Woburn Volleyball's Freshmen Preparedness Clinic

Woburn High School Gym
88 Montvale Ave
August 17th-20th
1-3pm

Learn the skills needed to become a high school volleyball player.

This camp is for girls entering grade 9 (and 8th graders in a 8-12 high school) who want to learn the rules and skills needed to play high school volleyball.

This clinic will increase player confidence by teaching and previewing the skills and drills the players are likely to encounter during their high school tryouts.

Coaches will review passing, setting, serving, hitting, and team defense.

The rules of the game will be reviewed as well as specific positions and rotations.

Each day will also include plyometric based volleyball specific conditioning. Game-like situations will also be a part of each day of camp

***Please fill out the on-line registration form ***

Questions send to:woburnvolleyball@gmail.com

A payment of **$100** can be made in cash or check to:
WOBURN ATHLETICS-In the Memo part of the check please write: *Fresh Vball Camp*
Please mail to:
Scott Roy
Woburn High School
88 Montvale Ave
Woburn, MA 01801