

Youth Volleyball

All Skills Camp



Hosted by: **Avalanche Volleyball Club**

Ages: 7 - 12

August 2nd, 3rd, 4th
Mon, Tues, wed

From: 10:00_{am} - 12:30_{pm}



Facility: Midwest Jr. Volleyball Center

Facility can be found right off the I-88 and Route 31 Interchange

(A 4-court facility made just for volleyball)

Address: 501 Airport Rd

North Aurora, IL 60542

Cost: \$40 per day or \$100 for all three days

Our Goal: Introduce volleyball to a younger age group to inspire a larger interest in the sport overall. We would like to create a positive fun experience that is inspiring and educational. Camp is to include an introduction to volleyball with progressive skill teaching - including; court movement, footwork, agility training, and accurate demonstrations of all skills. All girls will receive a t-shirt!!

Day 1: Instruction on court movement, agility training, introduce passing & setting

Day 2: Repeat court movement, agility training, passing & setting, introduce serving, hitting

Day 3: Repeat court movement, ball control series encompassing all skills, positioning, defensive drills, and playing

Registration: Forms can be filled out at the door or found on our website after July 20th:

www.avalanchevolleyball.org/

Must Call or email to reserve your spot by **July 28th!!!**



Contact: Katie Valentino
630-995-5308
Email: KvalentinoVB@gmail.com

