

# *Volleyball*

## *The Day at a Glance*

Arrival

9:00am - 9:30am

Ball Warm Up / Skill Demonstration

9:30am - 10:00am

Skill Application

10:00am - 11:30am

Lunch/Camp Elective

11:30am - 12:30pm

Team Training Development

12:45pm - 1:30pm

Game Play

1:30pm - 3:00pm

Camp Elective

3:00pm - 3:45pm

Dismissal

3:45pm - 4:15pm

