



# 2019 WINTER CLINICS

\*The 2019 West Virginia Volleyball Position/Skills Clinics are designed to expose young volleyball players to a welcoming and fun learning environment. They will have the opportunity to do a high volume of reps and specific exercises related to the skill each player wants to develop.\*

## DATES // GRADES 5-12

### PASSING AND DIGGING

Monday, Feb. 4 | 5:30 p.m. - 7 p.m.  
Wednesday, Feb. 20 | 5:30 p.m. - 7 p.m.

### SETTING, ATTACKING AND BLOCKING

Monday, Feb. 11 | 5:30 p.m. - 7 p.m.  
Wednesday, Feb. 27 | 5:30 p.m. - 7 p.m.

### SERVING

Wednesday, Feb. 13 | 5:30 p.m. - 7 p.m.

### SETTING

Monday, Feb. 25 | 5:30 p.m. - 7 p.m.

**SPACE IS LIMITED  
SIGN UP TODAY**

## COST // OPEN TO ANY & ALL ENTRANTS

\$30 per individual session  
\$150 for all six sessions



\*A registration form can be found at [WVUcamps.com](http://WVUcamps.com)\*

## PASSING AND DIGGING

Learn the most important skills to the game of volleyball from the Mountaineer players and staff. This clinic will focus on the skills to become a more consistent and accurate passer and defender.

## SETTING, ATTACKING AND BLOCKING

These sessions will enable young athletes to become more dynamic hitters and blockers by learning the proper mechanics and techniques. Setters will receive training on footwork and tempo.

## SERVING

Instruction in serving techniques and tactics, including zone serving and short serving. Learn about float serves, jump float serves and jump top-spin serves.

## SETTING

The setter's camp will focus on training all aspects of competitive setting, including footwork, body posture and hand placement, as well as decision making.

Contact Director of Volleyball Operations Aaron Hastings with questions:  
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\*Refunds will only be granted if given a 24-hour notice\*  
\*Check our social media accounts for weather cancellations\*