

### GoldMedalSquared Volleyball Camp

#### Camp Details

<b>School:</b>	Southridge High School
<b>Dates:</b>	August 6-10, 2012
<b>Location:</b>	Southridge HS
<b>Price:</b>	\$215
<b>Contact:</b>	Brooke Mayo

There will be three separate sessions each day. Gold Medal Squared will provide a coach for every 12-15 athletes on each court. Athletes will be taught the essential skills of the game which include passing, serving, spiking, and defense.

#### Daily Schedule

	Time
<b>Session 1:</b>	8:30am - 11:30am
<b>Session 2:</b>	1:00pm - 4:00pm
<b>Session 3:</b>	4:30pm - 5:30pm

#### Please Note!

There are only 36 spots available for camp so register as soon as possible. Coach Mayo and Coach Lumpkin have attended the Gold Medal Squared coaching clinics in the past. The GMS system is what we run at Southridge and Club Ridge. This is a great opportunity to be coached by GMS clinicians.

#### GMS Pedigree

Programs running GMS systems have won at every level of the game: Olympic Gold Medals, NCAA Championships, European Professional League titles, JO Championships and more. But our greatest successes have come at the Junior high and high-school level - during our 20+ years of running camps, over 150 schools have won State High School Championships. Hundreds more have won regional/sectional championships, and virtually every school that holds a camp has an improved season over the previous one. We are the leaders in training volleyball players/teams and we have the results to prove it.

- Two Olympic Gold Medals
- Eight NCAA D1 Championships
- Three Junior Olympic Club Championships
- Eight NAIA National Championships
- Over 175 High School State Championships
- 19 State Championships in 2007!

#### Staff

We also understand that the quality of the camp staff determines the quality of the camp. We provide our staff with rigorous training, quality reviews, and the best teaching tools available. Most of our lead coaches are current college coaches who run the Gold Medal Squared system in their gyms. Many of our other coaches are coaches and athletes that will work wonderfully with your younger players. Our staff loves to coach - many have been with us for over five years - and it shows in our clients' achievements.

#### The GMS Method

The teaching methods we use during a GMS camp represent over 100 years of coaching experience and the scientific study of teaching volleyball at all levels. These methods, used in some of the most elite gyms throughout the country, have been successfully applied to our camp curriculum. Additionally, what sets us apart from our competition is that we provide a consistent product from court to court and camp to camp. All of our staff members teach the same mechanics, use the same methods, and run the same drills. We have refined our system over more than 20 years of doing camps, bringing with us an unmatched level of experience.