



2023 SPRING/SUMMER SEASON CAMPS AND OPEN GYM GUIDE:

We are excited to offer the following advancement opportunities to all junior players in our community! All of our camps and open gyms are open to our 22-23 season players and to the public.

What you need to know:

- Registration is required for camps at least 72 hours prior to camp start time. No registration required for open gyms. Payment is required at time of registration. Register online by visiting our Post Season Camps page on our website. Online registration will incur a small processing fee.
 - o NO REFUNDS will be given for any reason unless the camp is canceled by us.
 - o We reserve the right to deny anyone camp registration if we feel it is not an appropriate camp for them. If you are a player on our 22-23 teams and have any question about whether a particular camp is a good fit for you, please ask our volleyball director Jorja Tuten.
- Please arrive approximately 10 minutes early, dressed out and prepared to start camp on time. Campers need to bring:
 - o Volleyball attire including court shoes or good athletic shoes, knee pads, spandex, leggings or form fitting shorts, and a t-shirt. Ankle braces are recommended for hitters/setters. Long hair should be tied back at all times.
 - o Plenty of water and/or Gatorade. Our facility does not have climate control. Water and/or Gatorade is available through a vending machine in limited supply, CASH/COIN only.

Camp descriptions follow:

<p>Open Gyms - Open gym is the opportunity to play/practice in a no stress environment...just for FUN! Although at least one member of our coaching staff will be present, these sessions are player guided and little to no coaching is provided. Two courts will be available divided by skill level.</p>	
Registration:	Not required, just show up! HOWEVER, parent/player, as well as adult players, must sign a waiver and a photo release in their first open gym session. The waiver and release are available at the door or on our website.
Dates:	EVERY Friday from April 21 – July 21: 6:00pm – 8:00pm (excluding May 26 and July 7)
Cost:	<ul style="list-style-type: none"> - Students (5th^d – 12th): FREE! - Adults (anyone post high school): \$5 per session. CASH/EXACT CHANGE ONLY at the door
Ages:	11-99
Gender:	Girls and Boys welcome!
Level:	All. Players will be divided by skill level on two courts.
Camp Size:	Not applicable.

Volley First Series - We can't wait to share the energy and excitement of this great team sport with young players. This series includes a taste of what it is like to be on a travel volleyball team, without the travel. Players will learn about all basic skills with drills and games through six sessions and then divided for two sessions to play in realistic matches. Series **includes a numbered jersey**. Our main goal is to help grow players interest and confidence level in volleyball in such a way that is a fun experience for everyone.

Registration:	Required online registration at least 72 hours prior to camp start time.
Dates:	6 practices sessions total, all 6:00pm – 7:30pm: <ul style="list-style-type: none"> - Tuesdays May 23, May 30, June 6 and June 13 - Thursdays May 25, June 1 2 nights of matches at our facility: <ul style="list-style-type: none"> - June 8 starting at 6:00pm - June 15 starting at 6:00pm
Cost:	\$125
Ages:	9-13
Gender:	Girls and Boys welcome!
Level:	Beginner to lower intermediate. Absolutely no experience required.
Camp Size:	Minimum 15, Maximum 24

Boys All Skills Camp - Boys volleyball is an up-and-coming sport in Eastern NC and we are excited to share it with our community! Our coaches will help players improve on all the skills of the game including passing, setting, hitting and serving. Players will learn how and why it takes agility, strength, athleticism, reasoning skills, and a positive attitude to be a great volleyball player.

Registration:	Required online registration at least 72 hours prior to camp start time.
Dates:	Two-day camp: <ul style="list-style-type: none"> - Saturday May 20 (1:00pm – 3:00pm) - Sunday May 21 (1:00pm – 3:00pm)
Cost:	\$40
Ages:	12-18
Gender:	Boys only please!
Level:	Beginner to advanced (Players will be grouped by level, not age.)
Camp Size:	Minimum 6, Maximum 20

Girls High Performance Camp – This camp is for advanced female players only and will focus on high level skill development, position-specific training including defense, setting, hitting, and advanced offensive and defensive systems. Individual training will also help players perfect their skills and reach their highest potential.

Registration:	Required online registration at least 72 hours prior to camp start time.
Dates:	Two-day camp: <ul style="list-style-type: none"> - Saturday June 10 (11:00am - 1:00pm) - Sunday June 11 (3:00pm – 5:00pm)
Cost:	\$40
Ages:	Irrelevant (see Level description)
Gender:	Girls only please!
Level:	Advanced – Must have played at least two years of Junior Varsity at school. Varsity experience is preferred. If you would like to verify your qualification, please ask our volleyball director, Jorja Tuten.
Camp Size:	Minimum 6, Maximum 20

Middle School Girls All Skills Camp – Designed for girls rising 6th-8th grade who are interested in improving their individual skills. Serving, passing, setting and attacking will be covered. Girls will be divided by position and/or skill level for some drills and team play may also be included depending on the number of campers.

Registration:	Required online registration at least 72 hours prior to camp start time.
Dates:	Two-day camp: <ul style="list-style-type: none"> - Saturday June 10 (1:00pm - 3:00pm) - Sunday June 11 (5:00pm – 7:00pm)
Cost:	\$40
Ages:	12-14
Gender:	Girls only please!
Level:	Beginner to Intermediate
Camp Size:	Minimum 6, Maximum 20

Positional Camps – These camps are geared towards perfecting skills positionally for intermediate to advanced players. Players should have at least one school or travel season of experience in the position they sign up for. This does not apply to Serve/Serve Receive camp; it is acceptable for any players with some volleyball experience.

Registration:	Required online registration at least 72 hours prior to camp start time.	
Dates:	Sign up for one or multiple camps! Each camp is 2 sessions, 2 hours long.	
	Serve/Serve Receive Camp:	Saturday April 22 – 11:00am - 1:00pm
		Sunday, April 23 – 5:00pm – 7:00pm
	Hitter/Setter Camp:	Saturday, June 17 – 1:00pm – 3:00pm
		Sunday, June 18 – 3:00pm - 5:00pm
	Defensive Specialist Camp:	Saturday, June 17 – 3:00pm – 5:00pm
		Sunday, June 18 – 5:00pm - 7:00pm
Cost:	\$40 (per camp)	
Ages:	13-18	
Gender:	Girls and Boys welcome!	
Level:	Intermediate to Advanced	
Camp Size:	Minimum 6, Maximum 20	

Middle School Girls Tryout Prep – This is a camp for any rising 6th-8th grader that plans to tryout for their school team. It is the perfect way to brush up on serving, passing, setting and attacking to help secure a spot on your school team.

Registration:	Required online registration at least 72 hours prior to camp start time.	
Dates:	Two-day camp: <ul style="list-style-type: none"> - Saturday July 15 (9:00am – 11:00am) - Sunday July 16 (3:00pm - 5:00pm) 	
Cost:	\$40	
Grades:	Rising 6 th – 8 th	
Gender:	Girls only please!	
Level:	Beginner to advanced (Players will be grouped by level, not age.)	
Camp Size:	Minimum 6, Maximum 20	

High School Girls Tryout Prep – This is a camp for any rising 9th-12th grader that plans to tryout for their school team and/ or tryout for club volleyball. This camp will cover all basic skills and assist experienced players in refining and improving their skills in order to give them an advantage at tryouts.

Registration:	Required online registration at least 72 hours prior to camp start time.
Dates:	Two-day camp: <ul style="list-style-type: none">- Saturday July 15 (11:00am – 1:00pm)- Sunday July 16 (5:00pm – 7:00pm)
Cost:	\$40
Grades:	Rising 9 th – 12 th
Gender:	Girls only please!
Level:	Beginner to advanced (Players will be grouped by level, not age.)
Camp Size:	Minimum 6, Maximum 20