



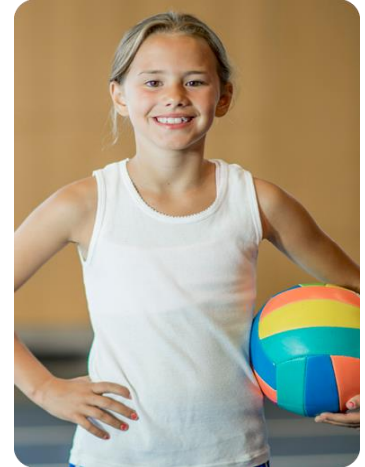
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Girls Volleyball Camp with Coach Cassie Gover Rockingham County YMCAs

Ages: 4th – 9th grades

Camp limited to 23 participants



YMCA Sports Philosophy: Participants have FUN in a safe learning environment. The YMCA believes in the God-given potential of every child; encourages teamwork and a sense of belonging.

YMCA Camp Philosophy: Our camps are designed for the beginner to intermediate level player. The stress is on equal time devoted to the basic skills. Emphasis is on individual skill improvement and motivation. Homogeneous grouping (based on the current skill level of each participant) is done so that each session can be designed to meet the needs of the players and maximize progress.

Registration Fees: \$60 YMCA Members or \$75 Potential Members

Deadlines:

Registration must be completed by Monday, June 7th

Camp Dates/Times:

June 14th – 18th from 5:30 p.m. – 8:30 p.m. each night

Location: Eden Family YMCA

Player Equipment: All players will need to bring kneepads and a labeled water bottle each day.

About Coach Cassie Gover and the camp:

Cassie Gover is currently the Head Volleyball Coach at Rockingham County High School, while also coaching a 16u travel volleyball team. She was a four-year starter for the RCHS Cougars and played two years at Rockingham County Community College. The camp will include conditioning and strength training, ball handling skills such as setting, passing, serving and attacking as well as focusing on floor positions and form.

Adherence to all guidelines will be met to ensure campers, staff, and others are protected and staying safe.

Register at the Eden or Reidsville Family YMCA or online at: YMCAGREENSBORO.ORG

Contact: Kia L. Mason, Regional Sports Director at: kia.mason@ymcagreensboro.org or 336.342.3307 for more information.

