

# Dominican Academy

## Volleyball Skills & Conditioning Camp

The Dominican Academy Varsity Volleyball Team will offer a skills and conditioning training camp for all athletes trying out for the 2018 Varsity Volleyball team.

**Team Tryout:** *Friday, August 24, 2018* | **Location:** *N.J. Sports House*

This year's camp will be hosted by Coach Mir and the volleyball coaching staff of the Phoenix Volleyball Club. Players will work on general intermediate to advanced skills, train on their specific positions and, learn team plays and strategies. There will also be a conditioning element designed to help develop endurance and build core strength to meet the demands of the varsity season.

Dominican Academy strongly believes that its athletes should represent the same level of excellence and diversity throughout all facets of the Academy. This camp is designed to provide the opportunity for each athlete to reach her fullest potential. D.A. uses competitive spirit and sportsmanship to inspire teammates to do their best to *become* the best.

**Dates:** Monday, August 20 – Thursday, August 23

**Time:** 9:00 am – 3:00 pm

**Fee:** \$400.00

**Transportation:** Included

**Location:** N.J. Sports House, [12 Wright Way, Oakland, NJ 07436](#)

**R.S.V.P.:** varsitycoachmir@gmail.com by **Sunday, August 12, 2018**

\*\*\* SPACE IS LIMITED \*\*\*

Kindly make checks payable to: **Dominican Academy**. Please write on the MEMO line: **Volleyball Camp**, together with your daughter's first initial, last name and year of graduation.

**Bring the payment with you on the first day.**

### Further Details

**Transportation:** The school bus will pick-up and drop-off athletes at the corner of 68<sup>th</sup> Street and Madison Avenue.

**Pick-up time:** 8:00 am EDT

**Drop-off time:** 4:15 pm EDT

\*\*\* PLEASE ARRIVE EARLY IN ORDER TO LEAVE ON TIME \*\*\*

### What to wear and bring in a duffle bag:

- athletic apparel (t-shirt and shorts)  change of clothes  volleyball shoes  knee pads
- water bottle  towel  healthy lunch (no junk food)  athletic forms