

Daily Schedule

Session 1

8:30-8:45- Warm up/ stretching

8:45-9:45- Instructional Sessions: passing, serving, setting

9:45-9:50- Break

9:50-10:50- Instructional sessions- hitting, digging, blocking

10:50-10:55- Break

10:55-11:55- Rotation/Game Time

12:00- Go Home

Session 2

1:00-1:15- Warm up/ stretching

1:15-2:15- Instructional Sessions: passing, serving, setting, approach

2:15-2:20- Break

2:20-3:20- Offense Strategies- hitting, serving, passing

3:20-3:25- Break

3:25-4:25- Defense training: blocking, digging, serve receive/Game Time

4:30- Go Home

About the Sessions

Session 1: Skill Development

The general concept of Skill development is to meet the needs of the beginner volleyball player. The focus is on continuing to develop fundamentals and an understanding of the game. Skill development is emphasized in the following areas: serve, serve receive, forearm passing, setting, hitting, blocking, team serve reception, team defense, and transition to offenses. Each skill will be taught in depth in both individual and controlled game situations giving the player a solid skill foundation to build upon after camp.

Session 2: Positional Training

The general concept of Position training is to train in your chosen position (middle hitter/Blocker, outside/power hitter, right side, setter, and libero) with athletes of similar age and ability targeted toward intermediate players. The camp combines all major positions and provides position specific training. It will provide the athlete with learning opportunities to become a more knowledgeable player.

*That's How We
Roll*

Volleyball Camp

July 27-29, 2009

Session 1: Skill Development

8:30-12:00 Grades 3-5

Session 2: Positional Training

1:00-4:30 Grades 6-8



Coach Rader

Coach Jones

Coach Campbell

Heritage Middle School

4803 Columbia Pike

Thompson's Station, TN 37179

(615) 472-4540

Player's Name:

Parent's Name:

Address:

Work _____ Cell _____

E-Mail:

Please check the session according to grade in the fall:

_____ Session 1: Grade 3-5

_____ Session 2: Grade 6-8

Shirt size (circle one):

YM YL AS AM AL AXL

Any medical issues/allergies:

I hereby authorize the staff of the Heritage Middle School Girls' Volleyball Camp to act according to their best judgment in any emergency requiring medical treatment.

Parent/Guardian Signature and Date

Camp Information

Location:

Heritage Middle School Gymnasium

Fees:

Session 1: \$50 covers all 3 days

Session 2: \$60 covers all 3 days

(Fees will not be reduced if only attending 1 and/or 2 days of the session; also is not refundable)

Make checks payable to:

Heritage Middle School

Supplies:

Playing clothes, Tennis shoes, knee pads, water bottle, hair ties

Coaches and Helpers:

Middle School coaches and current/previous varsity players.

Registration:

Campers are urged to pre-register, but registration will also take place 30 minutes before both sessions on Thursday, July 30 at 8:00 am and at 12:30 pm. Please do not mail registration and/or money after July 17th.

Please mail this form to Heritage Middle School by July 17th .

TRADITION +

PRIDE+

HARDWORK=

SUCCESS

Contact Information:

If there are any further questions, Please contact Coach Rader: shellier@wcs.edu

Make checks payable to
Heritage Middle School