

**PIUS X THUNDERBOLT
VOLLEYBALL CAMP
Monday - Thursday
JULY 9-12, 2019**

AIM OF CAMP

The Pius X Volleyball Camp will be offered for all volleyball athletes who will be entering grades 9 through 12 during the 2019-2020 school year.

The main objective of the camp is to focus on the fundamentals of volleyball to improve each participant's individual skill level. A major focus of the camp will be to push the athlete to be their best in all skills. This camp will also have a portion of each day devoted to footwork and conditioning training. Throughout the camp, there will be ample individual coaching provided by the camp staff.

CAMP STAFF

Katie Wenz - Pius X Varsity Coach
Brianna Golka - Pius X Assistant Coach
Claire Mc Dermott - Pius X Coach
Zach Svehla - Pius X Coach

CAMP LOCATION

Pius X High School 6000 "A" Street
Lincoln, NE 68510 (402) 488-0931

DAILY SCHEDULE

Session I 1:00 - 1:30 p.m.
Conditioning and footwork training
Session II 1:30 p.m. - 4:00 p.m.
Individual skills, skill combination drills
Session III 4:00 - 5:00 p.m.
Specific position training, team concepts and game strategy.
Breaks will be provided throughout the afternoon

CAMP FEE

The cost of this camp is \$120. The camp athlete will be expected to attend ALL sessions for the ENTIRE week. There **will not** be a prorated option for athletes.

PHYSICAL EXAM

Each participant should have had a physical exam prior to participating. Physical exams from the previous school year will suffice. Examinations taking place after May 1, 2019 will be effective for the 2019-20 school year.

APPLICATION AND FEE

Fill out the form on the following page and return it with payment (\$120) to:

PIUS X VOLLEYBALL CAMP

ATTN: Katie Wenz/Brianna Golka
6000 "A" Street
Lincoln, NE 68510

Checks will not be cashed until the first day of camp, July 8th

**Pius X High School
VOLLEYBALL CAMP
2019**

**Monday - Thursday
July 8-11, 2019
1:00 p.m. - 5:00 p.m.**

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____

AGE _____ GRADE _____
'18-'19

*Please register by JULY 1ST, 2019
PLEASE MAKE ALL CHECKS
PAYABLE TO PIUS X VOLLEYBALL*

