



K-4th grade volleyball camp



All skill levels are welcome! Camp will start with 15 minutes of skills to increase speed, work on footwork, agility, and hand-eye coordination. The remaining hour will be focused on individual fundamental skills of volleyball. New skills will be introduced daily and reinforced throughout camp.

Where: Highland Hills Middle School

**When: Tuesday and Thursday-
May 9th, 11th, 16th, 18th, 23rd, 25th**

Time: 5:45 - 7:00

Cost: \$75 (t-shirt included)

Please contact Lindsey Brown:

LNROWN@NAFCS.ORG

**to register or for more information.
Registration will be confirmed through email.**



3rd and 4th grade Volleyball League



All skill levels are welcome! Camp will last 1 hour every Sunday. Athletes will be placed on teams and report to their designated court. The first 40-minutes will focus on fundamental skills. The last 20 minutes will be team based.

Where: Highland Hills Middle School

**When: Sunday- April 16th, 23rd, 30th
May 7th, 14th, and 21st**

**Time: 3rd grade- 4:00-5:00
4th grade- 5:15-6:15**

Cost: \$75 (t-shirt included)

Please contact Lindsey Brown:

LNBROWN@NAFCS.ORG

**to register or for more information.
To keep numbers low per team, spots will be limited. Registration will be confirmed through email.**

