

STMC Knight's **VOLLEYBALL SUMMER CAMP 2009**

This 5-day camp is open to all players who are currently in grades 4 – 7

FOCUS:

Improving basic fundamental skills of the game:

The Forearm Pass	Blocking
The Overhead Pass (setting)	Hitting (The spike)
Serving	Movement

Learning and understanding basic team fundamentals and game strategy

Offensive and defensive strategies
Game Systems

WHEN:

August 31st – September 4th
9:00am – 12:00pm

WHERE:

St. Thomas More Collegiate School

COST:

\$130

This fee includes the following:

- Camp T-shirt
- 15 hours of quality instruction
- End of the week tournament & celebration party!
- Many prizes to be won!

COACHING TEAM

Ms. D. Bohemier

Senior Girls' Coach at St. Thomas More Collegiate (2006 & 2009)
Junior Girls' Coach at St. Thomas More Collegiate (2003 – 2005 & 2007-2008)
Senior Girls 3rd Place at AA Provincial Championships (2006 & 2007)
Junior Independent League Champions (2003, 2005 & 2008)
3rd Place finish at Junior Girls Provincial Championships (2005)
University of Victoria Volleyball Team (1999 – 2001)
University of Victoria Team Captain (2000 – 2001)

STMC Players

Players from the STMC senior volleyball team will be present at the camps to offer their expertise in the development of skills and gameplay.

Senior Volleyball at STMC:

3rd Place finish at Senior Girls Provincial Championships (2005 - 2007)
1st Place finish at Provincial Catholic Tournament (2005 & 2007)
2nd Place finish at Provincial Catholic Tournament (2006)

WHAT TO BRING FOR CAMP

Water bottle, snack & sunscreen

Knee pads (optional)

Running shoes or court shoes

REGISTRATION DEADLINE: June 25th 2009

