



CON IL PATROCINIO DI



UPGRADE YOUR SUMMER WITH VOLLEYBALL!



MARINA DI CARRARA

TOSCANA

16 / 22 June
23 / 29 June
30 June / 6 July
6 / 12 July



LIDO DI SCANZANO

POLICORO

22 / 28 July



SALSOMAGGIORE TERME

Back to Sport

19 / 25 August



INFOLINE

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www.powervolleymilano.it



Powervolley identifies in the quality of Jam Camp: together again, after the great success of last season's "sold out", to further expand the summer offer to our youngsters. The Jam Camp, now in its 28th edition, is the ideal partner for a summer of volleyball, with a view to technical and personal growth. A wonderful experience, with Powervolley coaches and athletes and the professional Jam Camp staff, where high-level volleyball and fun will be the main ingredients for an exciting summer.

JAM CAMP

FROM 8 TO 18 YEARS OLD

- Lessons and training focused on improving all fundamentals
- Groups of 12/14 athletes divided according to age and technical level
- 5 hours of training per day

MASTER JAM CAMP

FROM 14 TO 18 YEARS OLD

- Extra training sessions
- Physical-technical and functional evaluation tests
- Role-specific sessions with professional tools
- Video analysis of individual and group technical skills
- 7/8 hours of training per day

IN BOTH FORMULAS, THERE IS A SPECIFIC TECHNICAL PROGRAM DEDICATED TO MENS



Zeus WELCOME KIT

FREE FOR ALL PARTICIPANTS

Registration fee: 610€

(supplement of 170€ for MASTER formula)

The registration fee includes:

- Technical and sports activities
- Full board (except for DAY CAMP)
- Insurance
- Tracksuit (trousers+hoodie)
- Playsuit (jersey+shorts)
- "Limited edition" training T-shirt
- Maxi backpack and water bottle
- Jam Camp ball

Does not include:

- Club Card (20 €)
- Tourist tax