

Camp Format and Philosophy

The Andover Volleyball Camp is designed to involve youth with the sport and team building concepts of volleyball. We will have two separate camps. The morning session focuses on basic skill development and is geared towards K - 7th grade. The afternoon session is designed for grades 8th -12th to teach advanced skills and volleyball strategies. The volleyball staff of Andover High School will lead both sessions of the camp with a number of guest coaches and Andover alumni. The Andover High School players will be assisting with the morning session.

Location and Facilities

Andover High School is located on the corner of Andover Blvd. and Crosstown. All of our camp activities will take place in one of three gymnasiums located on the east end of the school. There will be restrooms and water available to the players. Please e - mail Coach Huberty at constance.huberty@ahschool.us if you have any questions.

Cost

Morning Session: Grades K-7 \$75.00 each

Afternoon Session: Grades 8-12 \$80.00 each

Family Cap of \$140.00

Volleyball Players should bring tennis shoes and wear white, cotton socks to prevent blisters. Campers should wear a T-shirt and shorts and may want to wear knee pads. A T-shirt will be provided by the camp as well as certificates and awards.

Morning Session

K - 7th Grade

9:00 - 11:30 a.m.

This camp is created for those athletes who are interested in learning basic volleyball skills and for players looking to develop and build on basic skills to advance to a higher level.

Some components of this session are:

- *Team concepts and group building
- *Proper passing technique and movement
- *Defensive positioning and court coverage
- *Serving form and accuracy
- *Hitting approach and technique
- *General offensive and defensive strategies
- *Playing matches with other campers
- *Fun, fun and more fun

Afternoon Session

8th - 12th Grade

12:30 - 3:30 p.m.

This camp is designed to further develop all around volleyball skills and learn advanced and elite techniques and strategies.

Some components of this session will be:

- *Competing in matches with other campers
- *Team Motivation and goal setting
- *Advanced offensive and defensive systems
- *Learning alternative "shots" and defensive moves
- *Elite passing, serving and blocking techniques
- *The importance of communication and team building