

# 2023 Summer Camps

**Head Coaches:** Claire McDermott, Mike Wiese, Holly Ochsner

Assistant Coaches will be assigned as needed

**Location:** Courtside (333 Speedway Cir Ste 2)

## Team Prep Camp

(register at [www.nebraskaone.com](http://www.nebraskaone.com) under "register" )

### Level Up this summer at our Team Prep Camps

- Camp is a great way to progress your skills and prepare to be on a fall team.
- Camp is \$75 per player
- Team Camp will cover:
  - complete skill detail with an emphasis on teamwork
  - your next level of serve receive and transition
  - importance of communication

2<sup>nd</sup>-4<sup>th</sup> Grade June 19<sup>th</sup> & 20<sup>th</sup> Noon to 2pm (Claire McDermott)

5<sup>th</sup>-7<sup>th</sup> Grade June 19<sup>th</sup> & 20<sup>th</sup> 9:30-11:30am (Claire McDermott)

Local Team 4<sup>th</sup>-7<sup>th</sup> Grade Aug 7<sup>th</sup> & 8<sup>th</sup> noon-2p (Claire McDermott)

Travel Team 6-8<sup>th</sup> grade Aug 7<sup>th</sup> & 8<sup>th</sup> 9-11:30am (Claire McDermott)

## Individual Camps

(register online at [www.NebraskaONE.com](http://www.NebraskaONE.com))

- Individual skill camp is \$30 per day.
- Jump Serving Coach: Claire McDermott
- Setting Coach: Michelle Sjuts
- Liberos Coach: Mike Wiese or Holly Ochsner
- Hitting Coach: Mike Wiese or Claire McDermott

Jump Serving 5<sup>th</sup>-7<sup>th</sup> Grade: June 7<sup>th</sup> OR July 13<sup>th</sup> 10-noon  
(jump float and top spin)

All Hitting skills 5<sup>th</sup>-7<sup>th</sup> Grade: June 26<sup>nd</sup> OR July 25<sup>th</sup> 1-3p

All Setters 5<sup>th</sup>-7<sup>th</sup> Grade: June 22<sup>th</sup> OR July 18<sup>th</sup> 1230-230p

Liberos 5<sup>th</sup>-7<sup>th</sup> Grade: June 8<sup>th</sup> OR July 27<sup>th</sup> Noon-2pm