



Fear This

Girl's Volleyball Camp

Summer 2008

Are you looking to better your volleyball skills? If so, this camp is for you! During our camp we will be working on...

- Conditioning: Emphasis on upper and lower body strength.
- Positioning: Offense, defense, transition play.
- Offense: 5-1, 6-2, 4-2, 6-3 offense, plays, combinations, calls, communication.
- Defense: Man and rotation, according to team ability, transition from rotation to base defense.
- Terminology: General vocabulary for competitive volleyball.
- Officiating: What the official is looking for when calling the game (hand signals, verbal usage, and terminology).
- Passing: Passing, use of hands when passing, serve receive passing.
- Serving: Technique, placement, slide serve, jump serve.
- Blocking: Hands and foot work
- Hitting: Approach, swing, hitting 5's, 31's, 1's, 2's, b slides, c slides, shoots.
- Setting: Hands and foot work

| Grade | Date | Time | Location | Cost |
|-------------------------------------|-----------|-----------|---------------|-------|
| 6 th -12 th * | 6/23-6/27 | 4:00-7:00 | BCHS Aux. Gym | \$125 |

*Athletes will be broken up according to ability and age. (Adjustments will be made throughout the camp.)

What needs to be done to reserve your spot.

- Mail to AZ Fear Inc., 28225 N. 31st Lane, Phoenix, AZ 85085
 - Check or Money Order for \$125
 - Camp Release Form (Available online at www.azfear.com)
 - Player Information Form (Available online at www.azfear.com)

For more information contact Chad Speer @ 602-859-0849 or azfear@cox.net.

Visit us at www.azfear.com