
CAMP DATES

Entering Grades 5th-8th:

July 13-16 @ KAC 9am-12pm

July 20-23 @ KAC 9am-12pm

Entering Grades 9th-12th:

July 13-16 @ KHS 1pm-4pm

July 20-23 @ KHS 1pm-4pm

Check out www.armourvb.com
for more details

MISSION

ArmourVB clinics are designed to inspire athletes to become passionate about the game of volleyball. Our clinic 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!!!

BKHS Volleyball Camps

**Bloomington
Kennedy Volleyball
2009 Camps**
(in conjunction with Armour Volleyball Club)



Kennedy HS Camps
4107 Jersey Ave.
Crystal, MN 55427
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	Kennedy Volleyball Price
<input type="radio"/> July 13-16 (Kennedy Activity Center) 9am-12pm	5 th -8 th	\$90
<input type="radio"/> July 20-23 (Kennedy Activity Center) 9am-12pm	5 th -8 th	\$90
<input type="radio"/> July 13-16 (Kennedy High School) 1pm-4pm	9 th -12 th	\$90
<input type="radio"/> July 20-23 (Kennedy High School) 1pm-4pm	9 th -12 th	\$90
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...)		