

# 2018 Kairos Summer Camps List

All camps are located at Perfect Practice - 300 West Industrial Road Harrisburg, SD 57032

Camps with multiple sessions have a lunch break. All sessions are required. No lunch provided.

\*All grades listed below are Fall 2018

	Camp Name	Grades	Gender	Total Hours	Dates	Times	Cost
Setting Camps	Setting School I	4th-6th	Girls	2	July 25th	8:00am-10:00am	\$ 35.00
	Setting School II	7th-8th	Girls	2	July 25th	10:30am-12:30pm	\$ 35.00
	Setting Academy I	9th-12th	Girls	10	July 26th-27th	8:00am-11:00am/12:00pm-2:00pm	\$ 119.00
Focus on basic setting techniques & footwork. Setting Academy I is a multi-day/high level camp that will teach jump setting, emergency moves, have an advanced focus.							

	Camp Name	Grades	Gender	Total Hours	Dates	Times	Cost	
Attacking Camps	Attacking I	4th-6th	Girls	2	July 26th	8:00am-10:00am	\$ 35.00	
	Attacking II	7th-8th	Girls	2	July 26th	10:30am-12:30pm	\$ 35.00	
	Focus on healthy arm swing mechanics, effective approach, & off-speed shots. Attacking II will be more advanced.							
	Outside Hitter	9th-12th	Girls	4	July 26th-27th	1:00pm-3:00pm (Both Days)	\$ 59.00	
This is an advanced camp for OH/RS players. We will focus on passing, digging, attacking, and blocking - all crucial aspects of these positions.								
Middle Blocker	9th-12th	Girls	2	July 27th	10:00am-12:00pm	\$ 35.00		
This is an advanced camp for Middles that focuses on attacking footwork, blocking, and eyework.								

	Camp Name	Grades	Gender	Total Hours	Dates	Times	Cost
First Contact Camps	First Contact I	4th-6th	Girls	2	July 25th	10:30am-12:30pm	\$ 35.00
	First Contact II	7th-8th	Girls	2	July 25th	8:00am-10:00am	\$ 35.00
	First Contact III	9th-12th	Girls	3	July 25th	1:00pm-4:00pm	\$ 49.00
These camps focus on fundamentals of serving, passing, & digging. These camps provide a high number of reps for each skill. First Contact III will be more advanced. This is a great camp for ALL positions!							

	Camp Name	Grades	Gender	Total Hours	Dates	Times	Cost
Specialty Camps	High School Prep Camp	9th-12th	Girls	15	August 1st-3rd	9:00am-12:00pm/1:00pm-3:00pm	\$ 149.00
	Junior High Prep Camp	7th-8th	Girls	10	August 7th-8th	9:00am-12:00pm/1:00pm-3:00pm	\$ 119.00
These camps provide high level/intense training to get ready for your upcoming school season. <i>HS Prep (3 DAYS)</i> will prepare athletes for Sophomore/JV/Varsity teams. <i>JH/Freshman Prep (2 DAYS)</i> will prepare athletes for 7th-8th/Freshman teams. These camps include <u>TWO</u> required sessions per day. Players will get a high # of reps, fundamental training, positional training, and competitive drills within these camps. These camps are a great way to get in shape and sharpen your skills for your upcoming school season/tryouts!							

	Camp Name	Grades	Gender	# of Sessions	Dates	Times	Cost
4 v 4 League *NEW	Youth 4v4 League	5th-6th	Girls	5	July 16th-August 13th	5:00pm-7:00pm (Mondays)	\$ 75.00
	JH 4v4 League	7th-8th	Girls	5	July 16th-August 13th	7:00pm-9:00pm (Mondays)	\$ 75.00
	HS 4v4 League - Option 1	9th-12th	Girls	3	July 17th, 24th, 31st	5:00pm-7:00pm (Tuesdays)	\$ 45.00
	HS 4v4 League - Option 2	9th-12th	Girls	3	July 17th, 24th, 31st	7:00pm-9:00pm (Tuesdays)	\$ 45.00
Teams of 4-5 players are formed on your own. Individuals may register to be placed on a team. Teams will be coached by our staff. Each night they will do training and competition. This is a great option to receive a high number of touches and have a TON OF FUN! Skills training is involved in this program!							

	Camp Name	Grades	Gender	# of Sessions	Dates	Times	Cost
Youth Academy (Meets Weekly)	Summer Youth Academy (Meets Weekly)						
	VolleyTikes	PreK-K	Girls/Boys	3	July 17th, 24th, & 31st	4:00pm-5:00pm (Tuesdays)	\$ 36.00
	VolleyTots	1st-2nd	Girls/Boys	3	July 17th, 24th, & 31st	5:15pm-6:15pm (Tuesdays)	\$ 36.00
	Level I	3rd-4th	Girls/Boys	3	July 17th, 24th, & 31st	6:30pm-7:45pm (Tuesdays)	\$ 45.00
Our Youth Academy meets once per week. These academies have a focus on ALL SKILLS fundamental training. Younger ages groups are also introduced to basic athletic movements & hand-eye coordination drills. Our Academy is a fun way to learn volleyball!							

To register for Summer Camps please visit: [www.kairoselitevolleyball.com/summer-programs](http://www.kairoselitevolleyball.com/summer-programs)  
 To register for Summer Academy sessions please visit: [www.kairoselitevolleyball.com/academy](http://www.kairoselitevolleyball.com/academy)