

# BJSA Volleyball Camp

Sponsored by  
**Cornerstone Cougar Volleyball**

**When: July 15-18, 2019**

**Where: BJSA Building (1001 High School Dr.)**

**Cost: \$25 (includes camp shirt)**

**Grades: 4<sup>th</sup>-12<sup>th</sup> grade**

**Grades 4<sup>th</sup>-6<sup>th</sup> 8:30am-10:00am:** Campers will train directly with Coaching Staff and current Cornerstone Cougars players. Emphasis will be placed on skill development and some team play.

**Grades 7<sup>th</sup>-8<sup>th</sup> 10:30am-12:30pm:** Campers in this camp will be working with Coaching Staff on skill development, position work, as well as team play & competitive situations.

**Grades 9<sup>th</sup>-12<sup>th</sup> 1:30pm-3:30pm:** This camp will be highly competitive environment to allow current & future Cougars to work with coaching staff on individual & team skills. This camp is suggested for anyone trying out for volleyball in the fall.

## **What to bring:**

Water bottle, knee pads, athletic clothing, gym shoes and GREAT Attitude!!

## **Questions:**

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