

# Elite Volleyball Academy

## Open to Girls in Grades 6-12

**Session I** - August 5-9 | **Session II** - August 12-16

9:00am to 2:30pm

Newton South High – Field House

**ONLY: \$350**

Introducing Beantown's **9th Annual Elite Girls Volleyball Academy**, providing girls with a week of training from top-rated coaches. *This year, we are offering two weeks to choose from.*

## Mission

Provide girls 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 1<sup>st</sup> and save!  
**Early Bird Special = \$325.00**

### FOR MORE INFO or TO REGISTER ONLINE:

visit [www.beantownvbc.org](http://www.beantownvbc.org), or contact our  
Club Director, Andy Mather  
[beantownbounce@gmail.com](mailto: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

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## Andy Mather

Coach Mather is the Director of Beantown VBC, and currently the Head Coach of the ELITE U17's boys' and U16's girls' teams with the Club. During the high school season, he is the Coach of the girls' team at Bourne HS. Coach Mather previously coached girls in High School at Oliver Ames, Falmouth, Plymouth South and Medway, along with the women's teams at Roger Williams University, Simmons College and Boston College. In the Summer, Coach Mather is the Bay State Games Coastal Region girls' coach.

## 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.

