



# HIGH PERFORMANCE VOLLEYBALL CAMP



**SATURDAY, MAY 20th 2017 – 11:00pm-4:00pm**

The VIU Mariners Men's Volleyball Program is extremely proud to announce that Professional and National Team Athlete, Josh Howatson will be at VIU hosting a 5-hour High Performance Volleyball Camp for High School Boys & Girls ages ranging from ages 13-18. He will be instructing and coaching athletes in their specific skill ranges, positions, game play. Josh brings over 14 years of National Team and Professional volleyball experience to this 5-hour High Performance Camp.

Mariner Men's Head Coach Abe Avender, Assistant Coach Drew Venables and current VIU Mariners players will be present to assist and participate in the camp. With Team BC Provincial Teams underway and Club Volleyball National Championships right around the corner this camp will give athletes an opportunity to get on the court and work on your skills with some top level coaching before these events.

**CAMP SCHEDULE:**

- 10:45-4:00:** Registration / Sign-In
- 11:00-1:00:** Volleyball Training: Drills
- 1:00-1:30:** Food Break
- 1:30-4:00:** Volleyball Training & Game Play



**JOSH HOWATSON:**

- Team Canada Volleyball 2002-2015
- Professional Volleyball in Europe 2007-Current
- 2007 CIS Athlete of the Year, BLG Award Winner
- TWU Spartan 2003-2007
- 2006 CIS National Champion
- Many years of coaching club teams, camps and individual sessions at all age and skill levels.

**CONTACT INFORMATION**

Name: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 Hometown: \_\_\_\_\_  
 High School: \_\_\_\_\_  
 Position: \_\_\_\_\_

**PERSONAL INFORMATION**

Height: \_\_\_\_\_ Age: \_\_\_\_\_  
 Male: \_\_\_\_\_ Female: \_\_\_\_\_

**VOLLEYBALL EXPERIENCE**

Please list previous volleyball experiences (ie. Club, Provincial, etc.)  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



**Mariner Head Coach: Abe Avender      viumensvolleyball@hotmail.com      250-816-4647**

**EARLY Registration Deadline: Friday May 19, 2017 – 5:00pm**  
**Registration: \$125.00\***  
**Day of Camp Registration: \$150.00\*\***

Please make cheque payable to **VIU Men's Volleyball**

\* Cost of Camp will cover Gym & Equipment Usage, Coaching Rate & Taxes  
 \*\* Day of Camp registrations will be accepted on the day of camp for the additional \$25.00 fee  
 \*\*\* Please email viumensvolleyball@hotmail.com to confirm your registration  
 \*\*\*\* Athletes/Parents/Coaches may bring cash or cheque to the camp for athlete payment

Please email **REGISTRATIONS** to:  
**Abe Avender**  
 viumensvolleyball@hotmail.com  
 Subject: Mariner HPCamp