



Summer Volleyball Camp

SESSION 1:
July 9-12
9am to 2:30pm

SESSION 2:
July 30-Aug 2
9am to 2:30pm

DAILY SCHEDULE

9-9:15	Arrival / Daily meeting
9:15-9:30	Warm up Fitness center/Campus run
9:30-10:30	Outdoor session
10:30-11:30	Swim
11:30-12	Lunch
12-2	Indoor session
2-2:30	Team activity/ outdoor
2:30	Depart

LOCATION: Westchester Community College 75 Grasslands Rd, Valhalla

- ▶ Lunch not included but can be purchased at campus cafeteria
- ▶ Bathing suits/ knee pads and towels required.

Cost per session \$275

Early drop off 8am-9am \$50 per session

Register & pay before May 31st get \$25 discount

All Current Pride Athletes get \$50 Discount

Summer clinics are designed to focus on all aspects of the game. Emphasis is placed on skills such as serving, receiving, passing, digging, setting, attacking, team defense and blocking.

For additional information, please contact our Director, CoachT 845-825-7256 or email at westchesterpridevbc@yahoo.com Please visit our website www.westchesterpridevbc.com information & programs offered

