



KING'S SUMMER CAMPS

VOLLEYBALL

JR. HIGH PRESEASON

GRADES 7 & 8

July 22 – July 25

1:30 PM to 5:00 PM

ALL SKILLS

GRADES 4, 5, & 6

July 22 – July 24

9:00 AM to 12:00 PM

CAMP PHILOSOPHY

King's Sports Camps are Christian in character and purpose. The Camp Staff is committed to teaching the fundamentals of the game in a positive environment that fosters growth in self-esteem and genuine appreciation for the sport of volleyball. The skills taught at King's Volleyball Camp follow the principles of "Gold Medal Squared", which reflects a highly successful teaching method that has been used by high schools and colleges across the country, including the University of Washington. Individualized attention for each player is a priority as is the encouragement of athletic achievement in a team setting that is fun and challenging.

CAMP COACHES

Camp Director Bart Foley is the Head Coach at King's High School and 2019 will be his 12th season at King's. In 2018 the Knights were conference, district and bi-district champions and finished 3rd place overall at the state tournament. All of the camp coaches have been trained in the Gold Medal methods and include other staff members in the King's HS program, as well as current varsity players.

CAMP DESCRIPTIONS

All Skills: Designed for players new to volleyball as well as those who have several years of experience. The camp will focus on fundamentals of serving, passing, setting, and hitting. The athletes can expect to improve these skills through the use of competitive team drills. In addition, every athlete will learn offensive and defensive concepts.

Jr. High Preseason: The "Preseason" Camp is for players that are preparing for the Jr. High volleyball season. The goal of this session is to use drills and game-like situations to develop advanced skills. Daily competitions will emphasize team defense and offense, serve-serve, and defense to offense transitions.

"REGISTER FOR
"SUMMER CAMP"
at

www.kingsschools.org

DAILY SCHEDULE

Warm-up/Individual skills

- Passing
- Setting
- Serving
- Hitting

Team Defense & Offense

Games & Scrimmages

Daily Message

REGISTRATION FEES

All Skills	\$75
Jr. High Preseason	\$95
(T-shirt included)	

Questions? Need More Info?

Contact: Bart Foley

206-660-0044

foleybs@gmail.com

