

# Foundation Sport Camps



[www.FoundationSportCamps.com](http://www.FoundationSportCamps.com)

## 2020 Foundation Volleyball

August 16 - 21, 2020  
Boys & Girls, grades 6-12th  
(Sunday - Friday!)

Sleepaway Volleyball Camp  
at Camp Pontiac, Copake, NY



Foundation Volleyball Camp is an excellent skills development program for beginner through advanced players. To maximize learning, campers will be grouped based on similar skill level. During the course of camp, we will cover all individual skills including, passing, setting, serving, attacking, blocking and floor defense. In addition, our campers will have the opportunity to specialize by position and play in game and tournament situations. It is our goal to help campers improve skill level, self-confidence, leadership skills, overall athleticism, and understanding of team concepts!



For pics, videos, registration forms, and more information, please visit our website!

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Please go to [www.FoundationSportCamps.com](http://www.FoundationSportCamps.com) to register for our 2020 camps.

Registration is fully online using Active Networks. No papers to fill out and nothing to mail!

### *Typical Daily Schedule*

7:30am	Wake up and Breakfast
8:15am	Bunk Meeting and Team Building Activities
9:00am	Speed & Agility Training
10:00am	Volleyball Training Session #1
11:45am	Supervised Pool Time or Game Room time!
12:15pm	Lunch
1:30pm	Afternoon Team Activity (hike, kayak, e.g.)
3:00pm	Volleyball Training Session #2
5:00pm	Supervised Pool Time
6:00pm	Dinner
7:00pm	Evening Games - Under the Lights!
9:00pm	Evening Activity (Talent Show, Bonfire,,e.g)
10:30pm	Lights Out

### **Other Programs at the 2020 Foundation Sleepaway Camp**

- High School Cross Country Program
- Middle School Running and Form Program (6th, 7th & 8th Grade)
- Track & Field including;
  - Speed and Sprints
  - Long & Triple Jumps
  - Hurdles
  - Throwing Events (Shot, Discus, Javelin, Weight)
  - High Jump
  - Racewalking
  - Pole Vault

The Foundation Soccer Academy  
Middle School All-Sports Program (6th, 7th, 8th & 9th Grade)

### **Additional Programs at the Sleepaway: Optional**

Leadership Academy (+\$25) Sports Medicine Internship (+\$25)



Register Today at [www.FoundationSportCamps.com](http://www.FoundationSportCamps.com)