

SACHSE HIGH SCHOOL

2024 VOLLEYBALL CAMP

JULY 23RD-25TH

SESSION 1
FRESHMAN
12:00-2:30
\$15 FOR TSHIRT



SESSION 2
6TH-8TH
3:00-5:30
\$65.00 (DOES NOT INCLUDE
SHIRT \$15.00 FOR SHIRT)



SCAN THE QR CODE TO
REGISTER FOR CAMP OR
VISIT LINK BELOW



[HTTPS://BIT.LY/3TRIRLP](https://bit.ly/3trirlp)

TRAINING BY SHS COACHING STAFF

THE CAMP WILL FOCUS ON THE SIX INDIVIDUAL SKILLS, AS WELL AS APPLYING THEM TO TEAM PLAY. THE BASIC SKILLS ARE BALL CONTROL, MOVEMENT, ATTACKING, BLOCKING, SETTING AND SERVING. THERE WILL ALSO BE SOME EMPHASIS ON TRANSITION, SERVE RECEIVE, AND ROTATIONS. WE WILL HAVE FUN AND LEARN A LOT!

DISTRICT CHAMPS

2004, 2005, 2006, 2009, 2010, 2013, 2014, 2015, 2016, 2017, 2018, 2019,
2020, 2021, 2022, 2023



@SachseVB



SachseVolleyball

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