



What is USA Volleyball's High Performance Academy?

- This is a once in a lifetime opportunity for our National Team coaches and athletes to work with the future of USA Volleyball.
- 4 weeks of live webinars and scheduled online sessions lasting 45-60 minutes with world class National Team athletes and coaches – 27 sessions in total!
 - o Speakers include Women's National Team staff, Men's National Team staff, Beach National Team staff, Indoor and Beach National Team athletes, Olympians galore, experts in nutrition, recovery, leadership, and mindfulness
- Topics include nutrition, recovery, mindfulness, leadership, skill training, offensive and defensive tactics, Q&As and so much more!
- Athletes who register will receive a gear box including High Performance training t-shirt and USAV swag.

When is USA Volleyball's High Performance Academy?

- July 7th – July 30th (Sessions are scheduled between 2pm and 5pm PT)
- Tuesdays, Wednesdays, and Thursdays (July 7th – 9th, 14th – 16th, 21st – 23rd, 28th – 30th)

How do I join USA Volleyball's High Performance Academy?

- Registration is now open with a price of \$120 per athlete / coach for all sessions
- Player Registration: <https://high-performance.sportngin.com/register/form/128502112>
- Coach Registration: <https://high-performance.sportngin.com/register/form/772734490>

How can I learn more about USA Volleyball's High Performance Academy?

- To learn more about this incredible opportunity, you may call the High Performance team at **(719) 228-6800**
- You may also e-mail us at indoorhp@usav.org or beachhp@usav.org, respectively
- An informational parent webinar will be held on June 30th – lead by Sue Enquist (USA Women's National Team, Consultant) and Peter Vint (USA Volleyball's Chief of Sport)

We hope to speak with you soon and hope you join our National Team coaches and staff on this once in a lifetime opportunity!

