



Seekers

Summer Camp 2011

JUNIOR CAMP 2011 | FULL DAY SKILLS AND ACTIVITY CAMP FOR GIRLS FROM GRADES K TO 8 NEXT SCHOOL YEAR (2011-2012)

This year's Junior Camp will be run the same way as previous years. Campers will come from 8:30 am until 3:30 pm. During the day, the major emphasis will be on volleyball skill development. The girls will work with very enthusiastic, experienced coaches who will do all they can to keep their campers happy, confident and moving forward. Each day, they will have an opportunity to put their skills into action in a game situation. Many activities will be provided for lunch time activities as well. Each year, some campers wish to come for both weeks. During the second week, they repeat the same skills as they would week after week on a school or club team. They will have a different coach in week two. Our Junior Camp is the foundation for all activities in our Senior Camp.

WEEK ONE SENIOR CAMP 2011 | FULL DAY SKILLS CAMP FOR GIRLS FROM GRADES 9 TO 12 NEXT SCHOOL YEAR (2011-2012)

Our Senior Camp will be divided into two sections. Group A will be for girls entering high school for the first time. These grade nine students will be kept together to give us the opportunity to teach offensive and defensive individual skills. This will be an intensive program designed to improve techniques and tactics while encouraging a very positive self-image. Group B will be for girls who will be in grades ten or later during the next school year. Most of these players will be quite serious about the sport of volleyball and able to work at an aggressive level throughout the day. Game time will be provided each afternoon. This program would be an excellent preparation for our Week Two Senior program.

WEEK TWO SENIOR CAMP 2011 | HALF DAY TEAM CAMP FOR GIRLS FROM GRADES 9 TO 12 NEXT SCHOOL YEAR (2011-2012)

Our Senior Camp again will be divided into two sections. Group A will be for girls entering high school for the first time. These grade nine students will be kept together to give us the opportunity to teach offensive and defensive team techniques, tactics and communication skills with an increased emphasis on individual skills as well. This will be a great way to prepare for their first tryouts at the high school level. **(Maximum : 32 campers each session)**

Group B will be for very enthusiastic girls who will be in grade ten and beyond during our next school year, 2011-2012. Our Club Coaches will teach all of the techniques, tactics, and on-court communication strategies which brought us eight national championships, nineteen provincial championships as well as many more provincial, national and international medal successes. Again, an emphasis will be on a very positive self -image.

(Maximum : 16 campers each session)