

Northern Kentucky Junior Volleyball

Summer Volleyball Camp

The NKJV summer volleyball camp will focus on basic fundamentals and current techniques of volleyball, as well as more advanced strategies to become more successful, more confident, and stronger to prepare players for the school volleyball season. Players will be given an opportunity to improve their technical skills as well as to effectively apply their skills in match situations. Players will be divided into training groups according to skill level and taught at a pace that is most beneficial for the athlete.

The camp will include the following features.

- Individual Skills Training with high repetition and intensity
- Team Oriented Drill Training
- Coaching in Small Group Settings
- Camp T-Shirt
- Camp Facilitator Coaching Director Jen Woolf
- Camp Coaches are NKJV Coaches, former college players, former NKJV players

All sessions will be held at Better Bodies Fitness Facility – 2230 Grandview Drive, Ft. Mitchell, KY 41017

Grade you will be entering Fall 2009	Date and Time
Grades 4-5-6	July 7-9 9:00 AM – 11:00 AM
Grades 7-8	July 7-9 11:00 AM – 1:00 PM
High School	July 7-9 2:00 PM – 4:00 PM

Space is limited. Print off your registration form and mail as soon as possible to reserve your spot.