



Parks & Recreation Department

MAKING LIVES BETTER!



Volleyball Camps

Incoming 7th–12th graders
(open to boys and girls of all skill levels)

Wackford Complex, Gym

Instructors: Force Performance Club coaches

ALL SKILLS CAMP: June 13–16

This camp will cover all fundamental volleyball skills. Techniques will be broken down into single contacts, and then utilized in drills and competition style games. Perfect for players looking to improve their all-around game and get a great workout.

Mon–Thur, 1:00–4:00 pm

Cost: \$150 (#62923)

DRILL CAMP: August 1–4

This camp is designed to improve your chances of making your high school/middle school team. In addition to technical instruction and competition, players will also be taught strategies on getting noticed in large tryout formats. Players will also be subjected to common tryout athletic tests such as 'Vertec' jump testing and speed and agility drills.

Mon–Thur, 1:00 – 4:00 pm

Cost: \$150 (#62924)

A medical registration form is required.

Registration *(By mail, fax, or in person)*

Wackford Community Complex
9014 Bruceville Road
Everyday: 8 am–8 pm
(916) 405-5600, fax: 405-5659

CSD Administration Office
9355 E. Stockton Blvd., Suite 185
M–F: 8 am–5 pm
(916) 405-5300, fax: 685-6942

This is not an Elk Grove Unified School District sponsored program, and Elk Grove Unified School District accepts no liability or responsibility for this program/activity.

For more information, call (916) 405-5600 • www.yourcsd.com •

