



VCSU VOLLEYBALL

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

www.vcsuvikings.com
@VCSUVikings

www.vcsuvolleyballcamps.com

VCSU ALL-SKILLS CAMP

TUESDAY JULY 23RD 2019

8:30am-9:30am	Check in to camp then the dorms	Osmond Fieldhouse
9:45am-10:00am	Opening Ceremonies	Osmond Fieldhouse
10:00am-12:00pm	Session 1: Forearm Passing	Osmond/Graichen
12:00pm-1:45pm	Lunch	Epworth Church
2:00pm-5:00pm	Session 2: Review Passing / Teach Hitting	Osmond/Graichen
5:00pm-6:45pm	Dinner	Epworth Church
7:00pm-9:00pm	Movie: <i>The Miracle Season</i>	Student Center

WEDNESDAY JULY 24TH 2019

8:30am-9:15am	Breakfast	Dorms
9:30am-12:00pm	Session 3: Review Hitting / Teach Serving	Osmond/Graichen
12:00pm-1:45pm	Lunch	Epworth Church
2:00pm-5:00pm	Session 4: Review Serving / Teach Defense	Osmond/Graichen
5:00pm-6:45pm	Dinner	Epworth Church
7:00pm-8:00pm	Round Robin Tournament	Osmond/Graichen

THURSDAY JULY 25TH 2019

8:30am-9:15am	Breakfast	Dorms
9:30am-12:00pm	Session 5: Review Defense / Teach Blocking	Osmond/Graichen
12:00pm-1:45pm	Lunch / Check out of Dorms	Epworth Church
2:00pm-3:45pm	Session 6: Play Volleyball	Osmond/Graichen
3:45pm-4:00pm	All meet in Osmond Fieldhouse	Osmond Fieldhouse
4:00pm	Closing Ceremonies	Osmond Fieldhouse



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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
- If you are not staying in the dorms, please eat breakfast each morning before coming
- Groups for camp will be based on age/skill level
- All participants will receive a shirt and a Viking Volleyball during check-in

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