

# VOLLEYFIT SUMMER GRASS CAMP SERIES



In support of:

**the Edmonton Skills Society**

## **Age Group 1 - U12/U13 Girls (2008/2009) Objectives**

This Summer Camp Series is for athletes who are interested in playing club volleyball (U12), or who are currently in this year's club volleyball development season (U13 competitive season cancelled due to covid). The series will focus on basic technical and tactical skills on a modified court and include modified gameplay (tripleball) at every session. Every session will be instructed by club coaches and include an introduction to strength and conditioning for volleyball. Note: These sessions should be attended by athletes serious about playing future-year club volleyball. This is not a recreational camp. Athlete attendance is tracked and they will be expected to exert significant effort and attention during fitness sessions and the practices, most of which are designed as "active rest" with few breaks.

## **Age Group 2 - U15/U16 Girls (2005/2006) Objectives**

This Summer Camp Series is for athletes currently playing club volleyball at U15 or U16 and interested in continuing with their development in club volleyball over the summer to prepare for school teams and U16 and U17 club teams. Preference will be given to current SAS club players. The series will follow Volleyball Canada's Long-Term Athlete Development recommendations and every session will include both a focused practice and gameplay. Players will be assigned to a different team for each of the four segments and play competitively in a mini-tournament. This age group will also be expected to participate in the strength and conditioning portion of each session.

## **Registration Options**

Attendance is limited to 36 participants @ \$350 for the entire Summer Series of 4 segments (see schedule). If unable to attend the entire series, athletes may select 1, 2 or 3 segment options if available. All camps are subject to summertime covid restrictions that allow for outdoor participation at, or under, 50 participants. Participation will be adjusted down according to AHS rules, based on order of registration. Full segment refunds will be provided if any segment is cancelled due to AHS rules. The camp series is sanctioned by the St. Albert/Sturgeon Volleyball Club. Participants will be registered with Volleyball Alberta and will require a liability and covid waiver be completed.

## **Camp Series Philosophy**

Club organizers recognize the significant impact that covid has had on competitive youth sports over the last two volleyball seasons. This series was purposefully designed to allow club athletes as many opportunities as possible to continue to develop in a safe, fun, outdoor environment. The camps also creates opportunities

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for competitive 6v6 gameplay that the last two seasons of indoor club sports have not allowed.

As a not-for-profit series, the camps are a fraction of the cost of other for-profit summer camps and many of the coaches are donating their time. This is our opportunity to give back to our club players and thank our youth who have sacrificed social and sport time during the pandemic for the safety of our elders. All sessions are always weather-dependent and we will do our best with rainout days and banked days to ensure an adequate number of sessions are held during each segment. All proceeds from the camp will go to a good cause.

## **The Edmonton Skills Society - Skillsociety.ca**

All proceeds from the camp will go to the Edmonton Skills Society. "At Skills, we believe our community should be a place where every individual is a valued citizen deserving of respect, dignity and rights. Every day, we work to help people with disabilities thrive in five pillars of everyday life – in doing so, we help them create meaningful lives and explore opportunities for learning, growth and inclusion. This means enjoying the same sense of belonging that we all enjoy." The Skills Society is a registered charity.

## **The Camp Series Schedule**

Each camp is scheduled for Monday/Wednesday/Sunday evening with a banked day Friday (extra day accumulated if weather permits). Rainout days are Tues/Thurs evening and Saturday morning. Each camp, subject to weather, is ideally 9 sessions. The final camp at the end of August is a School Tryout Prep Camp and days may be added during the last week, dependent on the weather, to prep as much as possible.

Please see the detailed schedule on the following pages.

## **Registration & Payment:**

Online at sasvolleyball.ca only with e-transfer to sasvolleyballclub@gmail.com at conclusion of registration. Confirmation is based on order of payment received. Credit card processing through SportsEngine will not be allowed to maximize the charitable donation. E-transfer only.

FULL refunds will be provided for each camp if cancelled due to AHS outdoor limits or documented injury.

All participants not currently registered or playing club with SAS will be required to register with Volleyball Alberta in advance of the camp (instructions will be provided).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14 <b>June Segment</b> U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	Rainout Day	U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	Rainout Day	Bonus/Bank Day U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	Rainout Day
20 U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	21 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	Rainout Day	23 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	24 Rainout Day	25 Bonus/Bank Day U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	26 Rainout Day
27 U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	28 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	29 Rainout Day	30	01	02	03

11 <b>July Segment</b> U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	12 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	13 Rainout Day	14 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	15 Rainout Day	16 Bonus/Bank Day U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	17 Rainout Day
18 U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	19 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	20 Rainout Day	21 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	22 Rainout Day	23 Bonus/Bank Day U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	24 Rainout Day
25 U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	26 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	27	28	29	30	31

01 <b>August Segment</b> U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	02 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	03 Rainout Day	04 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	05 Rainout Day	06 Bonus/Bank Day U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	07 Rainout Day
08 U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	09 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	10 Rainout Day	11 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	12 Rainout Day	13 Bonus/Bank Day U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	14 Rainout Day
15 U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	16	17	18	19	20	21
22 <b>School Tryout Prep</b> U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	23 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	24 Rainout Day	25 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	26 Rainout Day	27 U12/13: 6-715pm Volleyfit: 715-745pm U15/16: 745-930pm	28 U13: 10-1115pm Volleyfit: 1115-1145pm U16/17: 1145-130pm
29 U12/13: 4-515pm Volleyfit: 515-545pm U15/16: 545-730pm	30	31	01	02 FIRST DAY OF SCHOOL	03	04