



Quality Volleyball Training and Education

If you have completed your high school playing days and are preparing to play or are currently playing collegiate volleyball 4 Pillars Volleyball is offering a one week **College Prep Camp** in late July.

You are invited to join a group of peers for a training experience that will directly address your needs before you head to your college teams!

4 Pillars Volleyball ("4PV") is a volleyball training program led by one of the most successful and recognized volleyball coaches in Pennsylvania, Coach Heidi Miller. Please read about the staff on the 4PV website.

At 4PV, we believe that a high-quality training experience is best achieved when high quality coaching is combined with a set of athletes who share similarities in performance goals and performance levels.

The Four Pillars of Athletic Excellence.

- Athleticism - strength, speed, quickness, size, etc.
- Technique - footwork, body position, technical skills of passing, setting, serving, or hitting
- Volleyball "IQ" - understanding of the game, strategy, vision (eyeQ)
- Intangibles - communication, attitude, body language, competitive fire, teamwork, etc.

4PV participants in this summer group will receive:

- Four 2-hour training sessions that challenge a high level player, focus on fast paced live play, and provide feedback appropriate for the college bound athlete.
- Instruction delivered by Coach Miller and selected staff
- One 4PV T-shirt

PROGRAM DETAILS

4PV offers training that focuses on a strong technical foundation, strong physical development (final improvements to strength, speed and jump before summer ends) and helps build each player's confidence and understanding of the game.

College Prep Camp

Dates: July 22 - 25

Time: 7:00-9:00 PM

Location: 311 Cumberland Rd, Pgh, PA 15237 (St. John's Lutheran Church)

Fee: \$75

About the training cohort: Camp size will be capped at 18 athletes.

4PV is not associated with any high school or club program. This is a unique training opportunity designed to allow players from various high schools, clubs, and colleges to improve together. An underlying mission of the program is to raise the level of volleyball in Western PA by maximizing the potential of the athletes in the area.

Please visit the website to learn more
www.4pillarsvolleyball.com

Please email with questions
4pillarsvolleyball@gmail.com



Please use this
[Google Form](#)
to register