

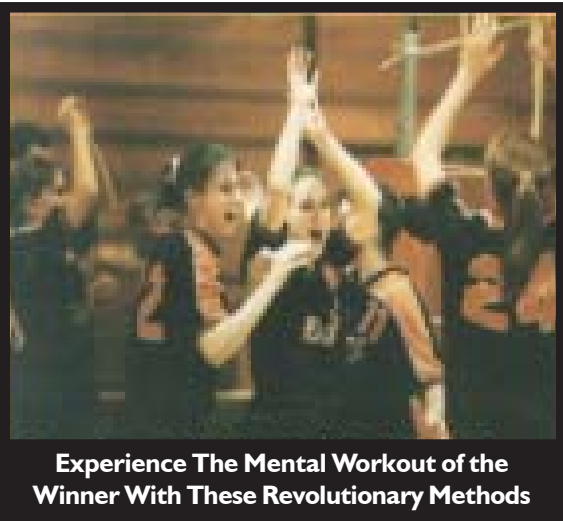
# DISCOVER YOUR REAL POTENTIAL AT THE “YES, I CAN!” VOLLEYBALL DAY CAMP

**Experience the Time-Tested Breakthrough Techniques, Drills, and Winning Strategies of Volleyball Cybernetics The-Program That Brings the Mind and Body Together For Peak Performance!**







CAMP DIRECTOR:

PROGRAM DIRECTOR:

FUNDAMENTALS ★ TEAM COMPETITION ★ VOLLEYBALL ★ CYBERNETICS

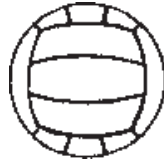


Experience The Mental Workout of the Winner With These Revolutionary Methods

-  Lock Into An Incredible Serving Groove
  -  Turn Weak Skills And Attitudes Into Strengths
  -  Jump Higher, Play Stronger At The Net
  -  Be Quicker To The Ball
  -  Overcome Fear, Frustration, And Training Boredom
  -  Attain The Most Confident State Of Mind... *THE ZONE*
- AND BECOME THE PLAYER YOU ALWAYS WANTED TO BE BUT DIDN'T KNOW HOW..UNTIL NOW!**

*“Get ready to take your game to a whole new level. Join us for 3 days at the ‘YES, I CAN!’ VOLLEYBALL DAY CAMP and you’ll learn how easy it is and how much fun it can be to take charge of your volleyball destiny.”*

*Dave Cross & Stan Kellner, Co-authors of the book, VOLLEYBALL CYBERNETICS*

<p><b>DATE:</b></p> <p><b>TIME:</b></p> <p><b>AT:</b></p>	<p><b>FOR MORE INFORMATION:</b></p> <p><b>PHONE:</b></p> <p><b>EMAIL:</b></p> <p><b>SEND APPLICATION AND DEPOSIT TO:</b></p>	 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>GRADES:</b></p> <p>____THROUGH____</p> </div>
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**“YES, I CAN!” VOLLEYBALL CAMP APPLICATION**



Camper's Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Athlete's Grade ( Sept. 20 \_\_\_\_ ) \_\_\_\_\_ Adult Shirt Size \_\_\_\_\_

School \_\_\_\_\_

Please mail me \_\_\_\_\_ additional brochures for my friends.  
 Enclosed is a check (deposit) in the amount of \$ \_\_\_\_\_

I authorize the staff of the, “YES, I CAN!” Volleyball Camp to act to their best judgement in any emergency requiring medical attention and I waive and release the Camp from any and all liability for any injuries or illnesses incurred while at Camp. I have no knowledge of any physical impairment that we could be affected by the above named camper's participation in camp.

Parent or Guardian Signature:

**X** \_\_\_\_\_

★ **BONUS** ★ **FREE T-SHIRT & WATER BOTTLE FOR EACH CAMPER** ★

Dear Coach,

Looking for the winning edge for your volleyball players? Now you can provide that winning edge for your team ( or your district's athletes ) by hosting a **"YES, I CAN!" VOLLEYBALL CAMP** in the convenience of your own gym.

Your players will receive the same excellent skill instruction and personal attention you would expect from any top-notch volleyball camp. What sets the **"YES, I CAN!"** camp apart from all the others is we combine our skill instruction with our proven **inner-game success training techniques**, from the best-selling book that is sweeping the nation, **VOLLEYBALL CYBERNETICS**. It is no coincidence that many athletes enjoy their best season ever after attending camp!

We are offering you a three day ( **9 A.M. to 4 P.M.** ) camp program ( **Grades 5-12: You pick the grades** ) that will both instruct and inspire your athletes. Also, after experiencing camp yourself, you'll have a new set of winning strategies and coaching techniques that can help you enjoy your best season! What the **"YES, I CAN!"** program has done for others, it will do for your school's program. That's our pledge to you.

Please take action, today, by contacting us regarding details for this one-of-a-kind camp opportunity. Your players will never regret this move...but your opponents might!

Sincerely,  
Dave Cross & Stan Kellner

P.S. Each camper receives a Free **"YES, I CAN!"** Waterbottle & T-shirt

### **EXPECT THESE PLAYER BENEFITS**

**SERVING:** Serve more consistently and aggressively with the

Ultimate Serving Method

**QUICKNESS AND AGGRESSIVENESS:** Instant improvement

**BALL HANDLING:** Experience fewer Mistakes

**TEAM WORK:** Multiply your team's ability with The Power of Team Synergy

**SKILLS AND ATTITUDES:** Learn how to turn weaknesses into strengths

**CONTROL EMOTIONS:** Conquer Fear, Frustration, and Boredom

**POWER GAME:** Play bigger and stronger at the net

**TRANSITION GAME:** Increase your court awareness and movement

**THE ZONE:** Achieve the winner's most confident state of mind

### **CAMP DETAILS:**

#### **WE PROVIDE:**

- The **"YES, I CAN!"** Program Staff
- All **"YES, I CAN!"** Camper Materials and Awards
- Master Flyer For Promotions...Duplicate Reverse Side
- Free **"YES, I CAN!"** Camp T-Shirt
- Free **"YES, I CAN!"** Waterbottle

#### **YOU PROVIDE:**

- Playing facilities
- Staff ( 10 - 1 Ratio )
- Duplicate and Distribute Clinic Flyers
- (AFTER INSERTING CAMP DETAILS: DATE, TIME, SITE, COST)
- Collect All Monies
- Provide 3 Days Lodging for Our Staff
- A Camper's Mailing & E-mail List

#### **COST**

- We receive \$115.00 Per Camper (Payment For 24 Campers Guaranteed)
- You Can Charge a Camper \$115 - \$155 Depending on Your Expenses or School Fund Raiser or Profit Priorities
- \$250 Deposit Required to Secure Scheduled Dates

**\* For further information contact Dave at:  
365 N. Abbe Rd., Elyria, Ohio 44035  
Phone: 440-365-3329  
dave@yesicanvolleyball.com  
www.yesicanvolleyball.com**

## **LISTEN TO WHAT COACHES AND PLAYERS ARE SAYING ABOUT THE "YES I CAN!" PROGRAM AND VOLLEYBALL CYBERNETICS...**

"We Won the State Championship!! We beat the state's #1 ranked team in the finals. Without a doubt I can say we were mentally tougher! Our players stayed confident and strong during the most crucial moments. Thank you so much for everything your program did for our school. It truly made a difference!"

- Wendy Rucker, Head Coach, Madison Academy '04 Alabama 3A VB State Champs

"Your visualization techniques were especially useful in preparing me for the intensive pressure of game situations. They helped me to remain positive and focused during these stressful moments."

- Kim Woodring - 2 Time NCAA Division III All -American, Wittenberg University '95, '97

"Within a week of starting to use your techniques I noticed an improvement in my game both mentally and physically. **"Yes, I Can!"** increased my confidence and helped me believe I could do anything I set my mind to. It's awesome!!"

- Lindsay Abbott, Defensive Player of the Year, Clemson U.-'02

"The **ULTIMATE SERVING METHOD** taught at camp is the link between the mind and body that every server needs to truly be a consistent offensive force. Better still, the method is just as effective when applied to any other volleyball skill."

- Mike Gibson - Head Coach, University of Michigan - Dearborn



"We hosted a **'Yes I Can!'** camp this past summer and WOW! was it great for my girls. We had girls from the junior high to varsity level - each got so much out of the positive message and focus on fundamentals. It is great to be able to give today's athletes the tools they need to be self-motivated, self-confident and self-directed - which ultimately **makes them better team players and better athletes.**

- Beth Trowbridge, Head Volleyball Coach, Homer H.S., Homer, Alaska

"Since being introduced to the **'YES, I CAN!'** success training program, our teams have used the visualization and relaxation methods before every match. These and other techniques of **VOLLEYBALL CYBERNETICS** have definitely made a positive impact on our program."

- Sue Subich - Head Girl's Coach, Mansfield Madison High School  
Division I State Champs - '97

After just one day of camp with Dave, my girls' mentality toward the game was so intense and inspiring to watch. It was the first time I truly saw each of my girls not only give 110% in working to improve their own skills but also to come together as a team with the common attitude of **'Yes, We Can!'**.

- Coach Kari Wiersema, Allendale H.S., Allendale, Michigan

"The **"YES, I CAN!"** tape mentally prepared me for the pressure of championship play. The success of winning came through the positive internal success system of **'VOLLEYBALL CYBERNETICS'** - Thank you."

- Dan Matheson, USA National Two-Man Beach Champion - '98  
and Member of the USA Jr. National Team - '99

"Our team had instant and impressive results using the mental training and visualization techniques taught in the **'Yes, I Can! Day Clinic.** The training tips provided a solid base to enhance performance and concentration during our practices and game situations. These techniques certainly were a priceless component to the level of success our team was able to achieve during the season-which was the best in school history! Thanks Dave!"

- Laura Mandell, Head Women's Volleyball Coach, Clarkson U., Potsdam, NY