Allendale Volleyball

2017 Summer Skills Camps----------

Allendale High School BOOTCAMP

--- Grades 9 -12 --- July 24-27 --- Cost $40

from 2:00-5:00p

Allendale Middle School Skills Camp

--- Grades 7 - 8 --- July 24-26 --- Cost $30

from 12:00-2:30p

Allendale Youth Skills Camp

--- Grades 3 - 6 --- July 24-26--- Cost $30

from 8:30-10:30a

Allendale Volleyball strives to teach and encourage each young lady to develop a passion for the sport of volleyball. We hope to cultivate a positive atmosphere where all players can grow individually in their volleyball skills, as a team player, and as a competitor. Each camp will provide age-appropriate skill training with group and individual instruction from Allendale Volleyball Coaches and Players. Players will practice and learn about the following: serving, passing, setting, hitting, digging, blocking, team defense, 6 on 6 play/strategy, mental toughness training, and more. We hope each player will be challenged and see their own improvement throughout the sessions.

Register Online at:

www.allendalevolleyball.weebly.com.

Registration Deadline is July 10.
Please bring payment to first session, checks payable to APS.

Questions? Email Coach Audra Murphy at MurphyAud@apsfalcons.net.