

2017 Warrior Girls Volleyball Summer Camps

*All camps will take place in the FIELDHOUSE

Session Descriptions:

- **Youth Camp (Grades 3-8)**

- **July 10-13 only**
- **8:00-10:00 AM**
- **\$100**

Players will be trained in movement, passing, setting, attack footwork, arm swing, serving technique and defensive movement/technique. They will also play in scrimmages. Players will be split on multiple courts based on ability. We will have more basic drills for beginners and more challenging drills for experienced players.

- **High School Girls Camps:**

- **July 10-13 Passing and Defense Camp: 10 AM – 12 PM \$100/week, \$75 for each additional camp**

Players will focus on serve receive technique/reps, defensive positioning and technique. Liberos/defensive specialists should attend this camp. Outside hitters are encouraged to attend this camp as well. All positions are welcome!)

- **July 17-20 Attacking Camp: 8-10 AM \$100/week, \$75 for each additional camp**

Players will work on fine-tuning technique for different types of hand contact, footwork patterns, arm swing, hitting to all areas of the court, tooling the block, timing and transitioning. Hitters will learn to read the block and defense to make the best decisions.

- **July 17-20 Setting Camp: 9 AM-12 PM \$100/week, \$75 for each additional camp**

- **Please note...setting camp overlaps with attacking camp so our setters and hitters can work together.**

Setters will use wall work, medicine balls and partner work to strengthen hands/wrists and improve control. Setters will improve footwork patterns and get thousands of reps as they practice setting the ball in each situation that will occur on the court. They will also learn to read the opposing block and make the correct decision.

**** Checks payable to: Warrior Volleyball**

Send to: Waubonsie Valley High School
 ATTN: Kari Galen
 2590 Ogden Avenue
 Aurora, IL 60504

Please contact Coach Kari Galen with questions:

Phone: (630) 375-3300 x. 4211

Email: kari_galen@ippsd.org

2017 Warrior Volleyball Summer Camp Form (checks payable to Warrior Volleyball)

Player Name _____ Grade (going into): _____

Email: _____

Emergency Contact # _____ Parent Name: _____

Medical Issues (injury, asthma, etc.):

Please check the box or boxes for the camp(s) your daughter is attending. Please include payment (cash, check, or money order payable to Warrior Volleyball). Email kari_galen@ipsd.org with specific questions.

Girls Grades 3-8 All Skills Camp (July 10-13) : 8:00- 10:00 AM (\$100)

High School Passing and Defense Camp (July 10-13): 10 AM – 12 PM (\$100/week, \$75 for each additional camp)

High School Attacking Camp (July 17-20): 8 AM-10 AM (\$100/week, \$75 for each additional camp)

High School Setting Camp (July 17-20): 9AM -12 PM (\$100/week, \$75 for each additional camp)

T-shirt Size Youth Large Adult Small Adult Medium Adult Large

Send in this page with payment by June 10th. I will accept forms later than that; however, you will not be guaranteed a camp t-shirt. Our coaching staff looks forward to working with you!