



BIG GREEN & RISE UP Volleyball Camp



This summer, Big Green Academy has partnered with Rise Up Volleyball Camps! University of Providence Head Volleyball Coach and College Volleyball Players will lead all morning and afternoon sessions!

Dates: July 18-20, 2022

Incoming Grades: Girls from any school are invited to attend

3rd-8th

9am-Noon

Coaches will begin each day with a quick skills review and then begin by breaking down different skills with fast-paced, exciting drills. Each camper will receive lots of reps, instruction, and feedback while being taught the fundamentals essential for success in the sport of volleyball. Lots of reps, instruction & fun!

9th-12th

1:30-4:30pm

Each afternoon will begin with teaching and review of the fundamental skills necessary to be an elite volleyball player. These fundamentals will then be incorporated in live play to see how they can further enhance your efficiency and effectiveness as a volleyball player. Coaches will be running you through more fast-paced drills and building your strengths through each session.

4:30-6:30pm

High school athletes are invited to dinner, team building activities & leadership training.

6:30-8pm

High School athletes are invited to more fast-paced, small-sided games and scrimmages.

} Monday-Tuesday Only

Location: Billings Central Catholic High School

Price: 3rd-8th: \$90 High School: \$110

Register Online: <https://register.ryzer.com/camp.cfm?id=212962>