

# WEST VIRGINIA

## VOLLEYBALL

### POSITION CAMP: July 13, 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](http://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 Position Camp – SCHEDULE

#### Thursday, July 13

8:30am-9:00am	Registration, check-in at WVU Coliseum (Blue Gate)
9:00am	Camp meeting and introductions (dressed and ready to play)
9:10am	Warm-up and ball control
9:20am	Skill stations: Serving, Setting & Passing
9:55am	Skill Stations: Blocking, Floor Defense & Attacking
10:30am	Position Stations: OH/RH, S & MH
11:05am	Position Stations: S, DS & OH/RH
11:40am	Lunch
1:00pm	Warm-up and ball control
1:10pm	Position Stations: MH, DS & OH/RH
1:45pm	Position Stations: S, DS & MH
2:20pm	Group work
2:55pm	Skill Stations: Blocking, Passing & Serving
3:30pm	Skill Stations: Attacking, Floor Defense, Setting
4:05pm	Group work
5:00pm	Stretch, review, camp photo, check-out/pick-up