

How to Register for an American Athlete Volleyball 2017 Summer Program

How to Register:

1. Go to our website - www.americanathlete.com
2. Under the "Register Now" tab find the camp and dates you are registering for and then click on that item.
3. Fill out ALL INFORMATION completely and submit payment. **Please included athletes cell as well as parents as text messaging is used during camps as a form of communication.
4. Fill out the American Athlete Medical waiver found at the same spot.
5. You should receive confirmation within 48 hrs. If you do not receive a confirmation, please email agreene@americanathlete.com to confirm that your registration has been received.

Important: Payment must be made in full and an American Athlete Medical Waiver filled out a week prior to the start of camp for an athlete to participate (unless special arrangements are made through the office).

If you have any questions please feel free to contact Alex Greene:
agreene@americanathlete.com

Information for camp:

1. The day of camp you should be dressed appropriately with athletic shoes, knee pads, shirt, and shorts.
2. Please bring your own water bottle.
3. Athletes will be checked in and checked out each day.
4. If you have any special needs, please notify us prior to the first day of camp.
5. If there are any changes or additional information pertaining to any of our camps, you will be notified prior to the start of camp.

American Athlete Volleyball
435 Whitcomb Street
Kalamazoo, MI 49001
Phone: 269/342-0029
Email: agreene@americanathlete.com
Web: www.americanathlete.com

Academic Year Office Hours:
Monday - Thursday
10:00 a.m. - 2:00 p.m.

Summer: By Appointment

Camps: (Keep this for your reference)

Camp	Dates	Times	Location	Cost
Middles/Liberos	July 10- 13	9:00-11:30am	2nd Reformed Church	\$150
Left / Right Side Hitters	July 17- 20	9:00-11:30am	2nd Reformed Church	\$150
Setters/Liberos	July 24-27	9:00-11:30am	2nd Reformed Church	\$150
Grade 9 Only!	July 31- Aug 3	9:00-11:30am	2nd Reformed Church	\$150
Summer Academy	July 11- Aug 3	12:00-2:30pm	2nd Reformed Church	\$285
Grades 3-4	Aug 7- 10	9:00-11:00am	2nd Reformed Church	\$105
Grades 5-6	Aug 14-17	9:00-11:00am	2nd Reformed Church	\$105
Grades 7-8	Aug 21-24 OR Aug 28-31	9:00-11:30am	2nd Reformed Church	\$125
Serving School	Aug 22/24 OR Aug 29/31	11:30-1:00pm	2nd Reformed Church	\$62.50
Coaches School	Aug 28-31	600-800pm	2nd Reformed Church	\$60

Rob and Jackie BuckCo-Founders

Rob starting playing volleyball for Mick Haley, former coach at Kellogg Community College, the University of Texas and the USA Women's Olympic Team that participated in the 2000 Sydney Olympic Games. Mick is currently the coach of the Lady Trojans at the University of Southern California. Rob attended Ball State University and played for International Hall of Fame coach Don Shondell earning M.I.V.A. All-Conference honors and participating in an N.C.A.A. Final Four. Rob started coaching at Lakeview High School, re-located to Los Angeles, CA to intern and assist Chuck Erbe with the United States Women's Jr. National Team and finally settled at Western Michigan University where, along with a pioneering group of young women, created one of the most storied programs in intercollegiate volleyball history. He is F.I.V.B. Level 1 and U.S.V.B.A. Level 1 and 2 certified.

Jackie was an elite class athlete and won championships at virtually every level possible. Her sports participation history includes an M.H.S.A.A. state championship at Berrien Springs high school, two Mid-American Conference championships, Mid-American Conference Most Valuable Player, and N.C.A.A. Division One Academic and All-American honors. She was a silver medalist at the National Sports Festival and was a member of the U.S.A. World University Games Team.

Jackie was the first volleyball player to be inducted into the Western Michigan University Athletics Hall of Fame.



American Athlete Volleyball 2017 Summer Programs

"Celebrating 20+ seasons of technical research, development and leadership"

Served up by molten SuperTouch!



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Hello!

We thank you in advance for browsing through our summer camp program offerings and hopefully match up to what you are looking for.

American Athlete, THE year round age group development program co-founded by Rob and Jackie Buck is now taking registrations for our 2017 Summer Camp Programs.

If your child is in elementary school, we have a great program lined up for that age group where we provide a small court, low net, and lighter volleyball. We focus on learning the core skills of the sport using our unique reverse shaping process all the while feeding the skills into a game of 4v4. Come and get involved at an early age and then keep going!

We start our higher level instructional and training model for students in grades 7-8. This is a key time for athletes to learn our intuitive “oh, this makes sense” approach to learning the skills of the sport. Since this is such an IMPORTANT prep time in an athlete’s life, we offer TWO weeks of our top level training program. Don’t wait until June, sign up NOW!

Please note, we will be offering a Coaches School for grade 7-8 coaches. This is a great time to “get back to basics” and prepare to provide the best possible instruction, training and competition management for YOUR students. We hope to see you this summer!

Moving up the pyramid to the high school level, you all know what position you play so why not put your heart and soul into getting ready for tryouts? Come on, show up, work hard and learn more than you ever dreamed was possible. We can help you Get To Your Next Level!

Our Summer Academy is invitation only and is for athletes that are interested in playing high level varsity, travel team or hopefully at the intercollegiate level. Cumulative training over four weeks helps cement technical proficiency and will lead you way past an exposure experience. Those of us who have trained over the summer before will tell you that our “immersion process” is second to none. Want to be considered? Please contact us at: agreene@americanathlete.com

This summer is a great time to get fit, get strong and get technically better for the months ahead.

Get motivated and Master The Fundamentals!

Middles/Liberos

MIDDLES: Our instructional plans is to guide athletes in this position toward upper level first and second tempo as well as one foot take-off attacking. Blocking is a major emphasis with technical training in jumping and landing as well as the most functional and efficient blocking actions. We will also provide instruction for zone #5 for all serve and attack re-direct actions as well as training in ground and jump float serving.
LIBEROS: Libero-girls will have priority instruction in serve re-direct actions since this is a prerequisite for team success. Training in attack re-direct will be strongly encouraged as well as improving the action of serving.

Dates	July 10-July 13
Time	9:00-11:30am
Location	2nd Reformed Church

Cost: \$150

Left/Right Side Hitters

These positions HAVE to be control AND terminal attackers from each pin with the ability to swing in combinations patterns, are functional blockers, are very good serve re-direct and have high levels of intuitive and functional attack re-direct skill.

In other words, these are highly dynamic, skill intensive positions.

Dates	July 17– July 20
Time	9:00-11:30am
Location	2nd Reformed Church

Cost: \$150

Setters/Liberos

SETTERS: Sorry attackers, but next to the Libero-girl, the setter is THE most important part of a successful team. And, like all skill positions, a minimum of three years of year round cumulative training is required to start down the road of success. We will analyze, evaluate and improve your hand position, show our precision hesitation actions, and situational footwork patterns.
LIBEROS: Libero-girls will have priority instruction in serve re-direct actions since this is a prerequisite for team success. Training in attack re-direct will be strongly encouraged as well as improving the action of serving.

Dates	July 24-July 27
Time	9:00-11:30am
Location	2nd Reformed Church

Cost: \$150

Grade 9 Only!

Historically, this is one of our most successful training programs. Are you entering Grade 9 in the fall? If so, you NEED to prepare for you high school tryouts which will be stressful at best.

Get a leg up on your competition and improve your movement and core skills. You never get a second chance to make a first impression.!

Dates	July 31– Aug 3
Time	9:00-11:30am
Location	2nd Reformed Church

Cost: \$150

Summer Academy

For our current club players who have been evaluated for positions in 2017-2018. If you are interested in our club program, you can sign up for a position or training program specific to selected grades. Then you apply for an evaluation during a session of our Summer Academy... we will evaluate your potential based on positions that are open and then discuss your options. Please note: We are coordinating a 6 month and a 3 month club season in the next academic year with ONLY one team in each age group. Summer Academy is ONLY Tues/Thurs

Dates	July 11-Aug 3
Time	12:00-2:30pm
Location	2nd Reformed Church

Cost: \$285

Grades 3-4

Lets get started!

Small Court, low net and lighter volleyball.

We show you how to play 4v4 and then how the core skills of our sport “feed into” all aspects of play. Volleyball is the most popular sport at the high school level so best to get started early? See you soon!

Dates	Aug 7- Aug 10
Time	9:00-11:00
Location	2nd Reformed Church

Cost: \$105

Grades 5-6

Upper elementary and first year middle school players need to start thinking about middle school and high school volleyball ASAP.

Grades 5-6 is a continuation of Grades 3 -4 and continues to focus in on the game of 4v4 and the core skills of spiking, setting, bumping and your best movement possible to coordinate being GREAT at defense! Don’t wait to sign up... and bring a friend (of course)!

Dates	Aug 14– Aug 17
Time	9:00-11:00am
Location	2nd Reformed Church

Cost: \$105

Grades 7-8

Two Sessions Aug 21-24 OR Aug 28-31 This training program will focus on providing appropriate skill advancement lessons. Athletes will learn about training center culture, functional movement and core skill development.

Best to learn core skills now as opposed to having to make major changes when you are older! Be more confident as you enter your school tryouts! YES!

Dates	Aug 21-24OR Aug 28-31
Time	9:00-11:30am
Location	2nd Reformed Church

Cost: \$125

Serving School

Grades 7-8 ONLY

We’ve been told that serving is a prerequisite for making a school team? We are not sure if that is the criteria we would use, however, if that is true, we recommend our serving school. Emphasis will be on the motor development skill of THROWING as well as posture, volleyball placement, weight transfer and arm action. We will start with the ground float and (hopefully) move onto a jump and float!

Dates	Aug 22/24OR Aug 29/31
Time	11:30-1:00pm
Location	2nd Reformed Church

Cost: \$62.50

Coaches School

We offer four evenings of theory and practical applications to help attending coaches prepare for the upcoming middle school season. Areas we will cover are: Identification and evaluation of talent for skill positions (Yes, your players should be placed in transitional positions!), teaching the four core skills of volleyball, serve formation transition and serve re-direct formation transition. Our mission statement would continue by starting an on going coaches lab during the academic year for coaches to come in and problem solve and trouble shoot.

Dates	Aug 28-31
Time	6:00-8:00pm
Location	2nd Reformed Church

Cost: \$60