

**Who:** Grades: 4 – 12  
**Time:** 1:30–3:30pm  
**Where:** Spartan Gym  
**Cost:** \$30

Cost Includes:

- Shorts size: \_\_\_\_\_
- Shirt size: \_\_\_\_\_

**Early Bird Registration:**  
**\*\*May 1st\*\***

First 10 players to sign up by deadline will receive:

- 1) New volleyball
- 2) Extra camp t-shirt
- 3) Choice of teams during 6v6 competition

Name: \_\_\_\_\_  
Grade Going Into: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
City: \_\_\_\_\_  
Zip Code: \_\_\_\_\_  
Home/Cell Phone #: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_

*All checks made payable to: Oak Lawn Athletics  
Current students: ID number needs to be on the check!*

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**@OLBoysVball**

Oak Lawn Spartans  
Boys Volleyball

**SUMMER CAMP  
2019**



**JULY 15th-19th**

# Skill Training

(1st half of camp)

- Focus on setting and offensive techniques
- Intensive training on advanced hitting for improved execution
- Break down and work on arm swing, footwork, balance and body positioning for increased attack skills
  - Develop back row skills
- Focus on both passing and defense, and their differences
  - Platform foundation and footwork will be emphasized
- Serving technique, proper toss and follow through

# Contact Information

Please turn in your forms to:

- Oak Lawn Athletic Director's Office room 227
- Questions please call (708) 741-5624.

Varsity Head Coach Matthew Hunt

Email: [mhunt@sd206.org](mailto:mhunt@sd206.org)



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# Team Competition

(2nd half of camp)

Players will be placed on teams and compete in wash drills in a fun environment

- *Round Robin format*
- *Daily standings (W/L)*
- *Gameplay experience*
- *Understanding rotations 1-6*
- *5-1 Offense*
- *6-2 Offense*
- *Double elimination tournament at the end*





