

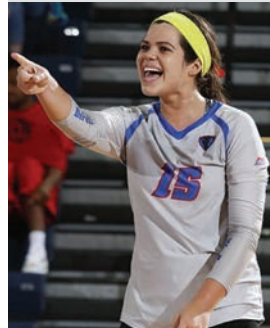
## Meet the Coaches

**Amy Johnson** grew up in Cary. In high school she played volleyball, basketball, softball and track and field. After falling in love with volleyball she decided on the University of Kentucky on a full scholarship where she was a four year starter as a middle blocker and an All-Conference selection her senior year in the SEC.



Her coaching career started right away after her playing days when she coached at Henry Clay High School as well as coached a club team in Lexington before moving back home in 2006. Since, she has coached at Sky High, Cary-Grove, Crystal Lake Central High School, and now has committed her volleyball coaching to Balance Volleyball Club.

**Colleen Smith** will be running the setting training camps. She has recently graduated from DePaul University as a 4-year starting setter. She was a state champion while she played at Cary-Grove High School and was a High School All-American.



**BALANCE**  
www.balancevolleyball.com





## Camps

*Balance Volleyball camps are designed to help volleyball players of all ages improve their skills for all aspects of the game. All camps will focus on technique and fundamentals that are age appropriate.*

**Advanced camp:** *Athletes that have volleyball experience and looking to learn their speciality at an elite level.*

**Beginner camp:** *Athletes that would like to learn a skill with the high level of technique, so they begin their volleyball career with the correct skills.*

- **June 26-29 (Mon-Thurs)**  
Age 6-10 / Cost: \$75 / 4-5:30 p.m.  
Age 11-14 / Cost: \$90 / 5:30-7:30 p.m.  
Advanced Setter training / Cost: \$120 / 2-4 p.m.
- **July 10-13 (Mon-Thurs)**  
Age 6-10 / Cost: \$75 / 9-10:30 a.m.  
Age 11-14 / Cost: \$90 / 10:30 a.m.-12:30 p.m.  
Beginner Setter training / Cost: \$120 / 12:30-2:30 p.m.

Contact summer Director Amy Johnson at [amybalancevbc@gmail.com](mailto:amybalancevbc@gmail.com) with any questions.

To register visit [www.balancevolleyball.com](http://www.balancevolleyball.com)

## Balance Buddies Volleyball Training Sessions

(Age 13 and under)

Cost: \$110

*Training for beginner volleyball players. Focus will be on technique and fundamentals of basic volleyball skills. Skills covered will be passing, setting, serving and attacking with age appropriate differentiation and drills.*

- 8 week session / 6-8 p.m.  
June 4, 11, 18, 25 and July 2, 9, 16, 23 (Sunday)

## Specialty Training Clinics

Cost: \$30

*Specialty Clinics will break down skills and offer high repetition of the skills that are more position specific.*

- **June 30 (Friday)**  
Advanced Hitting / 4:30-6 p.m.  
Advanced Defense / 6:30-8 p.m.
- **July 14 (Friday)**  
Beginner Hitting / 11-12:30 p.m.  
Beginner Defense / 1-2:30 p.m.

## Location

All sessions/camps/clinics will be held at Trinity Oaks Christian Academy  
233 Trinity Oaks Way  
Cary, IL 60013

*This is a non-school affiliated organization.*

