



VOLLEYBALL

MOUNTAINEER ACADEMY: JUNE 6-8, 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 Mountaineer Academy – SCHEDULE

Tuesday, June 6

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 Passing

10:00am Setting

10:35am Attacking

11:10am Small group work

11:45am Review and stretch

12:00pm-12:30pm Check-out and pick-up at WVU Coliseum

Wednesday, June 7

8:30am-9:00am Check-in and drop off at WVU Coliseum (BLUE GATE)

9:05am Camp meeting and camp photo (dressed and ready to play)

9:10am Instructional Session #2

9:25am Serving and Floor Defense

10:00am Blocking and Transition

10:35am Transition System Defense

11:10am Small group work

11:45am Stretch and review

12:00pm-12:30pm Check-out and pick-up at WVU Coliseum (BLUE GATE)

Thursday, June 8

8:30am-9:00am Check-in and drop off at WVU Coliseum (BLUE GATE)

9:05am Camp meeting (dressed and ready to play)

9:10am Instructional Session #3

9:25am Passing and Free balls

10:00am Serving and Serve Receive

10:35am Transition

11:10am Scrimmage

11:40am Review, stretch and closing ceremonies

12:00pm-12:30pm Check-out and pick-up at WVU Coliseum (BLUE GATE)

