



### Co-ed Starter Camp

August 4–7 (4 days)

9am – 2pm

Ages: 8–12, boys and girls

\$160 (includes camp T-shirt), maximum 60 registrants

### Elite position-specific camp

August 4–7 (4 days) Tuesday: Setters, Wednesday: Middles,

Thursday: Liberos / Defensive specialists, Friday: Outside Hitters (left / right sides)

3pm – 5pm

Ages: 15 and up, girls only

\$25 per session, maximum 15 registrants per session

High level position training for competitive volleyball players (campers can choose one or more sessions as applicable).

### Huskies Volleyball Camp

Session 1: August 17–21 (5 days)

Session 2: August 24–28 (5 days)

These weeks are identical, campers can choose one or both weeks.

9am – 4pm

Ages: 13–18, girls only

\$210 per week, or \$370 for both weeks, maximum 100 per week

The overall goal of the camp is to provide an environment where young volleyball players can develop their skills and have fun playing the game. Campers will be grouped by age and experience level to facilitate cooperative learning (preferences can be accommodated to provide a social experience within the context of the camp goals – campers can choose to change groups if they prefer). Written information on learned skills will be available. Instructors will provide written evaluations of performance at the end of the camp.

### Camp Features

The focus will be on developing and enhancing specific skills and techniques necessary for becoming a competitive volleyball player.

#### Features include:

- Drills which will be fun and engaging, but demanding, and will be designed to prepare individuals for participation in team play situations at a competitive level with a focus on advanced and position specific skills (e.g., hitting specific sets, specific instruction for setters and middle blockers, etc.).
- Tournament play between teams coached by camp instructors.
- Instruction (within the group setting) which will be appropriate to skill level and experience – prior knowledge of the basics is an advantage but is not required.
- Educational seminars on topics such as off-court training, mental preparation, injury prevention and rehabilitation.

*Feedback is welcome and appreciated. If you have any questions or concerns, please do not hesitate to contact the camp director via voice mail at 496-8757.*