CBCS Volleyball Summer Camp

Abby McDonnell
Athletic Director - Crested Butte Community School
amcdonnell@gunnisonschools.net

Coaches:
Lilli
lilliangparrino@gmail.com

MJ Jones
maryjean.jones@gunnisonschools.net

Logistics and Timing

- Monday-Thursday 9-12
- Session 1: August 10-13
- Session 2: August 17-20, Jerry's/CBES Gym
- 5/6 Grade and 7/8 Grade groups
- $100/session/registrant
- Registration open NOW!

Equipment Needed:

- Athletic Attire
- Non-scuffing gym shoes

Content Covered:

1. Etiquette
    a. Shag balls (safely)
    b. "Bring it in"
2. Setting up the net
3. Passing
4. Setting
5. Hitting
6. Serving
7. Rotations
8. What do you want to try?
    - Jump serves etc.