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 and assistant, Madeline McDonnell, as well as Cougar volleyball players.

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.

POSITION CAMP DATES
MONDAY JULY 20 – TUESDAY JULY 21 2015
For girls entering
GRADES 9-12

SKILLS CAMP DATES
MONDAY JULY 20 – THURSDAY JULY 23 2015
For girls entering
GRADES 6-12

KVCC Volleyball Summer Camp Opportunities

For girls entering GRADES 6-12
A TRULY UNIQUE CAMP EXPERIENCE

CAMP DATES AND TIMES:

POSITIONS CAMP
MONDAY, JULY 20 - TUESDAY, JULY 21
-HITTERS CAMP: 9:30-11:30 a.m.
-SETTERS CAMP: 8:30-10:30 a.m.
-DEFENSE CAMP: 5-7 p.m.

ALL SKILLS CAMP
6-9TH GRADE:
MONDAY, JULY 20 - THURSDAY, JULY 23
-6-7th Graders: 12:30-2:30 p.m.
-8-9th Graders: 2:30-4:30 p.m.

10-12TH GRADE:
WEDNESDAY, JULY 22 - THURSDAY, JULY 23
8 a.m.-12 p.m.

MORE INFORMATION
For more information, please call Coach Jennifer Buikema at 269.488.4780 or jbuikema@kvcc.edu
Visit us online at kvcccougars.com

POSITIONS CAMP: HITTING
Campers will learn how to capitalize in their approach, improve arm swing and power, and learn important hitting techniques and strategies to improve their overall game. The first half of each camp day will be combined with setters to hit off, while the second half of each day will be individual training focused on basic fundamental repetition.

POSITIONS CAMP: SETTING
Campers will learn basic setting fundamentals including proper footwork and hand and body positioning. Setters will also learn important strategies to be used while running a fast offense. The first half of each day will be focused on individual training through basic fundamental repetition, while the second half of each day will be combined with hitters to practice setting with.

POSITIONS CAMP: DEFENSIVE
Campers will finely tune their defensive techniques by increasing their skill level in digging hard-driven balls, tips, and reading hitters. They will also work on individual defensive positioning, including blocking and learning how to set up their defense around a block. Players should expect to learn both front and back row defensive strategies.

TUITION FOR THE POSITIONS CAMP
For payment and registration that is received on or before June 22, 2015, the cost will be $65 per position.
For payments received after June 22, 2015, the cost will be $90.

ALL SKILLS CAMP
This session will be focused around developing all volleyball skills including, underhand and overhand passing, hitting and blocking, serving and receiving, and 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 THE SKILLS CAMP
For payment and registration that is received on or before June 22, 2015, the cost will be $95.
For payments received after June 22, 2015, the cost will be $120.

Final registration deadline for volleyball camp is Monday, July 13, 2015.
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.