

Florida Region of USA Volleyball Team Florida High Performance



Training Camp Checklist

Please bring the following items with you to the Regional HP Training Camp:

- NOTARIZED Medical Release Form (MANDATORY)
- Regional HP Tryout T-Shirt (Wear to gym for Session 1)
- Any prescribed medications
- Playing shoes (preferable two pair, just in case)
- Socks (a fresh pair for each training session)
- Spandex (Navy or Black only)
- Knee Pads (If you normally wear them)
- Warm Ups (For traveling between the gym and hotel)
- Water Bottle (Required for all training sessions)
- Backpack or gym bag labeled with your name
- Money for dinner on Saturday night.
- Sleeping attire and extra pillows or blankets (Players will sleep 4 to a room)

Hotel Check-In is from 3:00p to 5:30p on Friday and the Player/Parent meeting is at 6:00pm at Champions Sports Complex in Orlando. Please arrive by 5:45p!

Springhill Suites
8840 Universal Blvd.
Orlando, FL 32819
Tel: 407-345-9073

Champions Sports Complex
6700 Kingspointe Parkway
Orlando, FL
Tel: 407-351-9700

Parents that are staying for the camp will be asked to assist with transportation between the hotel and the training center.

Contact the Florida Region Office @ 352-742-0080 with any questions.