

# MOUNT MERCY MUSTANGS

# VOLLEYBALL CAMPS

<https://www.mustangvolleyballclinics.com/index.cfm>

## SUMMER VOLLEYBALL CAMP REGISTRATION IS OPEN

### ABOUT MOUNT MERCY VOLLEYBALL:

Head Coach, Deb Marlin and her coaching staff invite you to register for a 2024 Mustangs Volleyball Camp. Our camps are directed by the Mount Mercy University coaching staff. Our athletes assist as camp court coaches.

Please use the Camps tab within the navigator to see camp dates, fees and registrant information.

Mount Mercy University volleyball camps does cap each session at 60 percipients to ensure quality touches and instruction to all of arpercipients. Our camps have grown to capacity and thus have wait lists for our camp sessions.

### GENERAL SKILLS CAMPS:

The General Skills Camps are designed to train the fundamentals and introduce the team concepts of volleyball. Athletes will train with fun, but challenging drills and work specifically on hitting, serving, passing, defense, blocking, and serving. Drills will be both individualized and incorporated into a game-like team structure.

These camps are great for beginners, as well as challenging the more experienced volleyball players. All camp sessions are general skills sessions. Drills and games may vary and be adjusted based on number of campers attending. Athletes are welcome to attend multiple camps. Athletes will be separated on courts first by age and then by ability if necessary.

## GENERAL SKILLS CAMPS

### DATES & TIMES:

Camp I: Monday - Thursday, June 9-12 2025 (9:00 am - noon)  
Camp II: Monday - Thursday, June 9-12, 2025 (1:00 - 4:00 pm)  
Camp III: Monday - Thursday, June 16-19 2025 (9:00 am - noon)

**AGES: Entering Grades 6 - 9**

**LOCATION:** Mount Mercy University  
Hennessey Recreation Center  
1330 Elmhurst Drive NE Cedar Rapids, Iowa 52402

**CAMPERS RECEIVE:** Camp t-shirt and Molten Mount Mercy Camp Volleyball

### WHAT TO BRING:

- Proper athletic attire
- Proper gym shoes (volleyball not required, but athletic shoe of some sort)
- Knee pads recommended
- Water bottle
- Couple dollars if interested in purchasing drink or snack from camp store

### REGISTER NOW WHILE SPACE IS AVAILABE:

Visit Mount Mercy Mustangs Volleyball Camps powered by Oasys Sports to register  
<https://www.mustangvolleyballclinics.com/index.cfm>

Please Contact Deb Marlin with any questions: [dmartin@mtmercy.edu](mailto:dmartin@mtmercy.edu)

