



YOUTH VOLLEYBALL CAMP

Grades: 6-8 Boys & Girls
The grade you are going into.

This fun and exciting volleyball camp is designed to expose youth to the sport of volleyball through instruction in hand-eye coordination, volleyball-specific movements, and basic skills of the sport (passing, setting, hitting & serving). We will teach motor learning skills development using fun activities!



Camp
**JULY 23-25,
2024**

Time
**12:30-
3:00PM**

Cost
\$85

Camp

- ✓ Skills and Techniques
- ✓ Fun Games
- ✓ T-shirt included
- ✓ Led by Head Coach
Amber Zitzow, SMU
Staff, & Players

Saint Mary's University

700 Terrace Heights
Winona, MN 55987

Registration Link

<https://camps.smumn.edu>

More Information Amber Zitzow azitzow@smumn.edu





LIL' CARDS VOLLEYBALL CAMP

Grades: 1 - 5, Boys & Girls
The grade you are going into.

This fun and exciting volleyball camp is designed to expose youth to the sport of volleyball through instruction in hand-eye coordination, volleyball-specific movements, and basic skills of the sport (passing, setting, hitting & serving). We will teach motor learning skills development using fun activities!



Camp
**JULY 23-25,
2024**

Time
**9:00-
11:00AM**

Cost
\$75

Camp

- ✓ Skills and Techniques
- ✓ Fun Games
- ✓ T-shirt included
- ✓ Led by Head Coach
Amber Zitzow, SMU
Staff, & Players

Saint Mary's University

700 Terrace Heights
Winona, MN 55987

Registration Link

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