

July 15-17, 2016 Lake Placid Training Center Lake Placid, NY

The Volleyball Factory Setting and Defensive Development Training is designed to help player raise their overall game to a new level. Players will have the opportunity to **work with former college players and coaches** who know what college coaches look for in volleyball prospects. Take advantage of this opportunity to learn from the best and get an edge on your competition!

Volleyball Factory Setting and Defensive Development Training Benefits:

Three days of intense training and gameplay with professional coaches

- Work one-on-one with our pro instructors to improve your digging and setting in game like situations.
- Our coaches will identify areas to improve and together will come up with an action plan to fix your weaknesses and improve your strengths.

Volleyball specific speed and strength training

- Help improve your jumping ability and lateral quickness.
- Leave with speed and strength workouts you can continue at home.
- These workouts will help you become the best player you can be, as well as prevent injury.

Receive updates to your Volleyball Factory Player Page

- Your personal player web page will be updated with a written evaluation based on your performance at the Volleyball Factory Defensive & Setting Development Training.
- You will be able to email the link to this web page directly to college coaches for promotion and instant exposure.



Date:	Friday, July 15 – Sunday, July 17, 2016	
Training Location:	Lake Placid Training Center 196 Old Military Road Lake Placid, NY 12946	
Lodging Info:	<u>Volleyball Factory Headquarters</u> Lake Placid Training Center 196 Old Military Road Lake Placid, NY 12946 (518) 523-2600	<u>Volleyball Factory Parent Hotel</u> Courtyard by Marriot Lake Placid 5920 Cascade Road Lake Placid, NY 12946 Reservations: 518-523-2900
	<i>Parents: When Booking at the Courtyard Lake Placid, be sure to mention Volleyball Factory to receive a special rate of \$199 / night (plus tax). You must stay at least 3 nights to receive this rate.</i>	
Itinerary*:	July 15 Player Arrival (between 8am-11am at Albany International Airport), Check in (between 4pm-5pm), Welcome Meeting, Dinner, On-Court Training.	
	July 16 Breakfast, Training, Lunch, Training, Dinner, Training, Meetings	
	July 17 Breakfast, Training, Lunch, Training/Q & A session, Player Departure (between 4pm-7pm)	
Coaching Staff Includes*:	<p>Cassy Marx: Cassy is the Director of Operations at Volleyball Factory. Before coming to the Factory, she was the assistant coach at Cardinal Stritch University for the men and women’s volleyball program. While at Stritch, the women’s team made school history making it to their first National Tournament appearance. Cassy played her collegiate volleyball at the University of Wisconsin-Parkside. She was primarily positioned as an outside hitter, but also spent time as a right outside hitter and trained as a setter.</p> <p>Candace McNamee: Candace played her collegiate volleyball at University of California, Berkeley from 1998-2001. She ranks fifth on the school’s all-time list with 3,622 assists and is tied for eighth with 102 career aces. She is also the only student-athlete in program history to record three triple-doubles during her career. After an 11-year career playing professionally on the international level, Candace now coaches at her high school alma mater, Sidwell Friends School in Washington, DC, where she was a high school All-American her senior year.</p>	
Important Event Info:	<ul style="list-style-type: none"> ◆ Players traveling alone will meet Volleyball Factory representatives at baggage claim ◆ Players are transported in charter buses/vans from site to site ◆ Players are fully supervised 24 hours a day ◆ All player lodging and meals will be covered throughout the duration of the event ◆ Players will receive an Under Armour jersey ◆ Players will receive access to Volleyball Factory’s Recruiting, Education & Development (R.E.D.) Manual via online Member’s Section. ◆ Players receive a detailed player info pack upon registration ◆ Parents welcome 	

**General itinerary and coaching staff subject to change. Check with your Player Development Coordinator for the most updated information.*