

# Mack's Volleyball Summer Camps

Location: Plaistow YMCA

175 Plaistow Road Plaistow, NH 03865

Age: Both camps will be offered to Middle School and High school ages. Middle school girls are 5<sup>th</sup>-8<sup>th</sup> grade, and High school girls are 9<sup>th</sup>-12<sup>th</sup>. Sessions will be separate

\* \* MAX will be 20 people per session \* \*

#### **Passing Camp: Tuesdays**

- -5 weeks for 1.5 hours each session
- -Will focus on all passing skills including: defensive passing, offensive passing, forearm/overhead passing, serve receive, as well as learning to dive properly, and defensive coverage

### Dates:

Tuesdays: 6/27, 7/11,7/18, 7/25,

and 8/1

Thursdays: 6/29, 7/13, 7/20, 7/27,

and 8/3

### **Hitting Camp: Thursdays**

- -5 weeks for 1.5 hours each session
- -Will focus on all hitting skills, including: hitting approach, blocking, transitioning, as well as offensive coverage

#### Costs:

- -Each 5-week session costs \$210.00
- -If you want to do both camps, equaling 10

sessions, it will cost \$360.00

-Drop-ins will be welcome and will cost

\$50.00 (if space allows)

## **Registration:**

To register, please visit my website: mackinnonvolleyball.com

- -Find the SUMMER CAMPS tab at the top of the page (camp info is on that page
- -Just click REGISTRATION FORM to register online

-Please fill out the registration form, once you submit you will receive a response within 24 hours from me with further instructions including Medical Release Information, and Payment Information.

If you have any questions please feel free to email me at: mackinnonvolleyball@gmail.com I will respond within 24 hours.

All sessions need to be paid in full at time of registration. Please feel free to mail me the registration before hand to confirm your spot. Please send to: Mikaela MacKinnon 6 Fox Hollow Lane Plaistow, NH 03865