

VOLLEYBALL



3rd Annual Elementary & Jr.High Volleyball Camp

July 31st & August 1st = 3rd, 4th, 5th Grades (2-days)

July 31st & August 1st & 2nd = 6th, 7th, 8th Grades (3-days)

Held @ The SC Middle School in Clay Center

Put On By: SC Jr. High Volleyball Coach Karisa Troester, Elementary Club Coordinator Krista Calderon, Volunteer Club Coaches & More

ANY QUESTIONS OR YOU WOULD LIKE TO HELP WITH CAMP PLEASE CALL KARISA: 402-469-4381

FILL OUT REGISTRATION ON NEXT PAGE & SEND TO KARISA "By July 6th"

Or REGISTER ONLINE "by July 6th" on our Face Book Page!!

FACE BOOK CAMP PAGE: SC VOLLEYBALL SUMMER CAMP 2018

Deadline helps us get your t-shirts ordered so you get them day of camp!!

Upcoming 2018-2019 Grades 3-4-5...9am-11:30am



- *Hands, Arms, & Legs Position For Passing
- *Underhand & Overhand Serving Skills
- *Boundaries & Lines of the court
- *learning all positions of a team
- *Getting Pass, Set, Attack put together
- *Proper hand, Arm, Leg Positions For Passing the ball in forward/overhead passing & reacting with proper foot movement skills any given ball
- *TEAMWORK TEAMWORK TEAMWORK TEAMWORK TEAMWORK TEAMWORK!!!!
- *Over Head Passing & Setting
- *Partner Practice skills & drills
- *Net & Court zones, Rules of the game
- *Forward & Over Head Passing and Setting

Upcoming 2018-2019 Grades 6-7-8...1:30pm-4:30pm / 3rd Day 9:00am-Noon



- *Forward & Over Head Passing and Setting
- *Go over boundaries & rules of the game
- *Base & Transition skills to attack & block the ball
- *Proper footwork, arm placement & Swing for attacking ball
- *Re-Introduce proper Hand, Arm, Leg Positions for forward/overhead passing & reacting with proper foot movement skills to any given ball
- *Re-Introduce positions of a team Passing, Setting, Hitting, Defense, Offense, Hitter, Setter, Libero
- *Getting Pass, Set, Attack put together
- *3rd Day Of Camp Will Be 6on6 Drills & Full Game Scrimmage!!
- *TEAMWORK TEAMWORK TEAMWORK TEAMWORK TEAMWORK TEAMWORK!!!!
- *Overhand Serving Skills
- *Partner Practice skills & drills



Sign up NOW!



ELEM GRADES 3-4-5-6 JR.HIGH GRADES 7-8
SUMMER VOLLEYBALL CAMP

3-4-5 GRADE \$35 = July 31 & August 1st (2-days)

6-7-8 GRADE \$45 = July 31st, August 1st & 2nd (3-days)

Held @ The SC Middle School in Clay Center

Check Out Our
Face Book Page.....
SC Volleyball Summer
Camp 2018

Registration Due by July 6th

includes t-shirt, snacks, & daily prizes

Deadline helps us get your t-shirts ordered so you get them day of camp!!

Send Registration with payment to:

Karisa Troester 31360 Road Q Clay Center, NE 68933 Cell# 402-469-4381
or Register Online on our Face Book Page: SC Volleyball Summer Camp 2018

Upcoming 2018-2019 Grades: 3-4-5 9am-11:30am

Upcoming 2018-2019 Grades 6-7-8 1:30pm-4:30pm

Name Of Participant: _____ Age: _____

Grade: (2018-2019) 3 4 5 6 7 8

Shirt Size: Youth S Youth M Youth L Adult S Adult M Adult L Adult XL

Address: Street _____ Phone # _____

City _____ Email _____

Emergency Contact: _____ Phone # _____

The undersigned hereby releases South Central Unified District #5 & the SC volleyball camp & staff from all claims, for damages for personal injury, property damages or which may hereafter occur to me as a result of participation. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. I give permission for camp to take photos of participant and share on social media camp page.

Parent. Guardian. Signature: _____ Date: _____