

Bounce Volleyball Academy

Open to Boys in Grades 6-12

Aug 5-9, 2019

9:00am to 2:30pm

Newton South High – Field House

ONLY: \$350

Beantown's **10th Annual Bounce Boys Volleyball Academy** provides boys with a week of training from top-rated coaches. For those participating at the highest level, we will be offering High Performance training on the center court facilitated by Todd Elwell.

Mission

Provide boys with an opportunity to enhance their volleyball skills, technique, knowledge, strategy, and team play, in a "value-centered", positive and safe environment. This will include:

- Serving - Floater and Jump Serve
- Passing - Technique and Serve-Receive Patterns
- Setting - Footwork, Contact Refinement & How to Run an Offense
- Attacking - Technique/Footwork and Tempo
- Blocking - Technique/Footwork
- Defense - Technique/Team and Individual Technical and Tactical Training
- Volleyball-Specific Fitness
- Skills Stations with Training
- Dynamic Volleyball Training Sessions -
 - ◆ Speed Ladders/Speed Rings
 - ◆ Medicine Balls
 - ◆ Reaction Belts
 - ◆ Serving Machines
 - ◆ Team Play and Competitive Games

Register by May 1st and save!
Early Bird Special = \$325.00

FOR MORE INFO or TO REGISTER ONLINE:

visit www.beantownvbc.org, or contact our
 Club Director, Andy Mather
beantownbounce@gmail.com or 508-367-6867

Please make checks payable to:
 "Beantown Volleyball"

Campers are accepted on a
 First Come, First Served Basis
 (\$125.00 Non-Refundable Deposit)

Includes T-Shirt and Report Card
 Camp All-Stars and Camper of the Week Award

Don't forget to bring a water bottle & a bag lunch!

Should you need to cancel your registration, send a written request to Andy Mather at the email address above. Refunds will be offered, minus the \$125.00 non-refundable registration fee, if the written request is received no later than one day prior to the start of the clinic. Refunds will not occur after the first day of clinic.



Meet the Instructors

Todd Elwell

Coach Elwell is the Head Coach of the MIT Men's Volleyball team, a perennial Top 15 team in the country for DIII. Most recently, Todd coached the boys 17's Elite team and the top Girls 18's team with Beantown. Coach Elwell was the Head Coach of the Boys and Girls Varsity teams at Newton South High School. Coach Elwell was Boston Globe Coach of the Year for the Boy's High School in 2009 guiding Newton South to the South Sectional Finals. He again reached the sectional finals with his Boys team in 2010, and in 2014 his team was MA State Volleyball Champions. Coach Elwell has experienced success with his girls team at Newton South winning the MIAA South Sectional Championship in 2008. Coach Elwell was recently appointed into the MGVCA Coaches Hall of Fame.

Peter Suxho

Coach Suxho is the Head Coach of Beantown VBC, and currently coaching the U18's Black team for boys and the U16's ELITE team for girls. During the high school season, he is the Head Coach at Natick HS for both the boys and girls. Coach Suxho is the former Head Coach of the Men's National Team of Albania. He coached his son Donald who went on to be an All-American at USC and played in 3 Olympic Games as the Setter of the US National team. Coach Suxho has also coached in the prestigious Mediterranean Games.

Bob Kowal

Coach Kowal will join us from Northwestern Ontario, Canada where he now resides in Kenora, Ontario. Coach Kowal is the former Head Men's Volleyball Coach at Nipissing University and Canadore College both in North Bay, Ontario, and the recent recipient of the Canadian Aboriginal National Coach of the Year. Coach Kowal is the former Head Coach of the girls' volleyball team at St. Thomas Aquinas HS in Kenora, Ontario where they achieved several medals in the OFSSA (All-Ontario) Championships. He is the current Head Coach for the Fort Frances Vipers U15 Girls' OVA Club team, which recently placed in the Top Ten in the Ontario Championships. Coach Kowal has also represented his region by coaching in the Ontario Games.

About Beantown Volleyball Club

Founded in 1990, Beantown is a non-profit volleyball club in the Boston and MetroWest area. The club is an established member of the New England Region Volleyball Association and the USA Volleyball Junior Olympic Program. For more than 25 years, Beantown has been catering to volleyball players of middle school and high school ages focusing on providing a positive setting where youths can improve their volleyball skills in a healthy competitive environment.

Building on and enhancing our players' enthusiasm for the game, Beantown's programs teach volleyball skills as well as sportsmanship, discipline, self-confidence, goal achievement, teamwork, and a drive to always excel.

