



VCSU VOLLEYBALL

101 College St SW
Valley City, N.D. 58072

www.vcsuvikings.com
[@VCSUVikings](https://twitter.com/VCSUVikings)

www.vcsuvolleyballcamps.com

VCSU SETTER-HITTERS CAMP

SATURDAY JULY 27TH 2019

| | | |
|---------|---|---|
| 9:00am | Check In | Osmond Fieldhouse |
| 9:30am | Introductions/Setters walk to Graichen Gym | Osmond Fieldhouse |
| 9:45am | Hitters: Footwork Setters: Handwork | Osmond Fieldhouse Graichen Gym |
| 11:00am | Hitters: Armwork Setters: Footwork/Jump Setting | Osmond Fieldhouse Graichen Gymnasium |
| 12:00pm | Lunch | Osmond Fieldhouse |
| 1:30pm | Hitters: Warmup w/ review Setters: Transition Footwork/Dumping | Osmond Fieldhouse Graichen Gym |
| 2:30pm | Break/Setters walk to Osmond Fieldhouse | Osmond Fieldhouse |
| 2:45pm | Combined: Pass-Shuffle-Hit | Osmond Fieldhouse |
| 3:45pm | Combined: Queen of the Court | Osmond Fieldhouse |
| 4:30pm | Finish | Osmond Fieldhouse |

ADDITIONAL EVENT INFORMATION:

- Bring your own athletic equipment/tape/water bottle
- Ice will be available upon request after playing
- There will be a licensed athletic trainer on site all day
- Eat breakfast that morning before coming
- Lunch will be provided
- All participants will receive a shirt during check-in

If you have any questions, please contact Steve Rindfleisch at steve.rindfleisch@vcsu.edu