

ST. CHARLES HIGH SCHOOL VOLLEYBALL CAMP



Girls entering 9th grade ~ 12th grade

July 17-19, 2017

9:00 a.m.~3:00 p.m.

SCH Volleyball offers instruction for players who are wanting to progress to the next level. Camp will provide basic instruction and drills for technical development of hitting, blocking, serving, setting and defense. Coaches will provide campers with additional drills and knowledge for instruction in specific positions: outside, right side and middle hitters, setters and libero/defensive specialists as well as tournament play. Campers will also begin a conditioning and plyometric program to provide preparation for the upcoming 2017 season.

Camp Fee is \$100.00, payable to SCHS Volleyball.

To register please **e-mail** or call Peggy Shelton at pshelton@stcharlessd.org / **636-443-4039** or online at <http://www.spiratescamps.com/>

Name: _____ Phone: _____

Address: _____

Grade: _____ Age: _____ Contact#/ E-mail: _____

Experience: _____ T-Shirt Size _____

Positions Played _____