

## CAMP STAFF

### MICHELLE YOUNG – DIRECTOR

Michelle joins the United Performance Volleyball staff as a Camp Director of our team camp and as Club Director of our Greenville club location. Michelle is the head volleyball coach at Furman University. She is a two-time Southern Conference coach of the year.

In 2008 Michelle coached Furman to the NCAA tournament and followed that up in 2009 with an undefeated Southern Conference regular season.

In 2009 Michelle's program was recognized by the Southern Conference with coach of the year, player of the year, and freshman of the year awards along with four all conference team and three all freshmen team selections.

### CHRIS BELSHE – DIRECTOR

Chris founded United Performance Volleyball and continues to work in all aspects of the organization. Chris also serves as the head volleyball coach at Presbyterian College and is currently leading them through their transition from Division II to Division I in the Big South Conference.

During the transition Chris has led the team to numerous tournament titles and Big South Conference recognition including a preseason all conference selection, a second team all conference selection and two all freshmen team selections.

Presbyterian College will be eligible for the Big South Conference tournament and the NCAA Division I tournament in the fall of 2011.

### CAMP COACHES

Additional staff members will include the coaching staffs and players from Furman University and Presbyterian College along with various other collegiate coaches.

## QUESTIONS? WANT MORE INFORMATION?

Contact Michelle or Chris directly, or contact United Performance Volleyball at [info@upvb.com](mailto:info@upvb.com) or 864.313.4177. Also check [www.upvb.com](http://www.upvb.com) for the most up to date information!

UNITED PERFORMANCE VOLLEYBALL

[WWW.UPVB.COM](http://WWW.UPVB.COM)

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864.313.4177



UNITED PERFORMANCE  
VOLLEYBALL  
TEAM  
CAMP  
2010



**JULY 6 – 9, 2010**  
**FURMAN UNIVERSITY**  
**\$300 Per Camper**

**CHECK IN: TUESDAY JULY 6 FROM 11 AM TO 1 PM**

**FIRST SESSION: TUESDAY JULY 6 AT 1:15 PM**

**CHECK OUT: FRIDAY JULY 9 AT 3 PM**

This year's camp will be held on the campus of Furman University in Greenville, South Carolina. From the dorms to the dining hall to our seven volleyball courts, all of our facilities are within walking distance of each other to maintain a safe and positive camp experience.

This year's camp is open to all high school teams.

Our team camp will provide your team with intense competition and great instruction over four full days in July. Each day of camp your team will have morning and early evening competition sessions with position specific skill instruction sessions each afternoon.

In addition to the competition and training sessions your team will also have opportunities to participate in team and leadership building activities. Not only will your team learn how to compete together, each athlete will also learn how, as an individual, she can make the greatest impact on the team.

**WHAT TO EXPECT**

As a camp sta! we work hard to provide an amazing camp experience that includes great tactical instruction, an environment that emphasizes having fun and a camp that promotes the building of lasting friendships.

One of our core beliefs is that we provide each athlete and coach a camp that maximizes the value of camp and is constantly providing opportunities for each team to improve. Our camp is structured in a way that when you are not competing or training you are utilizing that time with leadership and team building activities.

Each team will participate in approximately nine hours of team or position specific skill instruction and approximately twenty-five hours of competition sessions.

**WHAT'S INCLUDED?**

\$300 per camper covers the camper's bed, all of her meals while attending camp, a t-shirt, a Molten volleyball and contributes to her coach's meals, room and t-shirt.

Our camp will provide 'roaming' coaches to keep competition sessions running smoothly and to assist with all of the teams. The camp will also provide the sta! for all of the training sessions.

If your team would like a camp coach specifically assigned to your team please contact us.

**NEW 2010 FEATURES**

- Michelle Young, head volleyball coach at Furman University, has become a camp director.
- Camp will be held at Furman University in Greenville, SC.
- We will have seven courts for our competition and training sessions.
- We will offer on-going coaching education, including a coaching clinic and coach's social.
- Each camper will receive a t-shirt and a Molten volleyball.
- Each coach will receive a coaching manual with important camp information, practice plans, coaching philosophies and strategies.

**JOIN US!**

Space is limited and when camp is full we will stop accepting registrations. To register for camp please send us the head coach's first and last name, the head coach's email address, phone number and mailing address that will be used in May and June 2010 and a \$200 non-refundable deposit. You can also download a registration form on our website.

Please send your registration information and deposit to:

**UNITED PERFORMANCE VOLLEYBALL**  
**P.O. Box 80998**  
**SIMPSONVILLE, SC 29680**

**T E A M C A M P**