



Yuba College Volleyball Camps 2019



Location: Camps will be held at Yuba College, 2088 N. Beale Road, Marysville, CA 95901

Contact: Head Volleyball Coach Julia Coats for more camp information by calling, texting, or emailing
Cell: (530) 301-6934 **Email:** jcoats@yccd.edu

Registration and check-in will start at 7:00 AM in the foyer of the gym.

Register and Pay Online or Day of Camp- Registration Forms will be available on site and online.

Skills Camp #1

Dates: Monday, July 22 - Friday, July 26

Time: 8:00 AM - 1:00 PM

Ages: 10 - 18

Cost: \$120

Players will receive a camp t-shirt and instruction from the Yuba College volleyball staff and players.

This camp will cover beginning to intermediate skills such as passing, setting, hitting, blocking, digging, and team offense and team defense. Whether you are learning the game as a beginner or wanting to improve your skills, this camp will offer a great opportunity to learn the fundamentals of team play while continuing to develop individual skills. Players will get lots of good reps!

Skills Camp #2

Dates: Monday, July 29 - Friday, August 2

Time: 8:00 AM - 4:00 PM

Ages: 10 - 18

Cost: \$175

Players will receive a camp t-shirt and instruction from the Yuba College volleyball staff and players.

This camp will cover intermediate to advanced skills such as serving, passing, setting, hitting, blocking, and digging; as well as team offense and multiple team defense strategies. Players will get lots of good repetitions for all the skills and they will get to use their skills in team drills. Campers will be placed on courts with players of their same skill level.

Both camps will include breaks for lunch and snacks; however, no lunch or snacks will be provided. Please bring your own water or water bottle to be filled by a water fountain.

Also, please come dressed in proper workout clothing for volleyball drills...t-shirt and spandex or shorts. Kneepads and proper court shoes are necessary. Those attending the second camp will need running shoes for the start of each day. Parents are welcome to watch along the perimeter of the courts...if you bring a chair, please have a blanket to put underneath the chair to prevent scratches on our flooring.

Both camps will be instructed by the Yuba College Women's Volleyball staff and players.

