

# OLYMPIA - Volleyball

# CAPITAL Camp

**June 26-28**

Two Sessions  
H. S. AM – M.S. PM

Camp Directors Laurie Creighton & Katie Turcotte have a combined 50 years of coaching experience. Coach Turcotte's first Capital team placed 4<sup>th</sup> in the 2016 state tournament. Coach Creighton's teams have 14 state trophies, including two state championships.

## SESSION I

for players entering grades 9 - 12

**June 26 - 28**

8:30 AM - 1:00 PM

Sessions will cover the fundamentals of passing, setting, blocking, attacking, serving and individual & team defense/offense; plus:

- \* mental preparation
- \* position specialization

Daily scrimmages

Camp Tournament

Daily awards and drawings

Staff will include high school coaches, college players and former high school players.

**Cost: \$75.00**  
**After June 13<sup>th</sup> - \$85**  
(both include t-shirt)

**Session is limited**  
**Sign up early!**

## SESSION II

for players entering grades 6 - 8

**June 26 - 28**

1:30 PM - 5:30 PM

Sessions will cover the fundamental skills of spiking and setting with an emphasis on passing and serving. Basic offensive and defensive systems will be included and utilized. Players will be challenged at their level of ability.

Scrimmages

Camp Tournament

Daily awards and drawings

Staff will include O.H.S./C.H.S. coaches and varsity team members.

**Cost: \$65.00**  
**After June 13<sup>th</sup> - \$75**  
(both include t-shirt)

**Session is limited**  
**Sign up early!**

### Camp includes:

- \*12-13.5 hours of instruction
- \*Camp awards
- \*Participation certificates
- \*Complimentary daily juice
- \*Daily prize drawings

### Campers should bring:

- \*Kneepads & court shoes
- \* A snack for break

## Camp Goals & Philosophy

The staff of the Olympia/Capital Volleyball Camp is committed to creating a positive atmosphere in which each camper is encouraged to reach her potential. We focus on the maximum number of quality ball contacts. In addition, our goal is to give a high level of attention through our low camper to coach ratio. Finally, we expect players to learn and have fun!

Questions: Contact Laurie Creighton at [lcreight@osd.wednet.edu](mailto:lcreight@osd.wednet.edu)  
Or: Katie Turcotte at [kturcotte@osd.wednet.edu](mailto:kturcotte@osd.wednet.edu)

