

**PIUS X THUNDERBOLT  
VOLLEYBALL CAMP  
Monday - Thursday  
JULY 9-12, 2018**

**AIM OF CAMP**

The Pius X Volleyball Camp will be offered for all volleyball athletes who will be entering grades 9 through 12 during the 2018-2019 school year.

The main objective of the camp is to focus on the fundamentals of volleyball to improve each participant's individual skill level. A major focus of the camp will be to push the athlete to be their best in all skills. This camp will also have a portion of each day devoted to footwork and conditioning training. Throughout the camp, there will be ample individual coaching provided by the camp staff.

**CAMP STAFF**

**Katie Wenz** - Pius X Varsity Coach, Nebraska Juniors Volleyball Club

**Marie Foley** - Pius X Assistant Coach, Nebraska Juniors Volleyball Club

**Brianna Golka** - Pius X Assistant Coach

**Taylor Vasa** - Pius X JV Coach

**Claire Mc Dermott** - Pius X Reserve Coach

*There will be other high school coaches as well as current and former college volleyball players helping throughout the week*

**CAMP LOCATION**

Pius X High School      6000 "A" Street  
Lincoln, NE 68510      (402) 488-0931

**DAILY SCHEDULE**

**Session I**      1:00 - 1:30 p.m.

Conditioning and footwork training

**Session II**      1:30 p.m. - 4:00 p.m.

Individual skills, skill combination drills

**Session III**      4:00 - 5:00 p.m.

Specific position training, team concepts and game strategy.

Breaks will be provided throughout the afternoon

**CAMP FEE**

The cost of this camp is **\$100**. The camp athlete will be expected to attend **ALL** sessions for the **ENTIRE** week. There **will not** be a prorated option for athletes.

**PHYSICAL EXAM**

Each participant should have had a physical exam prior to participating. Physical exams from the previous school year will suffice. Examinations taking place after May 1, 2017 will be effective for the 2017-18 school year.

**APPLICATION AND FEE**

Fill out the form on the following page and return it with payment (\$100) to:

**PIUS X VOLLEYBALL CAMP**

ATTN: Katie Wenz

6000 "A" Street

Lincoln, NE 68510

**Checks will not be cashed until the first day of camp, July 9th**

**Pius X High School  
VOLLEYBALL CAMP  
2018**

**Monday - Thursday  
July 9-12, 2018  
1:00 p.m. - 5:00 p.m.**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

AGE \_\_\_\_\_ GRADE \_\_\_\_\_  
'18-'19

**Please register by JULY 1<sup>ST</sup>, 2018  
PLEASE MAKE ALL CHECKS  
PAYABLE TO PIUS X VOLLEYBALL**

