



VOLLEYBALL CAMP

Presented by

**Marist Catholic High School
Volleyball Coaching Staff**

July 31st – August 3rd 2017
Monday through Thursday

Session I (6th Grade Only)
9am to 12pm

Session II (7th – 10th Grade)
9am-- 12pm, 1pm--4pm

School: (541) 686-2234 ext. 1523
Camp Director: (541)913-3376

EXPERIENCE MARIST VOLLEYBALL

Shari Pimental, Varsity Coach and Camp Director – Coach Pimental is in her 23rd year at Marist. The 2016 team finished 3rd at the OSAA 5A State Tournament and undefeated in the MWL.

Ryan Moser, Assistant Varsity Coach. Coach Moser is in his 18th year at Marist

Molly Beick, Junior Varsity Coach is in her 2nd year at Marist. Coach Beick has many years of coaching experience from college to high school.

Carrie Kreidler, Junior Varsity Coach is in her 2nd year at Marist

Assistant Coaches, Current and former players and coaches for Marist High School.

CAMP HIGHLIGHTS

- ◆ Warm-up & Cool-Down Components
- ◆ Fundamentals:
 - Serving - Passing
 - Setting - Hitting
 - Blocking
- ◆ Offensive/Defensive Systems
- ◆ Conditioning
- ◆ Mental Training
- ◆ Tournament Play

TRAINING LOCATION

Marist High School Gymnasium and the Dr. Robert Furrer Activity Center.

EQUIPMENT REQUIRED

Please wear tennis shoes, shorts, and T-shirt. Also, bring a water bottle for water breaks. **No jewelry.** Campers have 1 hour for lunch between Session I and Session II. Bring a sack lunch.

Camp Fees

Session I -- 6th Grade Only

- \$60.00 if pre-registered by July 14, 2017
- \$70.00 on-site late registration

Session II -- 7th – 10th Grade

- \$90.00 if pre-registered by July 14, 2017
- \$100.00 on-site late registration

Any questions please email
Coach Pimental at
spimental@marisths.org