



VCSU VOLLEYBALL

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

www.vcsuvikings.com
@VCSUVikings

www.vcsuvolleyballcamps.com

VCSU VOLLEYBALL TEAM CAMP

MONDAY JULY 29TH 2019

9:00am-10:00am	Check in to camp then the dorms	Graichen Gym
10:00am-10:30am	Opening Ceremonies / Camp Photo	Graichen Gym
10:45am-1:00pm	Session 1: Forearm Passing / Defensive Positioning Play: Opposite Volleyball	Osmond/Highschool /Rec Center
1:00pm-3:00pm	Lunch Coaches: Review Morning / Statistical Analysis of Defensive Positioning	Epworth Church Osmond Alumni Room
3:00pm-5:30pm	Session 2: Individual Defensive Skills/Blocking Fundamentals Play: Neville's Pepper	Osmond/Highschool /Rec Center
5:30pm-7:30pm	Dinner Coaches: Blocking Systems and Principles / Defensive Eyework	Epworth Church Osmond Alumni Room
7:30pm-9:00pm	Session 3: Eyework Play: Ball-Setter-Ball-Hitter	Osmond/Highschool /Rec Center

TUESDAY JULY 30TH 2019

8:00am-9:30am	Breakfast	Dorms
9:30am-12:00pm	Session 3: Transition Play: Ball-Setter-Ball-Hitter Play: Transition Wash	Osmond/Highschool /Rec Center
12:00pm-2:00pm	Lunch Coaches: Importance of Transition and Timing	Epworth Church Osmond Alumni Room
2:00pm-3:00pm	Session 4: Review/Play	Osmond/Highschool /Rec Center
3:00pm-5:00pm	Start Round Robin Tournament	Osmond/Highschool /Rec Center
5:00pm-6:30pm	Dinner / Check out of Dorms Coaches: Review / Q&A	Epworth Church Osmond Alumni Room
6:30pm-7:45pm	Round Robin Tournament	Osmond/Highschool /Rec Center
8:00pm	Closing Ceremonies	Graichen Gym



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ADDITIONAL EVENT INFORMATION:

- Ice will be available upon request after playing
- There will be a licensed athletic trainer on site all day
- All participants will receive a shirt during check-in
- If your team would like to come and stay July 28th (the night before camp) in the dorms, please let me know and we can get that set up for you. The cost will be 15\$ per kid for that night.
- A deposit is required to hold your spot for team camp. That deposit will be put towards the total that you will owe for camp.

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