



# 2020 KNOXVILLE CAMP & COACHES

## HIGH SCHOOL TEAM CAMP

Munciana AND K2 Volleyball Clubs will be hosting a world class team camp in Knoxville, TN! It will be full of high quality competition, skill training for the individual and team setting! There will also be positional training throughout the camp. It will be led by club director and 5 time national champion, Mike Lingenfelter. Every team will have an elite camp coach throughout the 2 days of training. Team camps are made up of 6 total two hour sessions.

Cost: \$135 for a 12-hour camp

## VOLLEYBALL CAMP INFORMATION

### WHEN?

July 23rd & 24th

9-11am / 12-2pm / 3-5pm

### TIME?

9-11AM · 12-2PM · 3-5PM

### COST?

\$135 per athlete

### WHERE?

Rocky Top Sports Complex

## COACHES CLINIC INFORMATION

### WHEN?

July 23rd

### TIME?

6-9PM

### COST?

FREE

### ABOUT:

Join us to listen and learn from 5-time national champion coach Mike Lingenfelter. Mike is an owner and director of Munciana Volleyball Club and leads the 18 Open Samurai. He has a vast history in the sport of volleyball from playing professionally and coaching college.

### MIKE WILL BE DISCUSSING:

Developing Elite Defenders

Practice Preparation

Mental Toughness

Competitive Drills for Team Culture



## REGISTER TODAY!

online at [www.munciana.com](http://www.munciana.com)

### ROCKY TOP SPORTS COMPLEX

1870 SPORTS WORLD BLVD

GATLINBURG, TN 37738

Munciana Volleyball  
Athletic Excellence. Lifetime Experience.



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