

STC Stars Summer Volleyball Camps featuring Jennifer Pahl Dorn as head Camp Coach.

Dorn is a NCAA All American and was a four year starter at middle blocker for USC (University of Southern California). She is currently the Assistant Coach for the Men's program at Lindenwood University and has 13 years of collegiate coaching experience with Women's and Men's Volleyball programs.

Camps (All camps located at the St Peters Rec Plex South Complex Courts 2 and 3. The Rec Plex address is 5200 Mexico Rd. St Peters, MO 63376)

Register online @ www.stcstarsvbc.com

June 11 & 12

All skills

This camp will focus on the fundamentals of volleyball, primarily serving, passing, attacking, and court positioning.

Ages: 8-12 years of age, boys & girls (The Volley Lite Volleyball will be used in this camp)

Time: 7pm-9pm

Location: St. Peters Rec Plex

Price: \$75 *T-shirt included*

June 17 & 18

Power Camp

Looking to hit better, serve better, block better, increase your power? This is the camp for you. We will focus on elements of hitting, serving, blocking, transition, explosion and being dynamic as a front row attacker.

Ages: U13-U18

Time: 7pm-9pm

Location: St. Peters Rec Plex

Price: \$80 *T-shirt included*

June 25 & 26

Defense Camp

Defense is the key to outlasting your opponent. This camp will teach the art of diving and getting on the floor, positioning, and technique. This camp will challenge the legs and challenge your skill. Want to frustrate a hitter? Play defense.

Ages: U13-U18

Time: 7pm-9pm

Location: St. Peters Rec Plex

Price: \$80 *T-shirt included*

July 8

Outside Hitter Camp

This camp will focus on the outside hitting position. We will work on transition, back row attacks, passing, serving, blocking, and all that is entailed with being an outside attacker. This camp will challenge your position and will be short and intense!

Ages: U14-U18

Time: 7pm-9pm

Location: St. Peters Rec Plex

Price: \$55

July 9

Setter Camp

Come hone your skills and learn new ones at the 2 hour setting clinic. We will challenge your footwork, transition, hand placement, location, and teach you how to be dynamic and explosive as a setter.

Ages: All ages

Time: 7pm-9pm

Location: St Peters Rec Plex

Price: \$55

July 10

Middle Blocking Camp

There is so much to learn in the position of middle blocking. This camp will cover transition, quick attacks, blocking, and all things middle. The slightest change of a technique and you can be a second faster. Come learn the tricks of the trade.

Ages: U13-U18

Time: 7pm-9pm

Location: St Peters Rec Plex

Price: \$55

July 15, 16, 17

Intensity- All skills

This camp will provide a three day intense and hard working environment. Your volleyball skills will be challenged and honed, but you will get a great workout as well! All skills will be addressed throughout the course of the camp. Come ready to work!

Ages: U14-U18

Time: 7pm-9pm

Location: St Peters Rec Plex

Price: \$95 *T- shirt included*

July 22, 23

All skills

This camp will focus on the fundamentals of volleyball, primarily serving, passing, attacking, and court positioning.

Ages: 8-12 years of age, boys & girls (The Volley Lite Volleyball will be used in this camp)

Time: 7pm-9pm

Location: St. Peters Rec Plex

Price: \$75 *T-shirt included*

July 24

Tryout Clinic

Looking to get an edge on the others before high-school tryouts? Come hone your skills and get a last minute workout in to take back to tryouts.

Ages: 8th grade-Sophomore in HS

Time: 7pm-9pm

Location: St. Peters Rec Plex

Price: \$55