

UNIVERSITY OF NORTHERN COLORADO  
**VOLLEYBALL**  
**BEAR PRIDE**

## 2020 Individual Camp Schedule

### July 13-18: Individual Skills Clinics (at Norco)

**\$75 (bring your own lunch)**

Monday, July 13: Backrow Skills (Serving, Defense, Serve Receive)

Tuesday, July 14: Front Row Skills (Hitting, Blocking)

Wednesday, July 15: Setting or Hitting (choose one)

Thursday, July 16: Middle School Advanced (all skills) only 6-8<sup>th</sup> grade

Friday, July 17: Master the Fundamentals for all levels (all skills)

Saturday, July 18: Beginner (all skills) only 9 am – 12 pm \$35

9 am – 12:00 pm Session 1

12:00 pm - 1:00 pm Lunch

1:00 pm - 4:00 pm Session 2

### 3-Day Individual Camp August 3-5 (at UNC)

**\$200 (bring your own lunch)**

9 am - 12 pm Session 1

12 pm – 1 pm Lunch break

1 pm - 4 pm Session 2

**UNC**  
**VOLLEYBALL**  
**CAMPS**