies by week.
Please see our registration website for details.***



GIRLS GRADES 10+

ELITE POSITION TRAINING

Our Elite Positional Training sessions for Setters, Liberos, Pin Attackers, and Middle Blockers are the perfect opportunity to refine your technique at your position and hone in on the strategies needed to succeed at the highest level. See the following page for details on curriculum for each position! These will be FAST PACED and INTENSE sessions - expect to work hard, get a lot of reps, and get a lot better!

Athletes MUST have Club/Open level club volleyball experience or equivalent to register.

***Cost, dates, & times varies by week.
Please see our registration website for details.***



GIRLS GRADES 10+

ELITE POSITION TRAINING CURRICULUM

SETTERS - This camp will reinforce hand placement, contact, and footwork for setters. Players will work on high level techniques, including jump setting, running fast tempo offense, setter attacking, defense, and blocking. Expect a TON of reps, constant movement, and challenging drills.

LIBEROS** - Again, not for the faint of heart. This camp will train liberos to serve, pass, and defend at the highest level. This is a high-energy, fast-paced camp based on maximum repetitions, and the expectation for all athletes is both intense and RELENTLESS pursuit as well as mindful attention to detail.

PIN ATTACKERS - Athletes will work on the fundamental arts of hitting and serve receive, with an emphasis on becoming a great passer. The goal of this camp is to become an elusive "6-Rotation Player" who can lead their team in the front AND back row. Expect to work on attacking, serving, & defense as well!

MIDDLE BLOCKERS - Athletes will learn the skills and mindset needed to be an elite middle blocker and attacker at the next level. Expect to work on attack tempos / toolbox, advanced blocking techniques, high speed transition attacking, and physical net play. Athletes must be very proficient with approach footwork, quick attacks (1, slide, gap/3) and blocking footwork to take this class.

*****Please note that while this is listed as a Libero Camp, athletes playing other positions at a very high level (outsides, middles, setters) can attend this camp in order to work on passing, defense, and serving.***

***Cost, dates, & times varies by week.
Please see our registration website for details.***



GIRLS GRADES 8-12

REP SESSIONS

INTERMEDIATE REP SESSIONS

Our Intermediate Rep Sessions class series will focus on maximizing repetition and retention in a controlled environment. Sessions will focus on a singular facet of the game (Attacking, Setting, Passing, or Defense) and will emphasize number of reps, with less technical instruction. These are FAST PACED classes for Intermediate/Club level athletes Grades 8+.

ADVANCED REP SESSIONS

Our Advanced Rep Sessions class series will focus on maximizing repetition and retention in a controlled environment. Sessions will focus on a singular facet of the game (Attacking, Setting, Passing, or Defense) and will emphasize number of reps, with less technical instruction. These are FAST PACED and INTENSE classes for Advanced/Open level athletes Grades 10+.

Beginner athletes and athletes newer to the game should sign up for our High School All Skills classes.

***Cost, dates, & times varies by week.
Please see our registration website for details.***



COED GRADES 8-12

DOUBLES CAMP 2 VS. 2

When we think of summer volleyball, we think of DOUBLES! Our Doubles Camps and tournaments will be held indoors at NEVBC and will train the all-around skills, ball control, and strategies needed to be successful in a 2 vs. 2 full court match-up. Sessions will be led by experienced NEVBC coaches and will focus on repetition-based and variable drills, as well as learning through competition.

These FAST PACED and COMPETITIVE sessions are for intermediate and advanced athletes Grades 8-12, and courts will be split up by age and level. Athletes will sign up AS A PAIR (Girls OR Coed** pairs allowed) and compete with their partner. Athletes must have 2 vs. 2 outdoor experience OR club volleyball team experience to register.

*****Coed teams will play Reverse Coed rules (front row attacking for women, back row attacking for men).***

***Cost, dates, & times varies by week.
Please see our registration website for details.***





NORTHEAST VOLLEYBALL CLUB

CLASS STACKS & WEEKLY OVERVIEW

Read on for details on our Class Stacks (savings on multiple class registrations) and our Weekly Overview to help you plan your summer!



NORTHEAST VOLLEYBALL CLUB

CLASS STACKS

NEVBC Summer Class Stacks are grouped together by level, and curriculum throughout the summer is designed to provide continuity and exponential growth. Sign up by June 15th to receive a \$150 OFF your Class Stack.

STACK

SAVINGS

Middle School Prep Stack

- any 3 Middle School camps (1 Day Intensive classes NOT included)

\$150 off

High School Prep Stack

- any 3 High School All-Skills camps (1 Day Intensive classes NOT included)

\$150 off

Varsity Prep Stack

- any 3 Varsity Preseason camps

\$150 off

Collegiate Training STACK

- any 3 Collegiate Preseason OR Elite Positional Camps

\$150 off

*With small class sizes this summer, we recommend signing up for all three classes **FIRST** and then reaching out to Shawn Hoyt (shawn@northeastvbc.com) to redeem your \$150 savings.*



NORTHEAST VOLLEYBALL CLUB

REFUND POLICY

Given the high demand of our summer classes, we've tightened up our refund policy to limit the number of no-shows and open spots. Please see below for our updated policy:

- No refunds will be given within 5 days of the camp start date. For example, athletes must notify us of a cancellation by the Wednesday before a Monday class start date in order to receive a refund for that class.
- Exceptions to our refund policy will include illness, mandated quarantines, and emergencies.
- In order to limit the number of absences due to weekend travel, we have changed most of our classes to 3 or 4 day sessions (Mon-Thurs or Mon-Wed), with Fridays being reserved for 1 Day Intensive programs and Rep Sessions. We will no longer be prorating for planned missed sessions.

Thank you for training with us this summer!



NORTHEAST VOLLEYBALL CLUB

WEEKLY OVERVIEW

WEEKS 1-4

WEEK 1 (JUNE 21)

Youth League* - Mini, Middle School, & High School

***runs June 8 - July 1 on Tuesdays/Thursdays**

WEEK 2 (JUNE 28)

High School All Skills

Middle School All Skills

Youth League* - Mini, Middle School, & High School

***runs June 8 - July 1 on Tuesdays/Thursdays**

WEEK 3 (JULY 5)

Middle School All Skills

High School All Skills

Varsity Preseason

Serving Clinic (weekly on Fridays)

Collegiate Open Gym (weekly on Fridays)

WEEK 4 (JULY 12)*

Middle School All Skills

High School All Skills

Varsity Preseason

Elite Positionals - Pin Hitters, Middle Blockers, Liberos, & Setters

Collegiate Preseason

Varsity Preseason

Serving Clinic (weekly on Fridays)

Collegiate Open Gym (weekly on Fridays)

High School All Skills - 1 DAY INTENSIVE (Saturday & Sunday)

***All camps the week of July 12 run Mon-Wed, EXCEPT High School All Skills (Mon-Thurs & Saturday/Sunday 1 Day Intensives)**



NORTHEAST VOLLEYBALL CLUB

WEEKLY OVERVIEW

WEEKS 5-7

WEEK 5 (JULY 19)

Boys Collegiate Preseason
Middle School All Skills
High School All Skills
Varsity Preseason
Elite Positionals - Pin Hitters, Middle Blockers, Liberos, & Setters
Serving Clinic (weekly on Fridays)
Collegiate Open Gym (weekly on Fridays)
Boys High School Summer League (weekly on Fridays)

WEEK 6 (JULY 26)

Mini Volley Camp (3 v. 3)
Doubles Camp (2 v. 2)
Varsity Preseason
Collegiate Preseason
Serving Clinic (weekly on Fridays)
Collegiate Open Gym (weekly on Fridays)
Boys High School Summer League (weekly on Fridays)
Middle School All Skills - 1 DAY INTENSIVE (Saturday & Sunday)

WEEK 7 (AUG 2)

Middle School All Skills
High School All Skills
Varsity Preseason
Elite Positionals - Pin Hitters, Middle Blockers, Liberos, & Setters
2 v. 2 Tournaments (Prep for THE DIG!)
Girls Collegiate Preseason
Serving Clinic (weekly on Fridays)
Boys High School Summer League (weekly on Fridays)



NORTHEAST VOLLEYBALL CLUB

WEEKLY OVERVIEW

WEEKS 8-10

WEEK 8 (AUGUST 10)*

Girls Collegiate Preseason (3 day camp)

High School All Skills

Boys High School Summer League (weekly on Fridays)

***All camps this week start on TUESDAY, Aug 10**

WEEK 9 (AUGUST 16)

Middle School All Skills

Varsity Preseason

High School All Skills

Elite Positionals - Pin Hitters, Middle Blockers, Liberos, & Setters

High School All Skills - 1 DAY INTENSIVE (Friday)

Serving Clinic (weekly on Fridays)

Collegiate Open Gym (weekly on Fridays)

Boys High School Summer League (weekly on Fridays)

WEEK 10 (AUGUST 23)

Mini Volley Camp (3 v. 3)

Middle School - INTRO TO VOLLEY

Middle School - INTERMEDIATE/ADVANCED

High School All Skills (afternoon & evening waves - 3 day camp)

Girls Collegiate Preseason (3 day camp)

Boys High School Summer League (weekly on Fridays)

***All camps the week of Aug 23 run Mon-Wed, EXCEPT Mini Volley and Middle School camps**