



**CASCADE JUNIOR
VOLLEYBALL CAMP 2018**

ENTERING GRADES 4th-8th

CASCADE, MT



CAMP DATES:

JUNE 27TH & 28TH:

- **MORNING SESSION:
9:00AM TO 12:00PM**
- **AFTERNOON SESSION:
1:00PM TO 3:00PM**

CAMP REGISTRATION

COMPLETE THIS FORM AND RETURN
BY JUNE 13TH WITH YOUR PAYMENT
TO:

CASCADE SCHOOL
PO BOX 529
CASCADE, MT 59421

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Age of Camper: _____

Grade (Fall '18): _____

School: _____

Parent/Guardian: _____

Email: _____

Phone: _____

Emergency Phone: _____

T-Shirt Size: YS YM YL S M L XL
(circle) (youth sizes) (adult sizes)

Questions?

Contact Becca Cooper,
becca.cooper@cascade.k12.mt.us
590-5291

CAMP FEES

CAMP: \$40

This camp will use a variety of drills and game-like activities to develop more advanced skills. Sessions will stress the fundamentals of serving, passing, and attacking, as well as serve-receive, defense, and offense.

CAMP FEATURES

- ✓ Emphasis on Fundamentals
- ✓ Individualized Attention
- ✓ Small group play to maximize touches
- ✓ Game play environment
- ✓ Badger Volleyball T-shirt

CAMP REMINDERS

- ✓ Plan ahead for lunch (sack lunch, etc.)
- ✓ Bring a water bottle
- ✓ Knee pads are encouraged
- ✓ No street shoes allowed on the gym floor
- ✓ Dress appropriately for summer weather and volleyball activities

SAMPLE SCHEDULE

- Roll Call and Court Assignments – 9:00AM
 - Passing
 - Principles and keys
 - Small group competition
 - Serving
 - Principles and keys
 - 3 different serves
 - Small group competition
 - Team games/competitive play
- Lunch (12:00 to 1:00)
- Review Morning Session Skills
 - Individual Defense
 - Principles and keys
 - Small group competition
 - Attacking
 - Principles and keys
 - Footwork and timing
 - Swings
 - Serve Receive/Rotations
 - Team games/competitive play

END OF DAY – 3:00PM