

PAUL VI VOLLEYBALL CAMPS

Our Developmental Camp is aimed at developing young volleyball players. We strongly believe that the key to a successful volleyball career is to learn proper skills at the youngest age possible. High school volleyball is now the largest participation team sport in the country. It is truly a sport that one can play for their entire lives. Proper skills leads to enjoying the sport to the fullest.



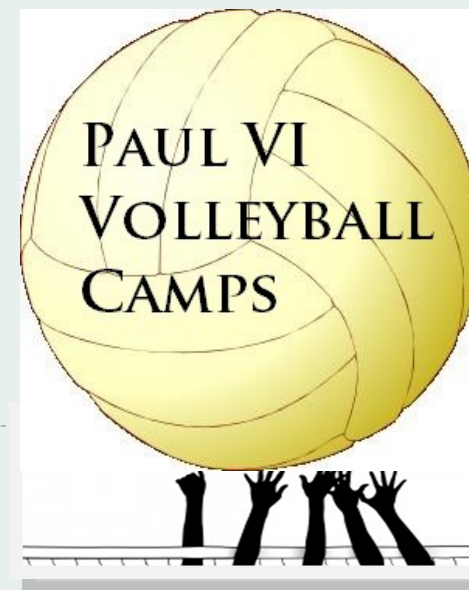
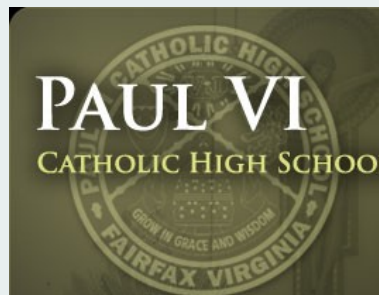
Paul VI Volleyball Overview

The Paul VI volleyball program is one of the best in the Washington DC area having achieved success on and off the court.

- ⇒ The Panthers have recently been awarded the AVCA Academic Achievement award. The award is given to Varsity teams that achieve higher than a 3.5 GPA throughout an entire academic year.
- ⇒ Since the program's inception, the Panthers have won 5 WCAC titles & 3 VISAA championships
- ⇒ A finalist in 6 of the last 9 WCAC championship games
- ⇒ PVI was a finalist in the last 3 VISAA title matches
- ⇒ PVI has ranked in the Top 5 in the state 13 times
- ⇒ We have produced numerous All-Conference and All-State players and in 2014 had the Player of the Year in the WCAC.

As one of the few high schools in the area participating in boys' volleyball, PVI has achieved significant success. We have won the ISVBL title 6 of the past 8 years. During a streak of 3 consecutive titles, the Panthers also compiled a league record 33 match winning streak. In 2015 the Panthers ended the season with a perfect 19-0 record.

If you are interested in further information about either Paul VI Catholic High School or our volleyball program, please visit our school web site www.paulvi.net or our volleyball web site at www.pvivball.com.



Youth Development Camp

Session #1

6/27/15—6/30/16 6:00—9:00pm

Session #2

7/11/16—7/14/16 6:00—9:00pm

Head Volleyball Coach—Sam Farrar
Paul VI Volleyball
Paul VI Catholic High School
10675 Fairfax Blvd
Fairfax VA 22030
www.pvivball.com



DEVELOPMENTAL

School is out and a great way to start the summer is to attend the Paul VI Developmental Camp. Paul VI is one of the most successful high school programs in the Washington DC area. Our camp is geared towards GIRLS & BOYS between the ages of 8 and 14 (3rd–9th grade) who are just beginning and/or learning this great sport. Campers will learn the fundamentals (passing, hitting & serving) in a fun and focused atmosphere. Players will be divided into groups based on skill level to enhance learning.

Our record here at PVI speaks for itself —many campers come back year after year and we continually send them back to their respective schools better volleyball players. Many of our current and former players had their 1st volleyball experience right here in this camp.

To Register please go to:

<http://overtimeathletics.wix.com/paul-vi#!volleyball-camp-info/kpz66>

TYPICAL CAMP SCHEDULE

Overall teaching philosophy:

- Demonstrate—perform—correct—perform—repeat
- Positive teaching atmosphere—you CAN do this
- You learn by DOING not watching

Day 1

- Fun activity to break the ice
- Players are divided up by age/ability (adjustments are made to this as the camp goes on)
- Passing—basic drills focusing on fundamentals
- Hitting—approach & arm swing
- Fun volleyball GROUP activity to end the evening

Day 2

- Fun group activity
- Review of passing & serving
- Digging—focus on platform
- Basic offense & defense—level based on age group
- 2 v 2 & 3 v 3 play

Day 3/4

- Fun group activity
- Review of all skills—new & more comprehensive drills based on age/ability
- Competitive drills; passing & serving
- Team practices—6 v 6
- Team competitions—6 v 6
- Awards

CAMP OBJECTIVES

- Passing—most important skill, if you can't pass you can't play
- Hitting—Who doesn't like to hit the ball
- Digging—most spectacular play in volleyball
- Serving—every point begins with this skill being executed
- Offense—it takes all 6 to make this happen
- Defense—the ball never hits the floor on our side
- TEAM—it's the ultimate team sport



This is the way our players end matches!