



VOLLEYBALL

MIDDLE SCHOOL ALL SKILLS CAMP: JULY 17-18, 2017

Reminder

- In order to participate, campers are required to have on file their completed “release form” and physician signed “physical form”. Download forms at www.WVUsports.com/camps.
- Check-in/Registration: WVU Coliseum (BLUE GATE)
- Parking: The WVU Coliseum is located at 3450 Monongahela Blvd. and is free of charge.
- We will have a camp store that will offer all the latest volleyball gear and trends (cash or checks – made out to WVU)

Checklist

- Knee pads
- Volleyball or all-court type shoes
- Spandex, t-shirt, socks, etc.
- Sweatshirt and/or long sleeved t-shirt
- Water bottle
- Snacks

WVU Volleyball Middle School All Skills Camp – SCHEDULE

Monday, July 17

8:30am-9:00am	Registration, check-in at WVU Coliseum (BLUE GATE)
9:05am	Camp meeting and introductions (dressed and ready to play)
9:10am	Instructional Session #1
9:25am	Serving, Setting & Passing
9:45am	Serving, Setting & Passing
10:05am	Blocking, Floor Defense & Attacking
10:25am	Blocking, Floor Defense & Attacking
10:45am	OH/RH, S & MH
11:05am	OH/RH, S & MH
11:25am	S, DS & OH/RH
11:45am	S, DS & OH/RH
12:05pm	Review and stretch
12:10pm	Lunch
1:30pm	Instructional Session #2
1:45pm	Competitive group work
3:00pm	6 v 6
4:45pm	Review and stretch
5:00pm	Check-out and pick-up at WVU Coliseum (BLUE GATE)

Tuesday, July 18

8:30am-9:00am	Registration, check-in at WVU Coliseum (BLUE GATE)
9:05am	Camp meeting, introductions and photo (dressed and ready to play)
9:15am	Instructional Session #1
9:35am	Serving, Setting & Passing
9:55am	Serving, Setting & Passing
10:25am	Blocking, Floor Defense & Attacking
10:45am	Blocking, Floor Defense & Attacking
11:05am	OH/RH, S & MH
11:25am	OH/RH, S & MH
11:45am	S, DS & OH/RH
12:05pm	S, DS & OH/RH
12:25pm	Review and stretch
12:30pm	Lunch
1:30pm	Instructional Session #2
1:45pm	Competitive group work
3:00pm	6 v 6
4:30pm	Review, stretch and awards
5:00pm	Check-out and pick-up at WVU Coliseum (BLUE GATE)

