



# CARY FAMILY YMCA



Welcome to Volleyball Camp at the Cary Family YMCA! We are excited to have you join us for a great week . Please read the entire newsletter to make sure you get all of the information.

## Rides in/Rides out

Rides In begins at 7:00am and ends at 8:45am. If you arrive after the designated Rides In times, **please walk your child inside and sign them in at the Rising Sun Desk.**

Rides Out begins at 4:00 pm and ends at 6:00pm. If you are planning on picking up your child before 4:00 pm, please walk inside and sign your child out at the Rising Sun Desk.

## Typical Schedule for Day

7:00-8:30	<b>Rides in with Rising Sun</b>
8:45-10:10	Activity 1 in Gym 2
10:10-10:30	Snack
10:30-11:30	Activity 2 in Gym 2
12:00-1:00	Lunch
1:00 -1:10	Change for Swimming
1:25 -2:05	Swim
2:05 -2:30	Change from Swimming
2:30- 4:00	Activity 3 in Gym 2
4:00-4:30	Snack
4:30-6:00	Rides out

## The Level System

One of our main goals at Sports Camp is the skill development of the campers. To that end we have created a leveling system which allows campers and parents a way to measure their progress.

We have 3 levels at Volleyball camp categorized by three colors:

Red, Orange, and Yellow. Within each level are 7 skills; six of which are sport based (i.e. making 3 of 5 free throws in basketball) and 1 of which is character based (i.e. knowing the thought for the day).

When a camper passes off all 7 skills for a particular level they receive a bead which matches the color level they just passed off.

## What to Bring?

Please pack a lunch, two snacks, a bathing suit, sunscreen, and a towel for your camper everyday. If you think your child might need a change of clothes, feel free to pack them as well. Counselors CANNOT APPLY sunscreen on your children, so please apply sunscreen to your child before camp.

**Don't forget to label everything!**

## Contact Information

The Volleyball Camp phone number is (919) 469-9622 ext.143. To get in touch with your child's director please call:

Dawn White or Mike Hubbell at 469-9622