In order to prevent heat-related stress and illness during summer sports camps, Collegiate recommends that your child bring his or her own filled water bottle or sports drink to hydrate before, during and after activity. We also recommend that each child be fueled for activity by having appropriate rest, appropriate clothing and plenty to eat prior to the start of camp each day. All sports camps will have water coolers available to refill bottles and will follow Collegiate’s heat-related activity guidelines for water breaks and rest periods.

**JUNIOR ALL-SPORTS**

Rives Fleming, Robby Turner  
Preschool (must be 4 by June 1) – Rising 2nd Graders (Coed)  
Session I: July 13 – 17 • 1 – 3 p.m.  
Session II: July 20 – 24 • 1 – 3 p.m.  
$170 per session

- Bring a filled water bottle from home each day.

Come join us this summer as we learn about various sports and games in “junior” fashion. Sports such as soccer, flag football, hockey, lacrosse, basketball, whiffle ball and kickball will be presented in a way that keeps our younger children engaged and challenged. Children will be grouped by age as they are introduced to new sports and games each day. The basics of these sports will be taught in a child-friendly manner and you may even catch sight of some puppet friends and Mr. Turner’s guitar.

Rives Fleming, Collegiate Middle School teacher, and Robby Turner, Collegiate Kindergarten teacher, have been coaching and running Summer Quest camps for more than 30 years.

For more information, contact Rives Fleming at rfleming@collegiate-va.org or Robby Turner at rturner@collegiate-va.org.

**INTERMEDIATE ALL-SPORTS**

Rives Fleming, Robby Turner  
Rising 3rd – Rising 8th Graders (Coed)  
Session I: July 13 – 17 • 9 a.m. – 12 p.m.  
Session II: July 20 – 24 • 9 a.m. – 12 p.m.  
$215 per session

- Bring a filled water bottle from home each day.

Join us for the 30th great year of All-Sports Camp! Collegiate teachers and coaches Rives Fleming and Robby Turner will lead campers in this journey through the world of sports. Learn the rules and skills of many different sports, ranging from traditional sports (such as football and baseball) to the more obscure (floor hockey, Ultimate Nerf and Sleddball). Campers will learn individual skills, as well as work together as teammates in game situations. Campers will be divided into age-appropriate groups. Come have some fun!

Rives and Robby have been coaching and running sports camps for more than 30 years.

For more information, contact Rives Fleming at rfleming@collegiate-va.org or Robby Turner at rturner@collegiate-va.org.

**YOUTH COUGAR BASEBALL PRESENTED BY SANDLOT BASEBALL**

Andrew Slater  
Rising K – Rising 6th Graders  
Session I: June 8 – 12 • 1 – 4 p.m.  
Session II: July 6 – 10 • 9 a.m. – 12 p.m.  
$215 per session

- Bring a filled water bottle from home each day.

- Bring a hat, glove and helmet to camp each day. Also bring a bat if available, but it’s not necessary.

This introductory camp specializes in teaching the fundamentals of throwing, hitting, fielding and base running in a fun and energetic atmosphere. Children will be divided by age and skill level. The goals of the camp are for campers to receive a baseline of proper fundamentals and to have fun while playing America’s pastime.

Andrew Slater is a graduate of Collegiate and the head varsity baseball coach and program leader. He played baseball and football at the University of Richmond and played baseball at Auburn University. Before coming to Collegiate in 2008, Coach Slater spent seven years as an assistant baseball coach at VMI and Western Kentucky University. In 2016, Coach Slater’s team won the state championship. He will be assisted by Collegiate coaches and players.

For more information, contact Andrew Slater at aslater@collegiate-va.org.
GIRLS’ BEGINNER/INTERMEDIATE BASKETBALL

Rives Fleming
Rising 1st – Rising 6th Graders
June 8 – 12  •  9 a.m. – 12 p.m.
$215
* Bring a healthy snack and filled water bottle from home each day.

This camp is for both the novice and the more experienced basketball player. Campers will learn offensive and defensive fundamentals as well as overall court strategy. The emphasis will be on having fun, learning the skills and applying them in game situations.

Come for an exciting week of basketball with Rives Fleming, Collegiate girls’ head varsity coach, and head JV coach Robby Turner. Rives and Robby are both Collegiate teachers and have been running Summer Quest camps for more than 25 years.

For more information, contact Rives Fleming at rfleming@collegiate-va.org.

GIRLS’ ADVANCED BASKETBALL

Rives Fleming
Rising 5th – Rising 9th Graders
June 15 – 19  •  1 – 4 p.m.
$215
* Bring a healthy snack and filled water bottle from home each day.

This camp is designed to help the player who wants to get better while providing a fun and competitive environment to learn the game of basketball. We will emphasize the basic offensive and defensive fundamentals, both in teaching situations and within the framework of games and contests.

Campers will receive a lot of individualized attention from Collegiate girls’ head varsity coach Rives Fleming, as well as other program coaches. Rives, also a Collegiate Middle School teacher, has been running Summer Quest camps for more than 25 years.

For more information, contact Rives Fleming at rfleming@collegiate-va.org.

“Youth Basketball”

“The coaches were excellent. I’m very pleased with the instruction my son received and the positive and engaging attitude of the staff.”

BOYS’ MIDDLE SCHOOL BASKETBALL

Del Harris
Rising 5th – Rising 8th Graders
June 15 – 19  •  1 – 4 p.m.
$215
* Bring a healthy snack and filled water bottle from home each day.

This is the perfect camp for boys who are looking for an exciting week of basketball under the direction of the Collegiate boys’ varsity basketball coach and staff. This camp is appropriate for Middle School players of all levels and abilities who want to improve their skills through fundamental drills, games and contests. The atmosphere is positive, energetic and offers the ideal environment for the beginner who is just learning new skills and help the more advanced player move to the next level. There will be several guest speakers including college coaches, players and others.

Prior to becoming the Collegiate boys’ varsity coach and program leader, Del Harris spent five years as a Division III head mens’ basketball coach and assistant athletic director at Vassar College. He has also served as a Division I assistant coach at the University of Richmond, Virginia Military Institute and Morgan State University. In addition to coaching basketball, Del is a permanent substitute teacher at Collegiate for the Middle and Upper Schools.

For more information, contact Del Harris at del_harris@collegiate-va.org.
BOYS’ BASKETBALL: 
ADVANCED SKILL DEVELOPMENT

Del Harris
Rising 7th – Rising 10th Graders
June 22 – 25  •  9 a.m. – 12 p.m.
Monday – Thursday
$175
* Bring a healthy snack and filled water bottle from home each day.

The camp is a four-day, fundamental skill development session designed for committed basketball players. Coach Del Harris and his staff will instruct players on the skills, techniques and concepts required to succeed and lead for their school teams. Full court scrimmaging will be limited to allow a focus on the immersive instruction needed to prepare the boys for high-level competition.

Prior to becoming the Collegiate boys’ varsity coach and program leader, Del Harris spent five years as a Division III head mens’ basketball coach and assistant athletic director at Vassar College. He has also served as a Division I assistant coach at the University of Richmond, Virginia Military Institute and Morgan State University. In addition to coaching basketball, Del is a permanent substitute teacher at Collegiate for the Middle and Upper Schools.

For more information, contact Del Harris at del_harris@collegiate-va.org.

GIRLS’ YOUTH FIELD HOCKEY

Karen Doxey
Rising 1st – Rising 5th Graders
June 22 – 26  •  9 – 11 a.m.
Collegiate School Robins Campus
$170
* Bring a healthy snack and filled water bottle from home each day.
* Participants should bring their own stick, mouthguard, shinguards and certified protective goggles.

Learn the basic skills and rules of field hockey in a fun-filled atmosphere geared to the younger player of any skill level. We will focus on the fundamentals through individual work, partner drills and small-sided games. To enhance skill development, we will use our field turf and our air-conditioned turf gym, which are optimal surfaces for players at this level.

Karen Doxey is the head varsity field hockey coach and athletic director at Collegiate School. Karen will be assisted by members of the Collegiate School field hockey coaching staff. The Collegiate varsity team has won 10 LIS championships and seven state championships in the past 16 years.

For more information, contact Karen Doxey at kdoxey@collegiate-va.org.

GIRLS’ FIELD HOCKEY

Jenny Lindner
Rising 5th – Rising 10th Graders
July 20 – 24  •  9 a.m. – 12 p.m.
Collegiate School Robins Campus
$215
* Bring a healthy snack and filled water bottle from home each day.
* Participants should bring their own stick, mouthguard, shinguards and certified protective goggles.

Get ready for the upcoming season! This camp will focus on the fundamentals and tactics of field hockey and prepare players for the upcoming season in a fun-filled atmosphere. Our emphasis will be on individual improvement so that all players will elevate their level of play.

A former college player and coach, Jenny is a varsity field hockey assistant coach and Middle School physical education teacher at Collegiate. The Collegiate varsity team has won 10 LIS championships and seven state championships in the past 16 years. The coaching staff will include other Collegiate School coaches, as well as a number of current high school and college players.

For more information, contact Jenny Lindner at jenny_lindner@collegiate-va.org.
GAMECHANGER FOOTBALL

Collegiate Football Coaching Staff
Rising 1st – Rising 8th Graders
July 27 – 31 • 1 – 3 p.m.
$170
* Bring a filled water bottle from home each day.

The GameChanger Football Camp will help football players develop the techniques and strategies necessary for them to take their game to the next level. Campers will be exposed to all facets of the game including team warmups, offensive and defensive Xs and Os, position specific techniques and daily games!

Players will be grouped and challenged based on age and ability. Groups will not have an age span of more than one school grade. For example, a rising 4th Grader might be grouped with rising 3rd or rising 5th Graders, but will never be grouped with a rising 2nd Grader or a rising 6th Grader.

The camp staff will consist of Collegiate’s current coaching staff, varsity players and current Division I athletes. Take advantage of this great opportunity to tune up for the coming season and get a leg up on the competition.

Collin McConaghy is the Director of Summer Quest and the associate head football coach at Collegiate. Collin, a 2009 graduate of the University of Richmond, was a team captain and a starting linebacker for the 2008 National Champion Richmond Spiders.

For more information, contact Collin McConaghy at collin_mcconaghy@collegiate-va.org.

FLAG FOOTBALL

Farley Macdonald
Rising K – Rising 6th Graders
Session I: June 22 – 26 • 1 – 3 p.m.
Rising K – Rising 6th Graders
Session II: July 6 – 10 • 1 – 3 p.m.
$170 per session
* Bring a filled water bottle from home each day.

This camp will focus on the basics of the game of football. Rules of the game will be taught along with the basics of passing, running and receiving. This is a great opportunity for younger players to begin to learn the system that is used throughout the Collegiate School football program that has won 14 Prep League titles and seven varsity-level VISAA state titles.

Each session will consist of an instructional period followed by a practice session and concluding with games. Clinicians at the camp will include coaches and players from Collegiate’s football program. Campers will be grouped by age and ability.

Farley Macdonald is a Middle School football coach and Middle School teacher at Collegiate.

For more information, contact Farley Macdonald at farley_macdonald@collegiate-va.org.
BOYS’ LACROSSE

Andrew Stanley
Rising 1st – Rising 8th Graders
June 8 – 12 • 9 a.m. – 12 p.m.
$215
• Bring a healthy snack and filled water bottle from home each day.
• Campers should bring their own equipment including: helmet, molded mouthguard, stick, shoulder pads, arm pads, cleats, indoor shoes and gloves.

This dynamic camp will focus on the fundamentals: stick handling, basic rules and drills. This is a great camp for learning about lacrosse as a beginner or brushing up on individual skills before summer tournaments. Players will be grouped and challenged based on age and ability. Groups will not have an age span of more than one school grade. For example, a rising 4th Grader might be grouped with rising 3rd or rising 5th Graders, but will never be grouped with a rising 2nd Grader or a rising 6th Grader.

Andrew Stanley, Collegiate’s head boys’ varsity lacrosse coach, taught 1st, 2nd, 3rd and 5th Grades at Collegiate for 13 years. He also serves as the executive director of Geronimo Lacrosse and is a Level 1, 2 and 3 Trainer for the U.S. Lacrosse Coach Development Program. Along with a number of local high school and college players, the staff will include Trip Featherston, head JV lacrosse coach and a Collegiate Middle School physical education teacher.

For more information or equipment purchase, contact Andrew Stanley at astanley@collegiate-va.org.

GERONIMO BOYS’ LACROSSE

Andrew Stanley
Rising 1st – Rising 8th Graders
July 27 – 31 • 9 a.m. – 12 p.m.
$215
• Bring a healthy snack and filled water bottle from home each day.
• Campers should bring their own equipment including: helmet, molded mouthguard, stick, shoulder pads, arm pads, cleats, indoor shoes and gloves.

This dynamic camp will continue the tradition of spring Geronimo clinics into the summer months by focusing on the fundamentals: stick handling, basic rules and drills. In addition, campers will participate in daily games that will allow them to hone their skills in a competitive atmosphere. Players will be grouped and challenged based on age and ability. Groups will not have an age span of more than one school grade. For example, a rising 4th Grader might be grouped with rising 3rd or rising 5th Graders, but will never be grouped with a rising 2nd Grader or a rising 6th Grader.

Andrew Stanley, Collegiate’s head boys’ varsity lacrosse coach, taught 1st, 2nd, 3rd and 5th Grades at Collegiate for 13 years. He also serves as the executive director of Geronimo Lacrosse and is a Level 1, 2 and 3 Trainer for the U.S. Lacrosse Coach Development Program. Along with a number of local high school and college players, the camp will be staffed by Trip Featherston, head JV lacrosse coach and a Collegiate Middle School physical education teacher.

For more information or equipment purchase, contact Andrew Stanley at astanley@collegiate-va.org.

GIRLS’ LACROSSE

Christina Dobson
Rising 1st – Rising 8th Graders
June 8 – 12 • 1 – 3 p.m.
$170
Robins Campus
• Bring a healthy snack and filled water bottle from home each day.
• Campers should bring a stick, mouthguard, certified protective goggles and athletic sneakers for indoor play.

The focus of this week will be having fun while learning the fundamental tactics and techniques of girls’ lacrosse and continuing to build upon the strong foundation of basic skills. We will focus on a variety of lacrosse skills through diverse drills and game situations. Emphasis will be on individual improvement as well as developing team strategy for players of all skill levels. Beginners are more than welcome!

Christina Dobson is Collegiate School’s girls’ lacrosse program leader and head coach of the girls’ varsity lacrosse team. She has coached athletes of all abilities from youth through the high school level. Christina came to Collegiate in 2019 from Atlee High School, where she was the varsity lacrosse coach from 2016–19. Prior to that, Coach Dobson coached the varsity lacrosse team at Centreville High School in Fairfax County for four years. Christina played Division 1 collegiate lacrosse at Virginia Tech and continues to coach club lacrosse in the area through the Yellow Jackets South Program.

For more information, or advice about equipment purchase, contact Christina Dobson at christina_dobson@collegiate-va.org.

“On the first day of camp, my son couldn’t stop talking about the great time he was having.”
YOUTH SOCCER

Page Chapman
Rising K – Rising 5th Graders (Coed)
June 22 – 26
Half Day: 8:30 a.m. – 12 p.m. $215
Full Day: 8:30 a.m. – 3 p.m. $325
• Bring a healthy snack and filled water bottle from home each day.
• Campers should bring a stick, mouthguard, certified protective goggles and athletic sneakers for indoor play.

The focus of this week will be having fun while learning the fundamental tactics and techniques of girls’ lacrosse and continuing to build upon the strong foundation of basic skills. We will focus on a variety of lacrosse skills through diverse drills and game situations. Emphasis will be on individual improvement as well as developing team strategy for players of all skill levels. Beginners are more than welcome!

Christina Dobson is Collegiate School’s girls’ lacrosse program leader and head coach of the girls’ varsity lacrosse team. She has coached athletes of all abilities from youth through the high school level. Christina came to Collegiate in 2019 from Atlee High School, where she was the varsity lacrosse coach from 2016–19. Prior to that, Coach Dobson coached the varsity lacrosse team at Centreville High School in Fairfax County for four years. Christina played Division 1 collegiate lacrosse at Virginia Tech and continues to coach club lacrosse in the area through the Yellow Jackets South Program.

For more information, or advice about equipment purchase, contact Christina Dobson at christina_dobson@collegiate-va.org.

JUNIOR YOUTH SOCCER

Page Chapman
4-year-olds – Rising Kindergartners (Coed)
June 22 – 26 • 1 – 3 p.m.
$170
• Bring a healthy snack and filled water bottle from home each day.
• All players should wear cleats (if available) and bring sneakers for indoor soccer.

This is an introductory camp to the sport of soccer. We will teach the basic skills and create a love for “the beautiful game.” The participants will get lots of “time on the ball” and we will use a variety of tag games and relay races to promote game sense. Open to players of all levels of experience and ability, campers will learn the proper technique of dribbling, shooting, passing and even how to do a goal dance after they score a brilliant goal.

Page Chapman is a Lower School physical education teacher, Collegiate head JV boys’ soccer coach, indoor soccer coach and a long-time club coach in the Richmond area. The staff will consist of current and former members of the Collegiate School soccer program. The focus of the camp will be on small-group work and fun games that promote skill development.

For more information, contact Page Chapman at pchapman@collegiate-va.org.

GERONIMO GIRLS’ LACROSSE

Christina Dobson
Rising 1st – Rising 8th Graders
July 27 – 31 • 9 a.m. – 12 p.m.
$215
• Bring a healthy snack and filled water bottle from home each day.
• Campers should bring a stick, mouthguard, certified protective goggles and athletic sneakers for indoor play.

The focus of this week will be having fun while learning the fundamental tactics and techniques of girls’ lacrosse and continuing to build upon the strong foundation of basic skills. We will focus on a variety of lacrosse skills through diverse drills and game situations. Emphasis will be on individual improvement as well as developing team strategy for players of all skill levels. Beginners are more than welcome!

Christina Dobson is Collegiate School’s girls’ lacrosse program leader and head coach of the girls’ varsity lacrosse team. She has coached athletes of all abilities from youth through the high school level. Christina came to Collegiate in 2019 from Atlee High School, where she was the varsity lacrosse coach from 2016–19. Prior to that, Coach Dobson coached the varsity lacrosse team at Centreville High School in Fairfax County for four years. Christina played Division 1 collegiate lacrosse at Virginia Tech and continues to coach club lacrosse in the area through the Yellow Jackets South Program.

For more information, or advice about equipment purchase, contact Christina Dobson at christina_dobson@collegiate-va.org.

RICHMOND KICKERS GOAL SCORING

Ages 8 – 16 (Coed)
July 6 – 10 • 9 a.m. – 12 p.m.
$195
• Bring a healthy snack and filled water bottle from home each day.

What is the most enjoyable part of soccer? Scoring goals! With the instruction of nationally licensed coaches and professional players, we will ensure that the participants enjoy themselves while working on numerous aspects of goal scoring. Topics of the day will include positioning, proper ball striking techniques, agility, heading and decision-making. All participants will receive a poster and a ticket to a Richmond Kickers home game.

For more information, contact Owusu Sekyere at owusus@richmondkickers.com
RICHMOND KICKERS GOALKEEPING

Ages 8 – 16 (Coed)
July 6 – 10 • 9 a.m. – 12 p.m.
$195

* Bring a healthy snack and filled water bottle from home each day.

Under the guidance of nationally licensed coaches and professional players, the Richmond Kickers provide a fun and age-appropriate goalkeeping camp. The camp will focus on numerous aspects of goalkeeping, including positioning, handling, agility, distribution and decision-making. All campers will receive a poster and ticket to a Richmond Kickers home game.

For more information, contact Owusu Sekyere at owusus@richmondkickers.com

RIVERCATS GIRLS’ YOUTH SOFTBALL SKILLS

Robby Turner
Rising K – Rising 4th Graders
June 15 – 19 • 1 – 3 p.m.
Collegiate School Robins Campus
$170

* Bring a filled water bottle from home each day.
* Campers should bring a baseball/softball cap and glove. Extra gloves will be on hand for those who need them.

Remember playing whiffle ball in the back yard when you were a kid? All you needed was a plastic ball, a bat and some bases. Well, softball has come a long way since then, but the fundamental game and the fun that comes from playing the game the right way remain the same.

Don’t worry about the expensive bats and high-priced gloves and come out and have some fun. This camp is designed for girls who would like to learn the fundamental skills associated with softball in a fun, low-key manner. Campers will learn how to throw, field, hit, catch and run the bases through age-appropriate games and drills. This is a great camp for softball beginners! Current varsity and JV softball players will serve as assistant counselors for this camp.

Robby Turner teaches Kindergarten in Collegiate’s Lower School and has been running sports camps in the Richmond area for more than two decades. He was named the softball program leader and head varsity coach at Collegiate in 2010.

For more information, contact Robby Turner at rturner@collegiate-va.org.

“..."The office staff is always willing to help with any questions!"...
## SWIM STROKE ENHANCEMENT

Mike Peters  
Rising 1st – Rising 6th Graders  
July 27 – 31 • 1 – 4 p.m.  
Collegiate School Aquatic Center  
$215  
* Campers should bring a bathing suit, towel, change of clothes, snack and filled water bottle each day.

With the summer season winding down, this is a great opportunity to get a little more work in the water. It may be that there were some strokes that were not quite mastered, or you aren’t sure about swimming in the winter and want a bit more experience to help with the decision. This individualized camp will focus on stroke technique in a fun environment to help get swimmers excited about seasons to come. Limited to a maximum 1:6 coach-to-swimmer ratio, sessions will focus on stroke technique in the four competitive strokes. Swimmers should have experience swimming with a team, but do not need to be proficient in all four strokes. Instructors will work on deck and in the water with swimmers to help improve all areas of their swimming.

Pickup and drop-off for this camp will be at Luck Hall, located on the Collegiate Lower School campus. Campers will be transported to and from CSAC in a Collegiate bus driven by Collegiate faculty.

Mike Peters is the head varsity boys’ and girls’ swim coach at Collegiate. He also served as the coach for Southampton Recreation Association for 15 years and coached for Poseidon Swimming and University of Richmond. In his competitive career, he was a national qualifier distance freestyler and a High School All-American. Coach Peters will be assisted by members and coaches of the Collegiate varsity swim team.

For more information, contact Mike Peters at mike_peters@collegiate.org.

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## TENNIS

Mike Finsterwald  
Rising 5th – Rising 10th Graders (Coed)  
July 13 – 17 • 1 – 3 p.m.  
Collegiate School Robins Campus – Williams Bollettieri Tennis Center  
$170  
* Campers should bring a racquet, filled water bottle, sun protection (sunscreen and hat/visor) and a towel.

Do you want to learn how to practice like a JV or varsity player? Perhaps make the JV or varsity tennis team? Develop patterns of play that will help you move up the ladder? If so, this is the camp for you! This five-day camp will include drills, on-court footwork and cardio sessions, singles and doubles strategy sessions, competitive games and much more.

Mike Finsterwald has spent the past five seasons coaching Collegiate’s tennis teams and has helped run our Summer Quest tennis camps for the past three years. Mike enjoys working with children of all abilities and fostering their development on the courts. He has also coached and taught tennis at Raintree Swim and Racket Club.

For more information, contact Michael Finsterwald at finstey@gmail.com.

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## YOUTH TENNIS

Mike Finsterwald  
Rising 1st – Rising 4th Graders (Coed)  
July 13 – 17 • 9 a.m. – 12 p.m.  
Collegiate School Robins Campus – Williams-Bollettieri Tennis Center  
$215  
* Campers should bring a junior racquet, filled water bottle, sun protection (sunscreen and hat/visor), a towel and a healthy snack.

Tennis is a sport everyone can enjoy for a lifetime. Learn the techniques required to hit the basic strokes of tennis and/or improve your skills through five fun-filled days of instruction, drills, and fitness sessions and games. All levels of the USTA Quick Start Tennis program will be used as needed to meet the needs of each participant.
Mike Finsterwald has spent the past five seasons coaching Collegiate's tennis teams and has helped run our Summer Quest tennis camps for the past three years. Mike enjoys working with children of all abilities and fostering their development on the courts. He has also coached and taught tennis at Raintree Swim and Racket Club.

For more information, contact Michael Finsterwald at finstey@gmail.com.

**GIRLS’ YOUTH VOLLEYBALL**

**Rising 1st – Rising 4th Graders**  
July 20 – 24 • 9 a.m. – 12 p.m.  
$215

- Bring a filled water bottle and a nut-free snack each day.  
- Kneepads are suggested, but not required.

This is a fun developmental camp designed for both beginners and experienced rising 1st–4th Grade players. Participants will learn basic volleyball skills, with a focus on developing motor skills and eye-hand coordination, while playing in fun drills and competitive games. Participants will receive high-quality training and instruction by a staff that includes a select group of players and coaches, all of whom have a passion for volleyball and want to share their knowledge and experience.

For more information, contact Andrew Stanley at astanley@collegiate-va.org.

**GIRLS’ VOLLEYBALL**

**Rising 5th – Rising 8th Graders**  
July 20 – 24 • 1 – 3 p.m.  
$170

- Campers should bring kneepads and a filled water bottle from home each day.

This is a fun developmental camp designed for both beginners and experienced rising 5th–8th Grade players. The camp will focus on the development of proper technique with the essential skills, including passing, setting, serving, blocking, digging and hitting.

Participants will receive high-quality training and instruction by a staff that includes a select group of players and coaches, all of whom have a passion for volleyball and want to share their knowledge and experience.

For more information, contact Andrew Stanley at astanley@collegiate-va.org.

“Volleyball is my daughter’s favorite sport. She had a great time and made a lot of new friends.”

**WRESTLING AND ATHLETIC DEVELOPMENT**

**Andy Stone**  
**Rising 3rd – Rising 8th Graders**  
July 20 – 24 • 1 – 3 p.m.  
$170

- Bring a filled water bottle from home each day.  
- Campers should bring wrestling shoes and wear shorts and a T-shirt.

Wrestling is a great sport that will help increase overall athleticism and develop skills that will help athletes in a wide variety of sports. This camp is tailored to the needs of Lower School students interested in wrestling and/or looking to work on their overall athletic skills. We will use games, wrestling, gymnastics and climbing to work of movement and athleticism. For experienced wrestlers, we will work on specific wrestling skills as well as developing strength and agility, but no prior wrestling skills are required.

We encourage everyone to bring any old wrestling shoes you may have. On the first day of camp, we will allow people who need new shoes to try on those that others have donated.

Andy Stone is the varsity wrestling coach and a Middle School physical education teacher at Collegiate. He holds a certification with the National Strength Coaches Association, and wrestled and coached at the University of Tennessee.

For more information, please contact Andy Stone at astone@collegiate-va.org.