



Epic Volleyball Club

Girls Winter Camps

2017

All Skills Camp

December 18th - December 21st

9:00 AM - 11:30 AM

Cost: \$150

This Camp will cover all of the fundamental volleyball skills. Techniques will be broken down into single contact, and then utilized in drills and competition style games. Perfect for players looking to improve their all around game and to get a great workout.

Advanced Setting Camp

December 18th - December 20th

12:00 PM - 2:00 PM

Cost: \$125

The perfect camp for setters looking to take their game to the next level. This high repetition camp will cover all aspects of setting including footwork and hand preparation. Additionally, advanced concepts like vision, deceptiveness, decision making and building an offense will be presented.

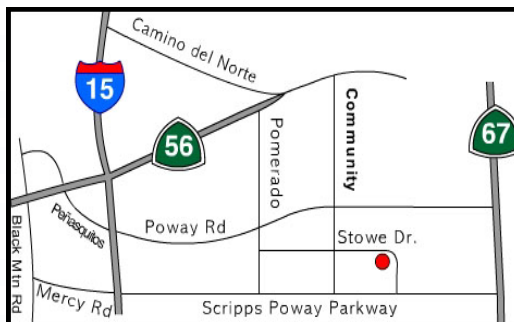
Hitting Camp

December 18th - December 20th

12:00 PM - 2:00 PM

Cost: \$125

The specialized camp will feature armswing and footwork patterns for all attackers. Players will be taught to maximize their jump and improve their shot selection. Players will also be high level techniques including look away attacking, the back row attack and one footed attacking patterns.



www.epicvb.com

To register for any of the camps, visit our web site, or contact Pat at pat@epicvb.com.