

PLAINFIELD EAST VOLLEYBALL CAMP
MINIMUM FOR EACH CAMP IS 10 PEOPLE
*******CAMP CHANGES HAVE BEEN MADE*******

INTERMEDIATE VOLLEYBALL CAMP (FIELD HOUSE)

Girls and boys who are interested in volleyball are welcome to join this camp experience. Players will learn more advance skills, strategies, and concepts which will prepare athletes for the following season and what they can look forward to for their upcoming high school volleyball careers.

GRADE: 7-8

DATES: July 5-15 (MON-THURS)

TIME: 7:30am-9am

BENGAL FRESH CAMP (FIELD HOUSE)

This camp is for all volleyball players who are interested in playing high school volleyball. This camp will cover all skills at a much more intense and advance playing level. We will cover all basic and advance skills along with learning new drills, perfecting form, along with developing and achieving goals. All players who are interested in trying out for Plainfield East Girls Volleyball are strongly encouraged to attend this camp!!

GRADE: 9

DATES: July 12-29 (MON-THURS)

TIME: 9-11am

BENGAL SOPH CAMP (FIELD HOUSE)

This camp is for all volleyball players who are interested in playing high school volleyball. This camp will cover all skills at a much more intense and advance playing level. We will cover all basic and advance skills along with learning new drills, perfecting form, along with developing and achieving goals. All players who are interested in trying out for Plainfield East Girls Volleyball are strongly encouraged to attend this camp!!

GRADE: 10

DATES: July 12-29 (MON-THURS)

****CHANGE – TIME: 12:30-2:30**

BENGAL JUNIOR/SENIOR VOLLEYBALL CAMP (MAIN GYM)

This camp is for all volleyball players who are interested in playing high school volleyball. This camp will cover all skills at a much more intense and advance playing level. We will cover all basic and advance skills along with learning new drills, perfecting form, along with developing and achieving goals. All players who are interested in trying out for Plainfield East Girls Volleyball are strongly encouraged to attend this camp!!

GRADE: 11-12

DATES: July 12-29 (MON-THURS)

****CHANGE – TIME: 2-4 pm**

LADY BENGAL CAMP SESSION I

ALL FEMALE ATHLETES who want to improve their speed, agility, plyometric ability, some upper body strength and conditioning and who want to get ready for their up coming athletic seasons should attend this camp!! All female athletes are strongly encouraged to come. All female athletes are welcome including, volleyball, tennis, soccer, basketball, poms, cheerleading, softball, etc.

GRADE: 9-12

DATES: JUNE 14 – JULY 1(MON-THURS)

TIMES: 7-8am

LADY BENGAL CAMP SESSION II

ALL FEMALE ATHLETES who want to improve their speed, agility, plyometric ability, some upper body strength and conditioning and who want to get ready for their up coming athletic seasons should attend this camp!! All female athletes are strongly encouraged to come. All female athletes are welcome including, volleyball, tennis, soccer, basketball, poms, cheerleading, softball, etc.

GRADE: 9-12

DATES: JULY 12-29 (MON-THURS)

TIMES: 7-8am