

SACHSE HIGH SCHOOL VOLLEYBALL CAMP

JULY 24TH-26TH

SESSION 1
FRESHMAN
12:00-2:30
\$10 FOR TSHIRT



SESSION 2
6TH-8TH
3:00-5:30
\$80.00



SCAN THE QR CODE TO
REGISTER FOR CAMP OR
VISIT LINK BELOW



[HTTPS://BIT.LY/40QPTJF](https://bit.ly/40QPTJF)

TRAINING BY SHS COACHING STAFF

THE CAMP WILL FOCUS ON THE SIX INDIVIDUAL SKILLS, AS WELL AS APPLYING THEM TO TEAM PLAY. THE BASIC SKILLS ARE BALL CONTROL, MOVEMENT, ATTACKING, BLOCKING, SETTING AND SERVING. THERE WILL ALSO BE SOME EMPHASIS ON TRANSITION, SERVE RECEIVE, AND ROTATIONS.

DISTRICT CHAMPS

2004, 2005, 2006, 2009, 2010, 2013, 2014, 2015, 2016, 2017, 2018, 2019,
2020, 2021, 2022



@SachseVB



SachseVolleyball

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