



BENET ACADEMY

Junior High and Elementary

SUMMER VOLLEYBALL CAMPS 2014

For girls entering 2nd Grade thru 8th Grade

- Up to date Techniques ~ All Skills ~ New Drills ~ Conditioning ~ Game Play
- Meet High School Coaches ~ Train with Top High School Players ~ Learn from Experienced Coaches
- HAVE FUN ~ CHALLENGE YOURSELF ~ LEARN TO COMPETE

Camp Option 1: Tuesday, June 10 - Friday, June 13 2:00- 8:00 pm

Camp Option 2: Monday, July 14 - Thursday, July 17 2:00-8:00 pm

~ Benet Academy Main Gym: 5th – 8th Grade~
 ~Benet Academy Small Gym: 2nd – 4th Grade~

Camp Cost: \$255.00 or \$400.00 for both weeks
 (\$225.00 if you register before May 1st)

Camp Breakdown

- | | |
|-----------|--------------------------------------|
| 2 hours | Skills Instruction – Individual Work |
| 30 minute | Snack Break |
| 2 hours | Team Drills – Scrimmages |
| 30 minute | Snack (provided) |
| 1 hour | Tournament |



*½ hour each day we will have light conditioning with Coach Sayers

*½ hour each day “teams” will do a fun activity – scavenger hunt, team building exercises & signing shirts

**Elementary players will have age appropriate drills and activities and will play with lighter balls.

Campers will receive:

- | | |
|---|-----------------------|
| Organized Instruction | Daily Snack |
| Individualized Skill Assessment/Evaluations | Camp T-Shirt / Prizes |

Items to bring to camp: Water, Snacks, Gym Shoes, Kneepads, Extra Socks/T-Shirt, and a Good Attitude!

Camp Directors

Terri Zemaitis-Boumans is a 3 time NCAA All-American and former member of the USA National Volleyball Team.

Bonnie Bremner-Pettigrew is a 4 time NCAA All-American and captain of the 1999 Penn State Women’s Volleyball National Championship team.

Kim Sayers is the Freshmen A and B Team Benet Academy Coach for 8 years and personal trainer.

Brad Baker is entering his eighth year as the Head Varsity Coach at Benet Academy and has led his team to an IL State Championship 2 times!

Collegiate and High School Players will be court coaches for the camp.

Please fill out the registration form on the back and mail it to:

Terri Boumans – 11 S 556 Book Rd. Naperville, IL 60564

Make checks out to: Terri Boumans

YOU WILL RECEIVE AN EMAIL AS CONFIRMATION OF REGISTRATION



