



## All Camp Descriptions 2024

For All Questions about Summer Camps: Please email Alayna Jansky at  
[alayna@milwaukeeesting.com](mailto:alayna@milwaukeeesting.com)

# **June 25th, 26th & 27th**

## **Youth Camp - June 25th, 26th & 27th**

The All-Skills Youth Camp is designed for boys and girls entering grades K-4th. Over the course of three action-packed days, participants will dive into the mechanics of volleyball, mastering fundamental skills such as passing/digging, setting, attacking, and serving. Our experienced coaches will guide young players through each move, breaking down the skills of the game to ensure a comprehensive understanding of each skill while creating an environment that is positive, encouraging, and packed with fun. Don't miss this opportunity for your young volleyball player to kick start their journey into the world of volleyball!

## **All-Skill Starter Camp - June 25th, 26th & 27th**

The All-Skill Starter Camp is designed for boys and girls entering grades 4th-6th. Over the course of three action-packed days, participants will dive into the mechanics of volleyball, mastering fundamental skills such as passing/digging, setting, attacking, and serving. Our experienced coaches will guide every player through each move, breaking down the skills of the game to ensure a comprehensive understanding of each skill while creating an environment that is positive, encouraging, and packed with fun. Don't miss this opportunity for your young volleyball player to kick start their journey into the world of volleyball!

## **July 23th, 24th, 25th & 26th**

### **First Contact Camp (Serve, Pass & Defend) - July 23rd, 24th & 25th**

The First Contact Camp is designed for girls entering grades 5th-12th and boys entering grades 5th-8th. This specialized camp is about mastering the essential first contact skills. Participants will focus on the mechanics of passing, digging, and serving with drills thoughtfully designed to expose athletes to the ball from various angles and speeds. The emphasis on training and mechanics will create a foundation for increased confidence in their first contact abilities, empowering athletes to integrate these skills into their gameplay. Join us for a camp dedicated to refining the art of our first contact and elevate your volleyball skills to new heights!

### **NETwork Camp (Attack & Block) - July 23rd, 24th & 25th**

The NETwork Camp is designed for girls entering grades 5th-12th and boys entering grades 5th-8th. This camp is a deep dive into all skills happening at the net, focusing specifically on attacking, blocking, and off blocker defense. Drills are designed to incorporate elements of serve receive transition and block/defense transition to attack, providing a complete understanding of net play dynamics. The training will ensure athletes have ample opportunities to refine these techniques, receiving valuable feedback from experienced coaches. The ultimate goal is for participants to depart with a newfound confidence in applying these advanced skills and mechanics whenever they step onto the volleyball court. Join us for the NETwork Camp and elevate your game at the net to a whole new level!

### **Serving Camp 1 & 2 - July 23rd & 25th**

Serving Camp is designed for girls entering grades 5th-12th and boys entering grades 5th-8th. This specialized camp focuses on the mechanics of both standing float and jump float serving and learning to strategically serve specific zones on the floor. Serving camp provides athletes with an entire hour dedicated to perfecting repetitions using these techniques. Rooted in repetition and detailed training, the camp is designed to instill confidence in athletes, ensuring they leave with an enhanced and consistent serve. Join us for the Serving Camp and learn the secrets to success in serving!

### **Sting Alumni All-Skills Camp - July 26th**

TBD

# **July 30th, 31st, August 1st & 2nd**

## **Position Camp - Libero & DS - July 30th & 31st**

The Libero and DS Position Camp is designed for girls and boys entering grades 6th-8th and girls entering grades 9th-12th. For both sessions, these athletes will go through intensive training focused on the essential skills required of a high level libero including passing, digging, out-of-system setting and serving. Throughout the camp, participants will engage in drills designed to challenge them from various angles and speeds, ultimately enhancing their abilities to excel in their role. This camp is dedicated to empowering athletes to feel more confident in their ability to pass, defend, set, and serve with precision and skill. Join us for the Libero and DS Position Camp and take your skills to the next level!

## **Position Camp - Setters - July 30th & 31st**

The Setter Position Camp is designed for girls and boys entering grades 6th-8th and girls entering grades 9th-12th. For both sessions, these athletes will go through focused training aimed at mastering the essential skills required of a high level setter including setting, digging, dumping and serving. Throughout the camp, participants will engage in dynamic drills ensuring a comprehensive understanding and application of setter techniques. This camp is dedicated to instilling confidence in athletes as they refine their abilities to set, defend and run an effective offense. Join us for the Setter Position Camp and pave the way to becoming a standout setter!

## **Position Camp - Pin Hitter - July 30th & 31st**

The Pin Hitter Position Camp is designed for girls and boys entering grades 6th-8th and girls entering grades 9th-12th. For both sessions, these athletes will participate in training focused on mastering the essential skills required of a high level pin hitter including attacking, blocking, defending and serving. Throughout the camp, participants will engage in a variety of drills designed to challenge them in all aspects of the game including both in and out of system, ensuring a well-rounded skill set by the end of camp. This camp aims to instill confidence in athletes as they refine their abilities to attack, block, serve and defend. Join us for the Pin Hitter Position Camp and elevate your game to new heights!

## **Position Camp - Middles - July 30th & 31st**

The Middle Hitter Position Camp is designed for girls and boys entering grades 6th-8th and girls entering grades 9th-12th. For both sessions, these athletes will dive into intensive training focused on mastering the essential skills required of a high level middle hitter including attacking, blocking, defending and serving. Throughout the camp, participants will engage in a variety of drills tailored to challenge them in different ways, ensuring a comprehensive skill set by the end of camp. This camp aims to instill confidence in athletes as they refine their abilities to attack, block, defend, and serve. Join us for the Middle Hitter Position Camp and unlock the secrets to becoming a dominant force as a middle hitter!

### **Elite Skills Camp - THE DEFENDER - August 1st & 2nd**

The DEFENDER Camp is designed for girls entering grades 9th-12th. This elite skills camp is made for players of all positions looking to enhance their defensive skills. This camp is designed for athletes seeking to sharpen their technique through a multitude of repetitions and drill-focused sessions. From front-row to back-row defense, participants will dive into various aspects of defensive play, focusing on their abilities to read the game, anticipate opponents' moves, and execute proper defensive moves. No matter your position, this camp offers a comprehensive approach to defensive training, empowering players to elevate their defensive skills to new heights!

### **Elite Skills Camp - THE ATTACKER - August 1st & 2nd**

The ATTACKER Camp is designed for girls entering grades 9th-12th. This elite skills camp is made for players of all positions looking to enhance their attacking and offensive skills. This camp is tailored for athletes seeking to refine their attacking skills through a series of high-repetition drills and technique-focused sessions. From front-row to back-row attacking, participants will delve into various aspects of offensive play, mastering the art of powerful attacking, strategic placement, and expanding their shot abilities. No matter your position, this camp offers a comprehensive approach to attacking training, empowering players to elevate their attacking game to new heights!

### **Elite Skills Camp - THE SETTER - August 1st & 2nd**

The SETTER Camp is designed for girls entering grades 9th-12th. This elite skills camp is for setters who want to focus on the crucial aspects of the position such as setting technique, decision-making, dumping and defense. Through a series of high-repetition drills and technique-focused sessions, participants will engage in comprehensive training aimed at mastering the art of smart and strategic setting. This camp offers a dedicated platform for setters who want to take their game to the next level!

### **Sting Competition Camp - August 1st & 2nd**

The Sting Competition Camp is designed for girls and boys entering grades 6th-8th and girls entering grades 9th-12th. This Camp is made for athletes who want to sharpen their competitive edge through sessions focused specifically on gameplay. Each drill will incorporate a competitive element with coaches providing feedback throughout the camp to enhance performance. Unlike traditional skill-focused camps, there will be minimal emphasis on technique training; instead, participants will dive straight into engaging in fast-paced competition drills. Join us for the Sting Competition Camp and embrace the challenge of outplaying opponents and competing hard!

### **Serving Camp - 3 & 4 - July 30th & August 1st**

Serving Camp is designed for girls entering grades 5th-12th and boys entering grades 5th-8th. This specialized camp focuses on the mechanics of both standing float and jump float serving and learn to strategically serve specific zones on the floor. Serving camp provides athletes with an entire hour dedicated to perfecting repetitions using these techniques. Rooted in repetition and detailed training, the camp is designed to instill confidence in athletes, ensuring they leave with an enhanced and consistent serve. Join us for the Serving Camp and learn the secrets to success in serving!

## **August 6th, 7th & 8th**

### **Sting Skills and Drills Youth Camp - August 6th, 7th & 8th**

The Sting Skills and Drills Youth Camp is designed for girls and boys entering 3rd and 4th grade. This camp offers a fun and engaging opportunity for kids to develop their skills on the volleyball court. From learning the basics to exploring advanced techniques, players will participate in Milwaukee Sting's favorite drills and core training methods. In a supportive and encouraging atmosphere, young players will have the chance to refine their abilities and build confidence on the court. The Skills and Drills Youth Camp will be an unforgettable experience where kids can learn, grow, thrive and find their full potential!

### **Sting Skills and Drills Camp - August 6th, 7th & 8th**

The Sting Skills and Drills Camp is designed for girls and boys entering grades 5th-8th and girls entering grades 9th-12th. This camp is made for all players who are eager to enhance their skills and participate in the core training methods of Milwaukee Sting. This all-encompassing camp touches on every aspect of the game, offering participants a well-rounded training experience that covers both technical skills and strategic gameplay. Drawing from the favorite drills utilized by Milwaukee Sting, this camp provides a unique opportunity for players to refine their abilities and learn from the club's renowned training methods. The Sting Skills and Drills Camp offers a dynamic and immersive training experience to help you elevate your game and reach your fullest potential on the volleyball court.