

## Sports Camps

### Basketball for Kids

Develop your basketball skills through a series of fun drills and games. Boys and girls will focus on different areas of the game: offense, defense, dribbling, shooting, and passing. In addition to the basic skills, several elements of team play and strategy will be covered. Good sportsmanship will be emphasized. Students will be divided into appropriate levels. Ages 8-16. *Instructor: Samantha Gipson*

Course #340001      Sat July 17-August 7      9:30-11:30 a.m.      Chabot Gym      \$75

### Girls' Volleyball

Girls in middle school and high school will learn the fundamentals necessary to become competitive in volleyball. Players will learn the basic skills of hitting, setting, serving, passing, and digging in game-like situations. *Instructor: Amber Sammons, Chabot College Volleyball Coach*

Course #340008      M-Th, August 2-5      5-7 p.m.      Chabot Gym      \$65

### Volleyball Setting

The "setter" plays an important role in volleyball as the person who coordinates the offensive movements of the team and ultimately decides which player will actually attack the ball. This camp will specifically focus on setting the ball, including drills to develop and improve the plays. *Instructor: Katie Perry*

Volleyball Setting for Beginners

Course #340049      6 Sessions, T & Th June 15-July 1      7-8 p.m.      Las Positas Gym      \$60

Volleyball Setting for Advanced

Course #340050      6 sessions, T & Th, June 15-July 1      8-9 p.m.      Las Positas Gym      \$60

### Pole Vaulting

Learn to develop and build your skills in pole vaulting, an athletic field event that has been in the Olympic Games since 1896. You'll learn proper running techniques to make vaulting safe, and learn how to plant the poles, and gradually build to jumping higher. *Instructor: Monny Singh*

Course #340051      6 sessions, T & Th, June 8-24      4-5:30 p.m.      Chabot Track      \$60

