

# 7<sup>th</sup> Grade Girls Camp

# Rams Volleyball



## Players will receive 11 training sessions

**Location:** Delaware Elementary

**Time:** 6:30 – 8:00 pm

**Dates (11):**

- September 17, 18, 20, 25, 27
- October 1, 2, 4, 8, 9, 11

**Cost:** \$20 per participant

**Format** – Players will receive instruction on setting, passing, digging, serving, hitting, and both defense and offense rotations. Coaches will include personnel from the High School and club teams, with guest appearances from the Varsity team.

**Contact:** Jim Sixta ([vbalsix@gmail.com](mailto:vbalsix@gmail.com)) or Matt Parker ([matthew.parker@southeastpolk.org](mailto:matthew.parker@southeastpolk.org))

**Begins 6:30pm  
September 17**



## REGISTRATION

Register through the SEP Web site and the Ram Mall link.

Open to all Southeast Polk School District students