

LMVC ADVANCED POSITION CAMP

July 21st & July 22nd 2018

Sonny Sports Plex 578 Anders Rd Columbia 29203

These camps are geared toward the SEASONED VOLLEYBALL PLAYER who has at least three years of JV, varsity and/or club experience. We will not be taking time to teach basics. We will working on increasing volleyball IQ and teaching college-level technique.

Camps will be separated into 3 skill sets: HITTING/BLOCKING, SETTING & DEFENSE. All three camps will include serving as well. All three skill camps will combine for team skills and drills for the last 3 hours on Sunday

	COURT ONE	COURT TWO	COURT THREE
	<i>SETTING</i>	<i>DEFENSE</i>	<i>HITTING/BLOCKING</i>
SATURDAY 7/21/18			
TIME			
9:00-12:00	Setting Session #1	Defense Session #1	Hitting Session #1
12:00-1:00	LUNCH	LUNCH	LUNCH
1:00-4:00	Setting Session #2	Defense Session #2	Hitting Session #2
SUNDAY 7/22/18			
9:00-12:00	Setting Session #3	Defense Session #3	Hitting Session #3
12:00-1:00	LUNCH	LUNCH	LUNCH
1:00-4:00	Team Session	Team Session	Team Session
For TEAM SESSION, players will be divided by skill set that will be determined throughout the course of the camp			
Cost:	\$130/player This includes 12 hrs of instruction from our extremely skilled LMVC coaches, a camp t-shirt and a camp notebook which will hold key points from your camp instructor to take with you.		
Register	Visit our website at lakemurrayvolleyball.com and click on the “camp/clinic” tab. Follow prompts from there.		