



Dates: Thursday, July 9 – Saturday, July 11, 2009
Time: 9:00 am – 3:00 pm
Price: \$120 per camper (commuter)/\$150 overnight

Get the competitive edge over your competition!

This camp is open designed for volleyball players of all ability levels from 8th-12th grades.

Here you'll master the fundamentals, develop proper mechanics, understand offensive and defensive strategies for setters, middle hitter/blockers, outside hitters, defensive specialists. All campers will come away with valuable game play experience.

Every aspect of the game is covered, giving you a solid skill foundation to continue to build upon throughout the year.

The camp will allow players to experience the latest trends in conditioning, strategy and drills from coaches recognized by the American Volleyball Coaches Association (AVCA).

The Coach: Coach Jeffries played collegiately at Morgan State and was named All-MEAC (MidEast Athletic Conference) at the conclusion on the 2004 season. She was Player of the Year in the Southern Maryland Athletic Conference as well as the First Team All-Metro setter in 2003. Coach Jeffries went on to earn her Bachelors of Science in Business Administration in May 2008.

During the summers for the past six years she has served as the Assistant Director of Volleyball at the Annapolis Area Christian School Volleyball Camp. For four of the past six years she has also served as the Volleyball Camp Director at the St. John Vienney Volleyball Camp in Prince Frederick, Md.

For more information, contact Coach Junel Jefferies, vball@cheyney.edu , 610-399-2601