Southwestern Oregon CC
Summer Volleyball Camps
2015

Come join Southwestern's Volleyball Coaches and Players for some fun this summer. We have a number of programs to consider.

**1/2 Day Camps** for players 8-18 years old. Just like you'd expect, this is a shorter camp for those who don't want the longer commitment or cost of a full day camp. Players will get 4 (1/2) days of volleyball training and playing. We will teach the basics for those who are new to the sport, and review and improve skills with the more experienced players.

**July 14th - 17th (Tue-Fri) 4 day camp.** 8:30-11:30am for 8-15 years $85 total ($75 if paid early) 1:00-4:30pm for 15-18 old $95 total ($85 if paid early)

**Full Day Camp** for players 12-18 years old. This is a more intense camp that is 5 days long and will be about 40 hours of volleyball or related activities. Players will take a break mid-day. Bring a lunch and plenty to drink for the day. We will work on individual skills and basic offense and defense teamwork. There will be a lot of playing and scrimmaging.

**July 27th - 31st (Mon-Fri) 5 day camp.** 8am - 5pm $185 total ($175 if paid in full)

**Overnight Camp** - (5 days/4 nights) players 12-18 years old. Come and join some of the SWOCC volleyball players for 5 full days of volleyball, and evening fun project. Stay in the dorms on campus and eat in the cafeteria. This is a great way to check out the college, or just to have a fun experience. This is the same camp as the Full Day camp above, but we will supply 2-3 meals a day and you will sleep in the dorms. 2 meals on arrival and departure days and 3 the others. Players will bunk up 2-4 per room. You will need to bring a sleeping bag, pillow, & towel. Each dorm has 4 bedrooms with bunks and mattresses. 3 bedrooms in each dorm will have campers, and each dorm will have a counselor staying in the 4th room to supervise (SWOCC Volleyball player). After a long fun day of volleyball, campers will have dinner in the cafeteria and then return to dorms to do fun projects, play games, or watch movies (as each group decides). In the mornings, it will be breakfast in the cafeteria and then off to the gym to play volleyball. There will be a lunch break around mid-day. This will be a really fun time for everyone. This is a great option for those who live further away, and do not wish to transport their players every day.

**July 27th - 31st (Mon-Fri) 5 day (4 overnight) camp.** 8am - 5pm in gym. $295 total ($285 if paid in full need)

Spots in the camp will be first come, first serve (based on deposits paid).

For more info and to register, go to: [http://rpvbc.com/sw-vb-camps.html](http://rpvbc.com/sw-vb-camps.html)

Questions? Contact SWOCC VB Head Coach Steve George  steve.george@socc.edu