

# Summer Foundations Building

# VOLLEYBALL CAMP

**Ages:** Girls in Grades 7-12 (residents of East Windsor and Windsor Locks)

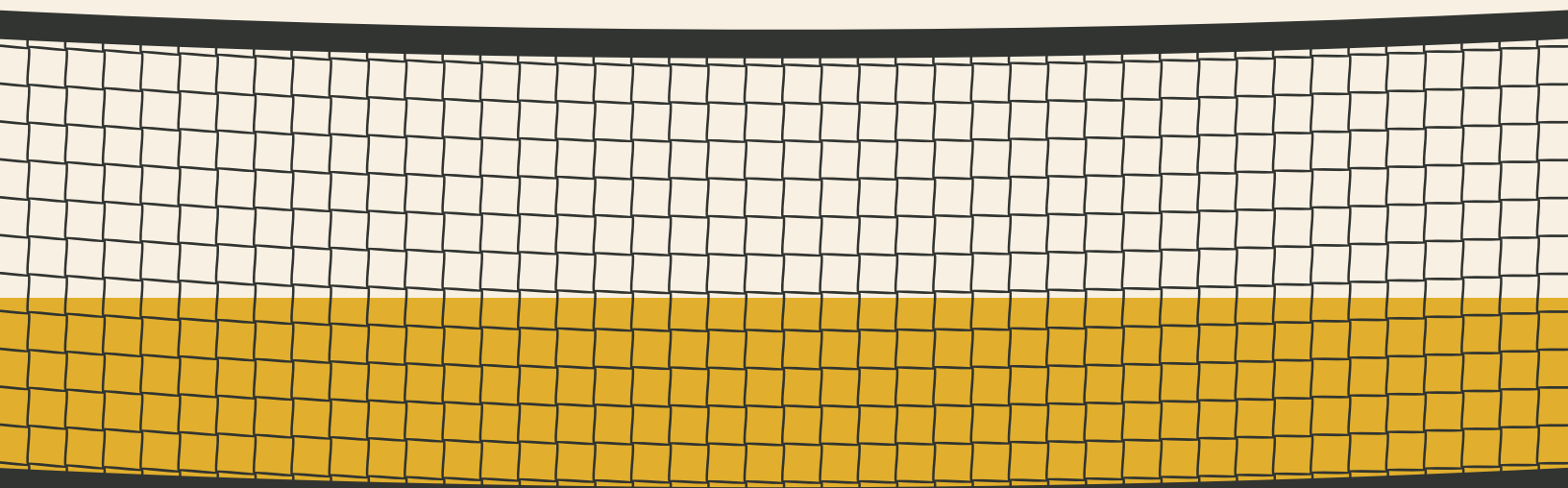
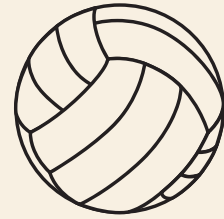
**Dates:** July 6th-9th, 2026

**Location:** East Windsor High School

**Time:** 3:30-5:30 PM

**Cost:** \$25 per student

**Instructor:** Matt Warner, former Glastonbury HS Volleyball Coach



The most effective way to introduce volleyball to younger athletes is to introduce the fundamental skills and techniques specific to volleyball that players must master over time. This session takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving. This program is designed for all experience levels (beginner to advanced) and will incorporate essential life lessons such as teamwork and sportsmanship. Athletes will develop and enhance fundamental skills of the game through game-based drills and scrimmages.



This camp is sponsored by the East Windsor and Windsor Locks Youth Service Bureaus. Limit: 24 participants

