

2019 BISON VOLLEYBALL CAMPS

YOUTH DAY CAMPS

(7th Grade and younger)

8:30-11:30 AM A fun camp to introduce and improve the fundamental skills used in today's game to young kids.

YOUTH CAMP I - JUNE 11-13

YOUTH CAMP II - JULY 22-24

POSITIONAL DAY CAMPS

(Grades 6 - Entering College Freshmen)

12:00-1:30 PM ATTACKING - All aspects of attacking - armswing, transition & approach

1:30-3:00 PM DEFENSE & BLOCKING - Defense for the front and back court, platform skills, blocking footwork & techniques

3:00-4:30 PM SERVING AND PASSING - Serving techniques and different types of serves along with serve receive & passing skills

4:30-6:00 PM SETTING - Setting footwork and techniques for both setters and beginning non-setters (liberos and right side hitters)

POSITIONAL DAY CAMP I - JUNE 11-13

POSITIONAL DAY CAMP II - JULY 22-24

ALL-SKILLS CAMP

JUNE 8-10 (Grades 6-12)

A camp for players who want to develop all the fundamental skills of volleyball. Strategies, team concepts, and competition will be emphasized. (Grades 6-12)

HIGH PERFORMANCE CAMP

JULY 8-10 (Grades 9 - Entering College Freshmen)

This camp is geared toward the advanced player who is looking to be challenged at the highest level in an intense and competitive training environment. (Grades 9-Entering College Freshmen)

NOTE:

For both Camps, meals will be served at an on-campus Dining Center, which offers an all-you-can-eat dining service. One dinner will be an all-camp pizza party. Resident campers will be provided breakfast, lunch and dinner. Commuter campers will be provided lunch and dinner. Please notify camp staff of any food allergies or dietary restrictions. All resident campers will stay in supervised campus dormitories. Each room is furnished with sheets, pillowcase, pillow, blanket, two towels and one wash cloth.

The NDSU Volleyball Camps are open to any and all entrants. (limited only by number, age, grade level and/or gender)



CAMP INFORMATION:

STAFF INFO:

The 2019 Bison volleyball camps will be directed by the NDSU coaching staff. Camp coaches will include current and former NDSU players as well as collegiate, club, and high school coaches from around the country.

LOCATION:

Camps will be held at the Bentson Bunker Fieldhouse-BBF (1301 Centennial Blvd.), located on the campus of NDSU.

EACH CAMPER RECEIVES:

- Bison Volleyball Sling Bag
- Bison Volleyball Lanyard
- Camp Volleyball
- Camp Water Bottle

In addition, campers will receive complimentary admission to attend a 2019 Home Volleyball Match!

REGISTRATION AVAILABLE ONLINE!

REGISTER TODAY AT WWW.NDSUVOLLEYBALLCAMPS.COM

All camps require your full payment, completed registration form and signed waiver. Registration is not considered complete until waiver and payment have been mailed in or paid online, thus reserving your spot in camp. There is a \$50-\$100 non-refundable cancellation fee.

For your convenience, confirmation will be emailed when registration is received & processed.

For more information contact the NDSU Volleyball Office:

701-367-7756 or email jessica.c.jorgensen@ndsu.edu

NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu.

NDSU is required to provide reasonable accommodations for guests with disabilities. Examples of accommodations include a sign language interpreter, a dietary accommodation, or a wheel-chair accessible room. In the event there are additional expenses involved, it is the responsibility of the sponsor to pay. Guests are required to contact the sponsor a minimum of 3 weeks before the event.

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NORTH DAKOTA STATE UNIVERSITY