

# 2019 Valley Summer Volleyball Camps



## Registration:

Go to [discover.wdmcs.org/online-payments](http://discover.wdmcs.org/online-payments) to secure your spot with WDMCS' online registration system.

## Payment:

SEND ALL PAYMENTS TO:  
Valley High School  
Attn: Valley Athletics—Volleyball  
Camp 3650 Woodland Avenue  
West Des Moines, IA 50266

PLEASE MAKE CHECKS PAYABLE TO:  
Valley Athletics (include attendee's  
name & Volleyball Camps in the  
notes)

## Skills Camp @ VSW 9<sup>th</sup> Grade

Mon-Thurs June 17-20

### 9-Noon – Basic Skills ½ Day Camp (\$120)

Geared for players w/less than 2 yrs exp.HS North gym

### 9-Noon – Intermediate Skills (\$120)

Geared for players w/2 or more yrs exp. HS Fieldhouse

### 1:30-5:30 – Advanced/HS Skills (\$150)

Geared for players entering 9-12<sup>th</sup> grades



## Competition Camps - Mon-Wed July 15-17

**(\$90) 9AM-11:30 3<sup>rd</sup>-8<sup>th</sup> grade @ VSW 9<sup>th</sup> Grade**

fun games and activities geared for teaching teamwork and basic systems of play

**(\$110) 12:30-3:30 9-12<sup>th</sup> grade @ VSW 9<sup>th</sup> Grade**

Designed for 9-12<sup>th</sup> graders with an emphasis on competitive drills, strategies for success, & mental training.

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