

OTHS Summer Volleyball

Our goal this summer is for every player to improve through encouragement and sound instruction. This camp is one more opportunity for players to prepare for the upcoming season with a focus on fundamental skills, team competition, and additional court experience.

2011 Volleyball Coaching staff

Erin Legendre Head Coach

Melissa Massey Assistant Coach

Lauren Martin Assistant Coach

Lynn Weidenbenner Assistant Coach

Kim Forcade Assistant Coach

OTHS Volleyball

O'Fallon High School Volleyball
Erin Legendre Head Coach
600 S. Smiley St.
O'Fallon, IL 62269

Phone: 618-632-3507 ext. 295
E-mail: legendree@oths.k12.il.us

OTHS Volleyball Summer Training Camp



Summer Training open to
players entering 9-12th
grade

OTHS Volleyball Summer Training

This summer we will have a variety of opportunities for players entering 9th-12th grade to improve their skills before volleyball starts in August.

The focus this summer will be on individual technical training to improve:

- Passing, setting, serving, hitting, defense, blocking
- Game situations and decision making
- Physical fitness and jump training

Summer Training Will Include

- Summer workouts on the court during the dates and times listed
- Trainings led by OTHS coaching staff
- Special Guests Coaches- throughout the summer a variety of local volleyball experts and college coaches will provide training in and skill development
- Cardio, abs, arms, legs, core, and jump training
- 15 meetings @ 2 hours each (30 hours of training)
- OTHS Summer Training Volleyball T-shirt

Camp Dates and Times

Week 1:

June 7th, 2011 9am-11am

June 8th, 2011 2-4pm

Week 2:

June 14th 9am-11am

June 15th 2pm-4pm

Week 3:

June 21st 9am-11am

June 22nd 2pm-4pm

Week 4:

June 28th 9am-11am

June 29th 2pm-4pm

Week 5:

July 6th 2pm-4pm

Week 6:

July 12th 9am-11am

July 13th 2pm-4pm

Week 7:

July 19th 9am-11am

July 20th 2pm-4pm

Week 8:

July 26th 9am-11am

July 27th 2pm-4pm

Training will take place in the
OTHS Panther Dome and/or the South Gym
located at:
600 S. Smiley St.
O'Fallon, IL 62269

Detach and return with payment

OTHS Summer Volleyball Registration

Player's Name: _____

Grade Entering: _____

Home address: _____

City: _____

Email contact: _____

Home Phone: _____

Parent Cell: _____

Player Cell: _____

Height _____ t-shirt size _____

Volleyball Experience (where applicable):

High School Years: _____

Junior High Years: _____

Club Years & Team (s) _____

Position: Check all that apply

◇ Setter

◇ Middle Hitter

◇ Outside Hitter/ Right Side Hitter

◇ Defense/Libero

Camp Fee

\$100 for Summer Training

Make Checks payable to OTHS and send to:

OTHS Volleyball Camp

Attn: Erin Legendre

600 S. Smiley St.

O'Fallon, IL 62269

OR

Register online with a credit card at:

www.othsvolleyball.com/