

This camp is designed to help you prepare for your high school season! We will help you reach your goals whether you want to make the JV squad, start for varsity or anywhere in between. Campers will receive a lot of reps and instruction that will help them reach their potential during high school tryouts.

Directors and Instructor:

Chris Birch
Former Assistant University of Virginia, Women's Volleyball Program
Director of Synergy VBC; Synergy National Team Coach

Cassie Kleepsies
Former division I collegiate volleyball player at University of Toledo
Former Professional volleyball player Portugese Club Team
Professional doubles (grass and beach) volleyball player

Camp meets Monday-Thursday from 9:00AM - 4:00PM
250 King Manor Drive
King of Prussia, PA 19406

Cost: \$325 per Camper (\$350 after june 1)
Camp fee will include lunch

Schedule:

Morning: 8:30am Registration

Start: 9am to 11:30am with breaks

Lunch: 11:30am to 12:45pm (Includes Lunch)

Afternoon: 12:45pm to 4:00pm with breaks

All campers should bring the following:

- 1. Water Bottle (water will be provided)
sports drinks and water will be on sale**
- 2. Lunch (if lunch provide does not meet diet needs)**
- 3. Snacks for breaks (beverages and snacks will be on sale)**
- 4. A change of clothes as seen necessary**

High School Tune Up- Registration Form

Camper Name: _____

Address: _____

Phone: _____

email: _____

Grade (entering): _____

Shirt Size (adult size): XS S M L XL

Please Circle Camp

High School Tune Up Session 1 July 30-August 2

High School Tune Up Session 2 August 6-9

**Online registrations and credit card payments at
maxpowersportsinc.com or synergyvolleyball.com**

**please mail registration form and a check
(Max Power Sports) for \$325 (\$350 after July 1)
includes lunch**

email: info@synergyvolleyball.com

**Mail to:
MAX Power Center
High School Tune Up Camp
250 King Manor Dr
King of Prussia, Pa 19406**

