

2018 SPVB Summer Camps

Xcel Sportsplex, 37 Maxwell Drive, Hendersonville, NC

Page 2 has individual session times for each camp

- Facility is Air-Conditioned
- On the first day of camp please arrive 15 minutes prior to the first session to check-in
- There is nothing additional that you need to bring for check-in (i.e. physical form, etc)
- During the lunch break in your camp you are participating in you may bring a lunch, buy a lunch from the deli on-site, or go out to lunch

What to bring/wear:

- T-Shirt (recommend bringing a new one for each session)
- Shorts/Spandex
- Water bottle with your name on it
- Kneepads and Volleyball shoes
- Money if you want to purchase a lunch at the deli
- Great Attitude!



"A Commitment to Excellence"

Camp Schedules for NC1, NC2 & NC3

	July 16 Schedule	July 17 Schedule	July 18 Schedule
Gym Session	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm
Lunch Break (not provided)	12:00-1:30pm	12:00-1:30pm	12:00-1:30pm
Gym Session	1:30-3:30pm	1:30-3:30pm	1:30-3:30pm

