



# VOLLEYBALL

## ELITE CAMP: JULY 14-16, 2017

### Reminder

- In order to participate, campers are required to have on file their completed “release form” and physician signed “physical form”. Download forms at [www.WVUsports.com/camps](http://www.WVUsports.com/camps).
- Check-in/Registration: WVU Coliseum (BLUE GATE)
- Parking: The WVU Coliseum is located at 3450 Monongahela Blvd. and is free of charge.
- We will have a camp store that will offer all the latest volleyball gear and trends (cash or checks – made out to WVU)

### Checklist

- Personal toiletries and alarm clock
- Plenty of comfortable shorts and T-shirts
- Socks and playing shoes
- Knee pads
- Spending money (camp store, souvenirs, pizza, snacks)
- Casual clothes for the dorm
- Water bottle

### WVU Volleyball Elite Camp – SCHEDULE

#### Friday, July 14

12:00pm-1:30pm Final registration, check-in at WVU Coliseum (**BLUE GATE**)

1:30pm All camp meeting and introductions (dressed and ready to play)

1:45pm Session #1: Evaluations

4:00pm Depart for Euro Suites

5:00pm Dinner

6:00pm Depart for Coliseum

6:30pm All camp meeting

6:45pm Session #2: Skill instruction

9:00pm Pick-up or depart for Euro Suites (**BLUE GATE**)

10:00pm In rooms

11:00pm Lights out

#### Saturday, July 15

7:30am-8:30am Breakfast

8:30am Drop off, check-in, depart for Coliseum (**BLUE GATE**)

9:15am All camp meeting

9:30am Session #3: Review and skill instruction

11:30am Depart for Euro Suites

12:00pm Lunch

1:00pm Depart for Coliseum

1:30pm All camp meeting

1:45pm Session #4: System offense

4:30pm Depart for Euro Suites

5:00pm Dinner

6:00pm Depart for Coliseum

6:30pm All camp meeting

6:45pm Session #5: System defense

9:00pm Pick-up or depart for Euro Suites (**BLUE GATE**)

10:00pm In rooms

11:00pm Lights out

#### Sunday, July 16

7:30am-8:30am Breakfast

8:30am Drop off, check-in, depart for Coliseum (**BLUE GATE**)

9:00am All camp meeting

9:15am Session #6: Competitive wash drills

11:30am Depart for Euro Suites and pack

12:00pm Lunch

1:00pm Depart for Coliseum

1:30pm All camp meeting

1:45pm Session #7: Competition

4:30pm Closing ceremonies

5:00pm-5:30pm Pictures and autographs

Check-out and pick-up from WVU Coliseum