



# 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

- Linens, blankets and pillow
- Towels, washcloths and soap
- 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-1:00pm	Final registration, check-in at Evansdale Residential Complex (ERC) <b>After check-in, please drive camper to WVU Coliseum (BLUE GATE)</b>
1:30pm	Camp meeting and introductions (dressed and ready to play)
1:45pm	Session #1: Evaluations
4:30pm	Depart for Café Evansdale
5:00pm	Dinner
6:00pm	Depart for Coliseum
6:30pm	Session #2: Skill instruction
9:00pm	Pick-up or depart for ERC
10:00pm	In dorm
11:00pm	Lights out

#### Saturday, July 15

7:00am-8:15am	Breakfast
8:15am	Drop off, check-in, depart for Coliseum
9:00am	Camp meeting
9:15am	Session #3: Review and skill instruction
11:30am	Depart for Café Evansdale
12:00pm	Lunch
1:00pm	Depart for Coliseum

1:30pm	All camp meeting
1:45pm	Session #4: System offense
4:30pm	Depart for Café Evansdale
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 ERC
10:00pm	In dorm
11:00pm	Lights out

#### Sunday, July 16

7:00am-8:15am	Breakfast
8:15am	Drop off, check-in, depart for Coliseum
9:00am	Camp meeting
9:15am	Session #6: Competitive wash drills
11:30am	Depart for Café Evansdale
12:00pm	Lunch
1:00pm	Depart for Coliseum
1:30pm	All camp meeting
1:45pm	Session #7: Competition
4:30pm	Closing ceremonies
	Pictures and autographs
4:55pm	Depart for ERC
5:00pm-5:30pm	Check-out and pick-up

