

**CMU Volleyball Team Camp
July 23-24**

July 23

8:00am-9:00am	Registration @ dorm/check-in for residents
9:30am – 11:30	Session 1 (Team Concept – Offensive System)
11:30pm-1:30pm	Lunch Break (provided to both commuters and residents)
1:30pm-4:00pm	Session 2 (Team Concept – Defensive/Blocking System)
4:00pm-6:00pm	Dinner break (provided to both commuters and residents)
6:00pm-8:30pm	Session 3 (SR Systems)
8:30pm	Dismiss & Walk back to dorms Commuter pick-up in McGuirk Arena

July 24

7:00am-8:15am	Breakfast (for resident campers only)
8:30am-8:45am	Residents meet in Lobby & walk to McGuirk Arena
8:45am	Commuter drop off at McGuirk Arena
9:00am-11:30am	Session 4 (Competition)
11:30am-1:30pm	Lunch break (provided to both commuters and residents)
1:30pm-4:00pm	Session 5 (Competition)
4:15pm	Thank you/ Dismiss & Walk back to dorms Commuter pick-up in McGuirk Arena