

Typical Day 1

- Check in/Warm up
- Demonstrate: passing form, isolated drills for platform and footwork.
- Work on passing technique drills with movement and angles
- Introduce setting and practice.
- Serving demonstration: posture
- Serving practice.
- Learn various types of serves: jump floater, jump, topspin, floater
- Cool down and camp talk.

Typical Day 2

- Check in/Warm up
- Passing review/drills
- Serving review/drills
- Combo drills
- Hitting drills
- Hitting transition
- Combo hit, tip drills
- Work on rotation fundamentals
- Cool down and camp talk.

Typical Day 3

- Work on rotations and full game simulations.

Northbrook Sr. High
Attention: Volleyball Coach:
V. Wheeler
#1 Raider Circle Drive
Houston, TX 77080

S P R I N G B R A N C H I S D

NORTHBROOK SR. HIGH

Future Raider Volleyball Camp



**RAIDER
NATION**

Join Remind: text the message @newbienhs to the number 81010 in order to send Coach Garcia-Wheeler questions and receive information.

S P R I N G B R A N C H I S D

Future Raider Volleyball Camp

Welcome future volleyball player! I am glad that you are reading this! It means you are interested and dedicated to volleyball, and that is what I love to hear!

This camp will help prepare you for tryouts!

Each day we will learn something new and work on improving your passing, setting, hitting and serving technique!

We have some awesome drills lined up for you to try, **so get a copy of your physical, fill out the online application when it is shared via Remind, and make sure your Rank One paperwork is complete**, so we can begin your volleyball transformation!

I look forward to meeting you!



Camp will Target athletes: 8th and 9th graders as of Fall 2019

Date: July 29th, 30th and 31st

Check in: 8:20-8:50

Start/Finish: 9am-12pm

Camp Instructors: Northbrook Senior High Volleyball Staff

Location: Northbrook High School Gym 1

Cost: FREE

Items to wear: Shorts, T-Shirt, athletic shoes, pony tail.

Items to bring: Water bottle, towel, signed parent authorization.

Camp provides: All necessary equipment for drills, instructions, and accident insurance.

Focus of Camp: Fundamentals of volleyball: passing and Setting technique, serving technique, and hitting technique.

Registration: The Google from Link will be sent out via Remind on **June 1st** to be completed by **July 26th**.

***Walk-ups Welcome, but all paperwork must be complete.**

Late registration will be accepted on site if space is available.

For more information contact Vanessa Garcia-Wheeler via:

Remind text @newbienhs to phone number 81010

Email at: Vanessa.garcia-wheeler@springbranchisd.com

Bring this signed sheet with you on July 29th and register on the Google Link that will be sent via Remind in June. You must have a parent signature to attend the camp, be a current SBISD student, and have completed the online Google Form.

Parent Authorization

I hereby authorize the directors of the Northbrook High School Volleyball Camp to act in accordance with their judgment in any emergency requiring medical attention. I further waive and release the Northbrook High School Volleyball Camp from liability for any damages from injuries and/or illness sustained at the Northbrook High School Volleyball Camp. I know of no mental or physical conditions that might affect my child's ability to safely participate in this camp. I have included a copy of my child's latest physical and have notified the camp instructors of any physical ailments my child has experienced of which they should be aware. This organization and its activity is not related to, nor sponsored by, the Spring Branch Independent School District.

Parent Signature

In case of emergency please notify (name, phone number & relationship):

Contact name/relationship/number

Contact name/relationship/number

Student Name