

# SoFLO VOLLEYBALL SUMMER CAMP SCHEDULE 2024

Athletes will receive a significant amount of court time during the camp, a total of 28 hours of instruction and 15 hours of open court play each week. One camp week of court time is equivalent to 8 full weeks of club team practices. The camp is geared to condense the learning and conditioning of each athlete and to prepare them for their upcoming fall season whether trying out for club, middle school or high school volleyball team.

**July 8–12, July 15–19, July 22-26, July 29–Aug 2**

**Camp instruction Starts at 9:00am sharp and Ends at 3:00pm**

Monday	AM 9 - 11:45, Break @ 10:15 Introduction & Warm up Player Assessment Platform Passing	PM 12:15 - 3:00, Break @ 1:30 Passing with movement Setting Serving, Standing Float
Tuesday	AM 9 - 11:45, Break @ 10:15 Warm up & Passing w/Movement Defense Swimming Pool Activity	PM 12:15 - 3:00, Break @ 1:30 Hitting, Outside Open Hand Passing Serving, Standing Topspin
Wednesday	AM 9 - 11:45, Break @ 10:15 Warm up & Review Passing Setting	PM 12:15 - 3:00, Break @ 1:30 Hitting, Opposite Blocking Transition
Thursday	AM 9 - 11:45, Break @ 10:15 Warm up & Review Serving, Jump Float Swimming Pool Activity	PM 12:15 - 3:00, Break @ 1:30 Offensive Systems Defensive Systems Serving, Jump Top & Serve Receive
Friday	AM 9 - 11:45, Break @ 10:15 Warm up & Review Team Drills Team Play	PM 12:15 - 3:00, Break @ 1:30 Team Drills Team Play Camp Dismissal

The following is what a Typical Hourly Schedule at our camp looks like:

8:15am Early drop off time – 45 minutes: Allows plenty of time for athletes to be prepared to start camp

9:00am AM Session Starts: Introduction, Warm-up & Player Assessment

10:15am Morning Break – 15 minutes: Water provided. Available for purchase: Power Bars, Gatorade, etc

10:30am Camp Resumes: Platform Passing

11:45am Lunch Time – 30 minutes: **Players will provide their own healthy lunches**

12:15pm PM Session Starts: Passing with movement & Setting

1:30pm Afternoon Break – 15 minutes: **Players will provide their own healthy snacks**

1:45pm Camp Resumes: Serving, standing float

3:00pm Camp Ends: Athletes are dismissed after recap of the day and discussion/planning for the coming day.

4:30pm Pick Up Ends:

Pick up after this time will incur \$1.00 per minute late fee applied to your account. But we don't want to charge anyone for this, we really just want you to pick up your athlete on time please. **Thank you** 😊