Tanners Summer Volleyball Camp



Woburn High School gym Aug 14th-17th 3:30pm-5:30pm ***Register <u>online here</u>

This camp is for boys and girls entering grades 5-8 who want to learn the rules and skills needed to play high school volleyball. This camp is Co-ed-Though Boys in grades 8 may be better suited for the boys camp taking place at 6pm on the same dates

To reserve a spot please google: Woburn Girls' Volleyball Google sites- and fill out the <u>form</u> on the <u>VB grade 5-8 page</u>- or send an email to: <u>Woburnvolleyball@gmail.com</u>

The players will learn how to hit, pass, set, and serve in a fun and friendly atmosphere led by College players and current and alumni of the Woburn Girls' and Boys' Varsity Volleyball teams.

With our 3 courts, the players will be split up by age and ability level. Each day will also include the teaching of volleyball-specific exercises to help improve: Agility, Flexibility, Strength, Stamina, and Confidence Game- like situations and mini-games will also be a part of each day of camp

Please fill out registration form completely and payment of \$95 in cash, or check written to: *WOBURN ATHLETICS*

In the Memo part of the check please write: Tanners Summer Volleyball

Please bring cash or check to the 1st day of camp.

