SRU INDIVIDUAL VOLLEYBALL CAMP
JULY 9-12, 2017

SUNDAY
12pm-2pm  Registration – Residence Hall Building B
2:30-4:50pm Staff introductions and testing
5-6pm  Dinner
6:30-9:30pm  Skill Instruction

MONDAY
7:15-8:30am  Breakfast
8:30-11:30am  Skill Instruction
11:45am-1pm  Lunch
1:45-4:30pm  Team Serve Receive
5-6pm  Dinner
6:30-9pm  Skill Instruction (or Freeball/Team Offense drills)

TUESDAY
7:15-8:30am  Breakfast
8:30-11:30am  Skill Instruction
11:45am-1pm  Lunch
1:45-4:30pm  Team Defense
5-6pm  Dinner
6:30-9:30pm  Team selection and play

WEDNESDAY
7:15-8:30am  Breakfast
8:30-11am  1st round of tournament
11-11:45am  Team building
Noon-1pm  Lunch
1:30-4:30pm  Tournament and Farewell