

Volleyball Camps

2010

Volleyball Camp for Girls - Beginners (Ages 9-12)

This all-skills camp for beginners will offer volleyball instruction and training with the emphasis on fundamentals. Girls will practice skills such as serving, passing, developing court movement, and ball control. Wear comfortable clothes including athletic shoes and knee pads-recommended. Bring a water bottle. This camp will be under the direction of Beth Hine, Mill Creek Middle School Volleyball Coach.

Camp will be held at Newton Recreation Center and the cost is \$60.

June 21 – June 24 8:30 am – 12:00 pm

July 12 – July 15 8:30 am – 12:00 pm

Volleyball Training for Girls – Intermediate & Advanced (Ages 12 – 14)

Intermediate and advanced techniques will be stressed. Emphasis will be on court movement, position, hitting, setting, and passing and is geared for girls preparing for recreational and school volleyball tryouts. Wear comfortable clothes including athletic shoes and knee pads. Bring a water bottle. This camp will be under the direction of Beth Hine, Mill Creek Middle School Volleyball Coach.

Camp will be held at Newton Recreation Center and the cost is \$60.

June 21 – June 24 1:00 pm – 4:30 pm

July 12 – July 15 1:00 pm – 4:30 pm



Volleyball Skills Clinic for Girls – Middle School Tune Up (Rising 7th & 8th Graders)

This clinic will focus on all aspects of the game with the emphasis on skills needed for rising 7th & 8th graders preparing for their middle school volleyball tryouts. Wear comfortable clothes including athletic shoes and knee pads. Bring a water bottle. This clinic will be under the direction of Beth Hine, Mill Creek Middle School Volleyball Coach.

Clinic will be held at Newton Recreation Center and the cost is \$60.

July 26 – July 29 8:30 am – 12:00 pm

August 2 – August 5 8:30 am – 12:00 pm

Space is limited so sign up early. To reserve your space, preregistration and prepayment are required.

For more information or to register for a camp, call Cheri Toney at 828-327-7037 or email ctoney@cvcc.edu.