
All Skills Summer Volleyball Camp

- Our camp will focus on introducing and developing all of the skills of volleyball. Players will increase their knowledge of the game. They will also enjoy some volleyball competition.
- Players will be grouped by age and ability/experience (beginners to elite players).
- All sessions of Camp will take place in the Armstrong High School gym.
- This camp is a great way to develop all of your volleyball skills and become a better all-around player.
- All players will receive a camp t-shirt the first day of camp.
- Questions? Please contact armstrongvolleyballcoach@gmail.com
- Registration for summer camp can be found at this link. Please register for the grade the camper/player will be entering in the fall.
www.armstrongvolleyball.com
Click on the **summer camp link**
- Fill out registration form and mail in with payment. Address is online.

Frequently Asked Questions

• What level player am I?

You will not need to worry about this! When you register, please fill in the grade level you will be in the fall. We will assess all players the first hour of camp and determine what the best placement will be for you.

I can't make every day of camp, can I still participate on the days I can attend?

Yes, we are happy to have you whenever you are able to make it! We do ask that you let us know when you will be missing on the first day of camp.

Could I sign up for the morning session and the afternoon session?

If you have had more than 2 years of experience playing volleyball we would love to have you for both sessions!

Do you provide Private Lessons?

Yes, to schedule a private lesson, email armstrongvolleyballcoach@gmail.com
Lessons will last 60 minutes and cost \$60.00/hour.

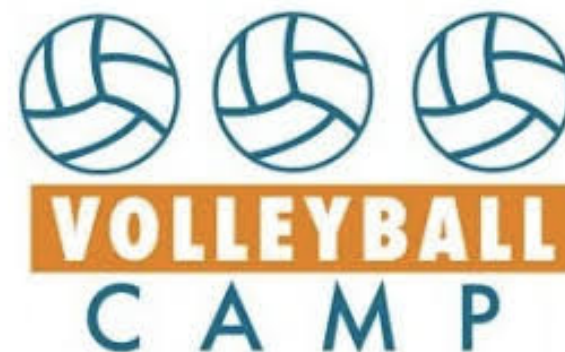
How do I register?

Go to: www.armstrongvolleyball.com

Click on the **Summer Camp Link**

Fill out registration form, print and mail with payment.

Armstrong



Summer Volleyball Camp

July 22nd - 25th

**3rd - 8th grade 8:30-12:00 pm
9th & 10th grade 12:30-2:30 pm
For Boys and Girls**

What To Expect For The Less Experienced Player:

Each participant will be taught the FUNdamental game of volleyball as well as the motor and object control skills used in the game. It will be a great first camp for some, and a great recap for players who have played a little bit.

What To Expect For The More Experienced Player:

The more experienced player will focus on increasing development and refining all of the skills of volleyball as well as an increased knowledge of the game and the opportunity for fun competition.

What To Expect For The High School Team Players:

The High School team players and boys will focus on refining and increasing their skills of volleyball as well as an increased knowledge of the game. They will also learn skill and situational drills, as well as compete in fast-paced competitive play. This camp is a great way to prepare for your school team tryouts.

Armstrong Summer Volleyball Camp

Dates & Schedule		
All Levels	3rd-8th	9th & 10
Dates	Time	Time
July 22	8:30-12:00	12:30-2:30
July 23	8:30-12:00	12:30-2:30
July 24	8:30-12:00	12:30-2:30
July 25	8:30-12:00	12:30-2:30

What To Bring...

- A big smile!
- Shorts, leggings, or sweat pants,
- T-shirt or sports top with tank
- Towel & knee pads optional
- Water, water, water
- A desire to learn and improve your game of volleyball and have fun!

Set Yourself Up For Success

Register for Camp Early

- All registrations and payments before June 7th are \$75.00, after June 7th registration goes up to \$90.00.
- We will take registrations the first day of camp, please bring either cash or a check for payment.
- If you are only able to be there for 1 or 2 days the cost per day is \$30.00 and will include a camp T-shirt.
- Eat a good breakfast each morning and get at least 8 hours of sleep each night.
- Drink lots of water!
- There are no minimal skills required, as anyone may come and participate to his/her level of ability.
- Conditioning and exercising 2-3 weeks before camp will minimize soreness and greatly enhance your experience.