

Beginner	Intermediate I	Intermediate II	College Prep
Grades 2-9 with no prior volleyball experience required. [It is common and recommended to repeat YVP Clinics as repetition is important for skill development and confidence]. Most camps and clinics in the 'Beginner' category use multiple courts allowing participants to be separated by age and skill level.	Grades 7-12 with Middle School, JV, High School, or Regional Club Experience. The offerings below are designed to challenge athletes to continue the process of skill development and implement skills into gamelike situations. The difference between Intermediate I and II is the focus on specific position training and mastery. For the Instructional Series Camps, when possible and appropriate, players will be divided by skill and experience level. To participate in the Xtreme Clinics (Intermediate II), an athlete must have a demonstrated competence at the fundamentals related to her position.		Grades 9-12 with high level club experience. These programs go beyond skill development. Athletes are expected to be prepared physically and mentally to train at a high level. Entry is by invitation or application only. Triangle reserves the right to deny entrance into clinics in this category.

### Instructional Series

Beginner	Intermediate I	Intermediate II	College Prep
YVP Course* YVP All Skills Camp YVP Mini Course  <i>*highly recommended</i>	Classic Series <ul style="list-style-type: none"> <li>• Classic Day Camp (Summer)</li> </ul> Power Core 360 (Attacking) Triangle Setting Academy (TSA)	Classic Series <ul style="list-style-type: none"> <li>• Classic Day Camp (Summer)</li> </ul> Power Core 360 (Attacking) Triangle Setting Academy (TSA)	Power Core 360 TSA Advantage

### Play Opportunities

Beginner	Intermediate I	Intermediate II	College Prep
YVP Play the Game YVP Team	Triangle Junior League	Triangle Junior League Summer Smash 4v4 Tournament	Game On' Clinics Summer Smash 4v4 Tournament

### Clinics

Beginner	Intermediate I	Intermediate II	College Prep
Learn 2 Serve Ball Control Basics Attacking Basics Learn to Set (NEW)	Classic Clinics <ul style="list-style-type: none"> <li>• Serve &amp; Pass</li> <li>• DYGO (Dig Your Guts Out)</li> <li>• Attacking</li> <li>• Tactical Serving</li> </ul> Middle School Tune Up High School Tune Up Position Specific Clinics	Xtreme Clinics <ul style="list-style-type: none"> <li>• Xtreme Defense</li> <li>• Xtreme Setter</li> <li>• Xtreme Middle Blocker</li> <li>• Xtreme Outside Hitter</li> </ul> High School Tune Up	AP Courses <ul style="list-style-type: none"> <li>• Level I</li> <li>• Level II</li> <li>• Level III</li> </ul>