



Boomers Summer Programs

Advanced Programs

These programs are designed for high level JV and Varsity athletes. Participation in these programs is subject to approval based on skill level.

Specialty Clinics

Cost: \$35 per session

Location: Fort Lauderdale Christian

Mondays and Wednesdays 7:30-8:30 & 8:30-9:30

These clinics will only be taught and run by our strongest coaches. Learn advanced concepts and work on improving your game to reach the next level. Group size is limited to 10 people to ensure quality instruction and to maximize repetitions. Clinics are separated into Middle/Setter training (7:30-8:30) and Pin Hitters (Lefts and Rights) /Defense (8:30-9:30). If you are an experienced player looking to advance your skills to become an Elite athlete, this is the program for you.

Elite Boot Camp

Cost: \$75 per week or \$400 for entire program

Location: Saint Andrews in Boca Raton

6 week program starting June 22nd

Tuesdays and Thursdays 6:00-9:00

Also designed for experienced athletes, this program is a boot camp designed to have you performing at your peak for high school season. Training will consist of skill training from 6:00-8:00 and conditioning from 8:00-9:00. There will be general skills training as well as position specific training. The combination of training from our top coaches and conditioning will have you making a big impact on your high school team.

Go to www.boomersvolleyball.com for more summer programs.