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GIRLS VOLLEYBALL SUMMER 2017 ALL SKILLS CAMP

KVCC Volleyball Summer Camp Opportunities

This summer the Cougar volleyball program will be offering a wide array of volleyball instruction as we host all-skills camps, as well as individual skill development opportunities. All camp sessions will be run by head volleyball coach, Jennifer Buikema.

Campers should expect to work hard, learn new techniques and strategies, and be pushed beyond their potential all while enjoying the game of volleyball. Cougar volleyball takes pride in helping to develop Kalamazoo area volleyball players to have a "can do" attitude while eliminating the word "can't" from their vocabulary!

All camps will help to enhance individual skills by using repetition to teach basic fundamentals. Campers will also learn to encourage others, work on building their own self-confidence, and develop an aggressiveness toward playing each ball that will help prepare them for their school seasons next fall.

CAMP DATES

MONDAY JULY 24 – THURSDAY JULY 27 2017

For girls entering
GRADES 6-12

Kalamazoo**VALLEY**TM
community college

6767 West O Avenue
Kalamazoo MI, 49003

269.488.4780
kvcccougars.com

A TRULY UNIQUE CAMP EXPERIENCE

CAMP DATES

MONDAY, **JULY 24** THROUGH
THURSDAY, **JULY 27** 2017

ALL SKILLS CAMP TIMES:

**•6-8th Graders:
9 a.m. - 12 p.m.**

**•9-12th Graders:
1 - 4 p.m.**

*** Camps may be combined
depending on session numbers.
Campers will be notified of any
changes.**

ALL SKILLS CAMP

Campers will register for this camp according to the grade they will be entering after summer. This session will be focused around developing all volleyball skills including:

- **UNDERHAND AND OVERHAND PASSING**
- **HITTING AND BLOCKING**
- **SERVING AND SERVE RECEIVE**
- **DEFENSE**

Repetition of skills will be provided while offering the ability to build on more complex training as the camp nears the finish.

TUITION

For payment and registration that is received on or *before* **June 26, 2017**, the cost will be \$100.

For payments received *after* **June 26, 2017**, the cost will be \$125.

Final registration deadline for volleyball camp is Monday, **July 17, 2017**.

If postmarked after this date, checks will be returned and no spot will be held for your student.

You can also register and pay online at kvcccougars.com

Payment must be sent in with your application in order to hold a spot in camp. You may pay by check, cash, or credit card. If there is more than one camper registering from your family, please complete a separate application for each one.

WHAT TO BRING

All campers should arrive dressed to play each day in gym shoes, socks, shorts, and jersey or t-shirt. A thermos of cold water is strongly recommended. Please be sure it has camper's first and last name on it.

PLAYING FACILITIES AND COACHING STAFF

Camp will be conducted in the main gym and in the auxiliary gym. Jennifer Buikema, Kalamazoo Valley's Head Women's Volleyball Coach, will direct the camp and will be assisted by highly qualified coaching staff.

LOCKER ROOM, LOCKS, AND TOWELS

Lockers will be furnished, if requested. **Campers should bring a lock for the locker and their own towels!** All personal locks and belongings must be removed nightly. Money and valuables should never be left unlocked in the locker room. The college will not be responsible for lost or stolen items.

MORE INFORMATION

For more information, please call Coach Jennifer Buikema at **269.488.4780** or Email: athletics@kvcc.edu. Visit us online at kvcccougars.com

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