

OTHS Summer Volleyball

Our goal this summer is for every player to improve through encouragement and sound instruction. This camp is one more opportunity for players to prepare for the upcoming season with a focus on fundamental skills, team competition, and additional court experience.

2019 Volleyball Coaching staff

Melissa Massey/Head Coach

Lauren Martin/Assistant Coach

Aubrey Thessing/JV Coach

Adam Heyden/Assistant Coach

OTHS Volleyball

O'Fallon High School Volleyball
Melissa Massey Head Coach
600 S. Smiley St.
O'Fallon, IL 62269

Phone: 618-632-3507
E-mail: masseym@oths.us

OTHS

Volleyball Summer Training Camp



Summer Training open to
players entering 9-12th
grade

OTHS Volleyball Summer Training

This summer we will have a variety of opportunities for players entering 9th-12th grade to improve their skills before volleyball starts in August.

The focus this summer will be on individual technical training to improve:

- Passing, setting, serving, hitting, defense, blocking
- Game situations and decision making
- Physical fitness and jump training

Summer Training Will Include

- Summer workouts on the court during the dates and times listed
- Trainings led by OTHS coaching staff
- Cardio, abs, arms, legs, core, and jump training
- Some sand court training sessions
- Over 25 hours of training
- OTHS Summer Training Volleyball T-shirt

Camp Dates and Times

Week 1:

June 4th 8-10:30am

June 5th 4-6pm

Week 2:

June 11th 8-10:30am

June 12th 4-6pm

Week 3:

June 18th 8-10:00am (Sand)

June 19th 4-6pm

June 20th 8-10:30am

Week 4:

July 9th 8-10:30am

July 10th 4-6pm

Week 5:

July 16th 8-10:30am (Sand)

July 17th 8-10:30am

July 18th 4-6pm

**Players will also be asked to assist with youth camps. Some players will be asked to participate in summer tournaments as well.

Training will take place in the

OTHS Panther Dome and/or the South Gym

located at:

600 S. Smiley St.

O'Fallon, IL 62269

Or some days will be held at Three Springs Park Sand Courts in Shiloh, IL /Check our Facebook Page or www.othsvolleyball.com for change of location or times.

Detach and return with payment

OTHS Summer Volleyball Registration

Player's Name: _____

Grade Entering: _____

Home address: _____

City: _____

Email contact: _____

Parent Cell: _____

Player Cell: _____

Height _____ t-shirt size _____

Volleyball Experience (where applicable):

High School Years: _____

Junior High Years: _____

Club Years & Team (s) _____

Position: Check all that apply

◇ Setter

◇ Middle Hitter

◇ Outside Hitter/ Right Side Hitter

◇ Defense/Libero

Camp Fee

\$100 for Summer Training

Make Checks payable to OTHS Girls Volleyball and send to:

OTHS Volleyball Camp

Attn: Melissa Massey

600 S. Smiley St.

O'Fallon, IL 62269

OR

Register online with a credit card at:

<http://othsathletics.com/main/campsclinics>