



VOLLEYBALL TEAM & SKILLS CAMPS

- Camp open to female athletes of all levels in grades 5-12.
- Teams attending camp as a group will remain together for instruction. Teams must have 10 players.
- Athletes should bring plenty of comfortable shorts & T-shirts, socks & playing shoes, knee pads and water bottles.
- Emergency Medical form must be submitted for all athletes prior to entering camp.

Camp Activities:

Day 1: Match play

Day 2: Skill work & match play

Day 3: Skill review, tournament play

Commuter Arrival/Departure:

Day 1: 9:00 a.m. / 10:45 p.m. Day 1 Team Arrival: 8:00 a.m.

Day 2: 7:30 a.m. / 9:30 p.m.

Day 3: 7:30 a.m. / 3:00 p.m.