

Woodland Volleyball Camp

Date: August 30th - September 2nd

Location: Woodland Christian High School Gym

Address: 1058 Spitzig Rd, Breslau, ON

Time: 6 pm to 8 pm (girls), 8pm to 10:30pm (boys)

Eligibility: entering Grades 8-12 in the upcoming school year

If the number of participants is low, the camp will run from 7:30pm to 10pm for everyone.



[Click here to register now!](#)

COVID Protocols

- Screening when entering the building
- Masking, distancing, sanitizing hands and equipment



Cost: \$150 per person (includes t-shirt and access to high level coaches)

What to bring

- Indoor court shoes, socks, appropriate athletic attire
- Water bottle, knee pads (recommended), ankle braces (recommended)

Coaches:

Mrs. Verstraeten - veteran high school and Cambridge Scorpions coach (female and male teams)

Michaela Hellinga - former University of Guelph Gryphons varsity player and OVA All-Star

Nicole Hellinga - current Conestoga College Condors varsity player

Contact: b.verstraeten@woodland.on.ca

Monday	Tuesday	Wednesday	Thursday
Warm-up	Warm-up	Warm-up	Warm-up
Court Movement	Court Positioning	Defensive Strategies	Continued Skill Training
Pass	Set /Setter training	Blocking, digging	Positioning
Passing games/drills	Setting games/drills	Offensive strategies	Specialization
Serve	Attack	Defensive & Offensive transitions	Offensive & defensive strategies
Serving games/drills	Attacking games/drills		
Conditioning	Conditioning	Conditioning	Conditioning
Serve/Pass/Attack	Serve/Pass/Attack	Serve/Pass/Attack	Serve/Pass/Attack
Game play	Game play	Game play	Game play