



AUGUST 14 -17 TUNE-UP CAMP

One final push for tryout preparation

Concordia University Wisconsin Men's Volleyball and the CUW Strength and Conditioning Staff have come together to provide the CUW Tune-Up Camp. This camp will provide high-school players four days, and six hours of tryout preparation, through focused skill work and conditioning sessions. The camp will consist of one hour daily of on-the-court training and a 30 minutes daily with the CUW Strength and Conditioning staff.

The camp will be broken up into two sessions, session one is 6:00 p.m. to 7:30 p.m. will be for rising freshman and sophomores. Session two, for rising juniors and seniors, is 7:00pm to 8:30pm nightly. Hour one of each session will be skills training with the final half hour being conditioning.

To register for the CUW Tune-Up Camp please go to:

www.cuwvolleyballcamps.com

CUW

**6 hours of
preparation for
tryouts**

**4 hours of on-court
reps**

**2 hours of work with
CUW Strength and
Conditioning**

Camp Cost: \$40

Only \$10/Session

**Start the road to
state early!**

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