

COE COLLEGE



NET PERFORMANCE CAMP

Grades 9-12: July 23, 9 am - 2 pm \$70

Check in: 8:30 am

2018 VOLLEYBALL CAMPS

• Camp Emphasis: This camp offers specialized training for those who play at the net – setters, hitters and blockers. Emphasis will be placed on enhancing the quickness, power and strength of those players at the net and during transition. Additional emphasis will be placed on core balance, footwork, arm speed and net awareness so that you can dominate at the net. Space is limited in order to maximize the hands-on training of each athlete. This is a camp designed for advanced players.

Lunch on your own.



SERVING & PASSING CAMP

Grades 9-12: July 24, 9 am - 2 pm \$70

Check in: 8:30 am

• Camp Emphasis: This camp offers specialized training for servers, server receivers, and back-row defense players. Emphasis will be placed on fundamental passing techniques such as footwork, body alignment and core balance. Additional emphasis will be placed on the effectiveness of different serves including the floater, the top spin, jump floater, and jump top spin serves.

Lunch on your own.



KOHAWK DAY CAMP

Grades 5-6: July 25 - July 27 9 am - 11:30 pm \$90 (boys or girls)

Grades 7-8: July 25 – July 27 1 pm - 3:30 pm \$90 (boys or girls)

• Camp Emphasis: The Kohawk day camps will emphasize the fundamentals of the game in progressively advancing stages. These skills will then be incorporated into team concepts and strategies. Player to coach ratio will be minimized to ensure quality, individualized attention.

KOHAWK EYAS DAY CAMP

Grades 1-4: July 24th 2:30 pm - 4:30 pm \$40 (boys or girls)

Check in: 2:00pm

• Camp Emphasis: The Kohawk Eyas day camps will introduce the fundamentals of the game. These skills will then be incorporated into micro-team game concepts and strategies. Player to coach ratio will be minimized to ensure quality, individualized attention.

REGISTER FOR CAMPS AT: <http://volleyball.coecamps.com/>

