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## CAMP DATES

Entering Grades 5<sup>th</sup>-8<sup>th</sup>:

July 13-16 @ KAC 9am-12pm

July 20-23 @ KAC 9am-12pm

Entering Grades 9<sup>th</sup>-12<sup>th</sup>:

July 13-16 @ KHS 1pm-4pm

July 20-23 @ KHS 1pm-4pm

Check our website for more details @  
[www.armourvb.com](http://www.armourvb.com)

## MISSION

ArmourVB camps are designed to inspire athletes to become passionate about the game of volleyball. Our camp progression will take the athlete through all phases of the game, thoughtfully integrating the technical and tactical components in a fun, innovative way. We challenge athletes to be disciplined in the fundamentals and principles of attacking, setting, and defending. We work hard to provide each athlete with feedback to promote proper technique and execution. The entire staff of AVB is dedicated to creating a positive learning environment where the athlete feels safe to take risks and constantly push the limits of their game. Come join us this summer!!!



Armour Volleyball  
4107 Jersey Ave.  
Crystal, MN 55427  
[www.armourvb.com](http://www.armourvb.com)  
763-443-1606

# Registration Form

Complete and mail registration form & check payable to Armour Volleyball to:  
 ArmourVB  
 4107 Jersey Ave.  
 Crystal, MN 55427

Camp staff to include members of the Augsburg College coaching staff, members of the Crown College coaching staff, as well as current and former Gopher and Augsburg players.

## Camp Curriculum:

### Technical Skills

- ❖ Ball Control
- ❖ Passing
- ❖ Setter training
- ❖ Serving
- ❖ Armswing mechanics
- ❖ Defensive techniques

### Tactical Skills

- ❖ Serve receive
- ❖ Defensive systems
- ❖ First ball attack offense
- ❖ Transition offense

| Select Camp:                          |   | Grades                            | Price |
|---------------------------------------|---|-----------------------------------|-------|
| <input type="radio"/>                 | July 13-16 (Kennedy Athletic Center) 9am-12pm | 5 <sup>th</sup> -8 <sup>th</sup>  | \$110 |
| <input type="radio"/>                 | July 20-23 (Kennedy Athletic Center) 9am-12pm | 5 <sup>th</sup> -8 <sup>th</sup>  | \$110 |
| <input type="radio"/>                 | July 13-16 (Kennedy High School) 1pm-4pm      | 9 <sup>th</sup> -12 <sup>th</sup> | \$110 |
| <input type="radio"/>                 | July 20-23 (Kennedy High School) 1pm-4pm      | 9 <sup>th</sup> -12 <sup>th</sup> | \$110 |
| Camper Name                           |   |                                   |       |
| Age                                   | Grade in '09-'10 school year                  |                                   |       |
| Parent/Guardian                       |   |                                   |       |
| Address                               |   |                                   |       |
| City                                  | State   | Zip                               |       |
| Email Address                         |   |                                   |       |
| Phone Number                          | T-shirt Size (No youth sizes)                 |                                   |       |
| Special Information (Medical, etc...) |   |                                   |       |