

Minnesota North Volleyball Camp 2018

With Minnesota Duluth Volleyball Assistant Coaches

Christyn May

UMD 1st Assistant 2004-present

2012 AVCA Division II Assistant Coach of the Year

Kate Sterns

Professional Volleyball Player

All American & 2013 DII National Player of the Year

Girls Positional Camp

WHEN: July 23, 24, 25 **TIME:** 9-12:30pm **LOCATION:** DISC 4402 Rice Lake Rd, Duluth, MN 55811

Check-in at 8:15am on July 23

WHAT: Campers will get instruction and exposure to all the skills of volleyball.

Team training as well as specific individual training in the following areas:

Setting, Attacking, Blocking, Ball Control, Defense, Serving

WHO: Grades 7-12 (2017-2018 school year)

COST: \$120 for 2017-2018 Season USAV Participants in 2018 (must bring USAV registration number)

\$130 for non USAV Participants in 2018

Boys Positional Camp

WHEN: July 26-27 **TIME:** 9-12:00pm **LOCATION:** DISC 4402 Rice Lake Rd, Duluth, MN 55811

Check-in at 8:15am on July 26th

WHAT: Campers will get instruction and exposure to all the skills of volleyball.

Team training as well as specific individual training in the following areas:

Setting, Attacking, Blocking, Ball Control, Defense, Serving

WHO: Grades 7-12 (2017-2018 school year)

COST: \$80

Youth Camp (open to girls and boys)

WHEN: July 23, 24, 25 **TIME:** 1:30-3:30pm **LOCATION:** DISC 4402 Rice Lake Rd, Duluth, MN 55811

Check-in at 12:45pm on July 23rd

WHAT: Introductory camp focusing on all the skills in a fun environment!

WHO: Grades 5-6th (2017-2018 school year)

COST: \$60 for 2017-2018 Season USAV Participants in 2018 (must bring USAV registration number)

\$70 for non USAV Participants in 2018

Little Spiker Camp (open to girls and boys)

WHEN: July 23, 24, 25 **TIME:** 1:30-2:30pm **LOCATION:** DISC 4402 Rice Lake Rd, Duluth, MN 55811

Check-in at 12:45pm on July 23rd

WHAT: Introductory camp for the first timer volleyball player. Focus on volleyball knowledge, skills and games!

WHO: Grades K-4 (2017-2018 school year)

COST: \$30

Skill Sessions (open to girls and boys)

WHEN: July 26-27 **TIME:** 1:00-4:00pm **LOCATION:** DISC 4402 Rice Lake Rd, Duluth, MN 55811

WHAT: Small group or private skill sessions breaking down technique to improve your skills.

WHO: Anyone wanting to be pushed or to refresh your skill!

COST: \$15/person per 30 minutes in small group settings or \$30 for private 30 minute session.

Register by email to Christyn May: cmay@d.umn.edu 218.310.9560