



**FASTER
STRONGER
BETTER**

ALTRU FAMILY YMCA
VOLLEYBALL ACADEMY



Stephanie McWilliams is a local athlete who attended Grand Forks Central High School. She was a four year varsity athlete in basketball, volleyball and softball, being the first female athlete to earn 12 varsity letters. This camp will concentrate on learning the basics of the game of volleyball. We will focus on defensive stance and position, passing, setting, hitting and serving. Campers will enhance their knowledge of the game and develop the skills they need to become a competitive player.

Practices: 1:00pm to 2:00pm on M/W/F

Ages 2nd - 6th grade

Session 1: August 3rd - 7th

Session 2: August 17th - 21st

Cost: \$25 per session

AUGUST 2020