

## MN Select Summer Volleyball Training – Frequently Asked Questions

### **What are your goals through your summer camp training?**

Our goal for summer camp training is to help each camper enjoy volleyball and help her reach her skill-acquisition and skill-refining goals. We also believe it is valuable to hold campers accountable for other important attributes that lend toward volleyball success – most importantly maintaining a positive attitude or approach toward improvement and working hard to be successful.

As you can see, we offer MANY camps throughout the summer. In doing so, we are able to keep camp sizes relatively small, provide each participant more repetitions, and tailor our instruction to the individual participants of the camp. After all, summer camps should be dedicated to helping individual players with the skills they most need to practice. We set up our camps to accomplish this goal!

### **How do I know which camp(s) are right for me?**

You can email us about your specific situation at [info@mselect.com](mailto:info@mselect.com). We would be happy to help find the right camp for you!

Are you new to volleyball or have less than a year of experience? If in grades 3-6, try a Youth Camp; if in grades 7 & up, try an All Skills Camp.

Our Attacker/Blocker & Setter Camps and Ball Control & Serving Camps focus on just the front row and just the back row elements to the game respectively. They are great for players who want more detailed work in one of these areas.

Have you committed to volleyball significantly and looking for a challenging camp this summer? Check out our Advanced Camp led by George Padjen and Scott Jackson (grades 9-12), our Middle School Advanced Camp (grades 6-9), or one or more of our High Level Friday Morning Camps (grades 10-12). We also will have fast paced High School Prep Camps in the final two weeks of summer before high school volleyball starts. All of these camps will feature detailed instruction, a fast pace, and outstanding coaching and will help you prepare for your high level goals in volleyball!

### **Can I play 'up' in a camp with older participants?**

If you are entering grade 6 or less and have played for more than a year, yes you can play up into an Attacker/Blocker & Setter Camp or Ball Control & Serving Camp. The High School Season Prep Camps are for players who will play high school volleyball this fall. If you are a middle school-aged player planning to play high school volleyball this fall, you can participate in our High School Season Prep Camps as well. If you would like to 'play up' into the Advanced Camp, Middle School Advanced Camp, or into High Level Friday Morning Camp, please request entry via email to [info@mselect.com](mailto:info@mselect.com).

### **We can't be at a camp every day, can we participate in a camp for the days we are able to attend?**

Yes – you can participate in selected sessions of each of our camps. We do encourage individuals to participate in camps in their entirety whenever possible (and have priced our camps accordingly). However, doing some is better than none, right? Also, while you can participate in selected sessions, online registration is only available for full camps. We suggest emailing us at [info@mselect.com](mailto:info@mselect.com) 1-2 weeks before the camp (or even just days before) to alert us you intend to participate in specific sessions of a camp so that we are as prepared as possible. We accept cash, check, or credit card payments when doing these walk-up registrations.

## MN Select Summer Volleyball Training – Frequently Asked Questions (cont.)

**Are any of the camps pre-requisites toward future camps?**

No. Each week's camp is meant to stand alone.

**Can we sign up for multiple sessions of the same camp?**

Absolutely. This is actually a very good idea. Campers get **TWICE** the repetitions when they participate in two sessions of camp of course. They will also likely see different coaches and drill ideas week to week. Much of successful volleyball training is not learning new concepts but reviewing and mastering skill training concepts. Greater mastery comes with great repetitions. It is that simple.

**We are hopeful to train for a greater portion of the day than the two hours many of your camps occur. What can we do to get more out of our commute to Ralia?**

Combine a morning and afternoon camp! Bring your lunch (or have lunch nearby with a parent) and spend the day working on your game! You can also schedule a lesson immediately before or after your camp. To schedule a lesson email [privatelessons@mnselect.com](mailto:privatelessons@mnselect.com).

**Private Lessons**

We do offer private lessons throughout the summer as well. To schedule private lessons, email [privatelessons@mnselect.com](mailto:privatelessons@mnselect.com). Please provide us with the age of the player(s), her basic volleyball background, the skills she or they wish to work on, and the dates and times that work best. One of our coaches get back to you to schedule the lesson(s). Lessons generally last 55 minutes and cost \$60/hour. This cost includes coaching and court/equipment rental (you pay the coach, he or she pays us for the court/equipment rental). If you wish to rent the court for a lesson with a non-MN Select coach. That is possible as well. Cost is \$35/court-hour. Contact us at [info@mnselect.com](mailto:info@mnselect.com) to do so.