



# Arroyo Volleyball Club

# BEACH VOLLEYBALL

## Residential Camp



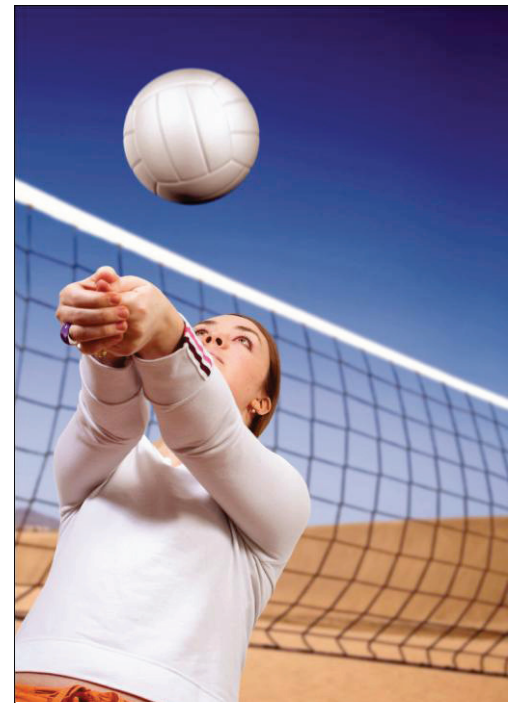
Arroyo Beach Volleyball Residential Camp is located at the beautiful, Beachfront campus of the University of San Diego.

Students will participate in extensive beach and indoor volleyball training while incorporating unique cross training through surfing, kayaking and stand-up paddle boarding with the Ocean Experience Surf School.

- Fundamental Skill development
- Delicious & healthy meals
- Stay at USD: 1 mile from the ocean
- 1 to 10 staff to student ratio
- Specialized training:
  - Core Strength & Yoga
  - Health & Nutrition
  - Ocean Water Sports



San Diego, CA  
Summer 2011



### Session Dates

Sunday - Friday

Session 1: 6/26 – 7/1

Session 2: 7/3 – 7/8

Session 3: 7/10 – 7/15

Session 4: 7/17 – 7/22

Session 5: 7/24 – 7/29

Session 6: 7/31 – 8/5

Session 7: 8/7 – 8/12

**\$975 per week (All Inclusive)**

On line registration at  
[www.arroyovolleyball.org](http://www.arroyovolleyball.org)

Arroyo Volleyball Club

P.O. Box 91937, Pasadena 91109

(626) 221-9335 [director@arroyovolleyball.org](mailto:director@arroyovolleyball.org)



Ocean Experience Surf School

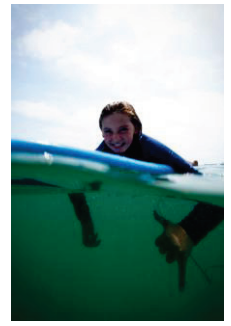
4976 Newport Ave San Diego, CA 92107

619.225.0674 (ph) [oceanexperience.net](http://oceanexperience.net) [obsurfshop@yahoo.com](mailto:obsurfshop@yahoo.com)



# Arroyo Volleyball Club

## Beach Volleyball Camp



### Daily Schedule

Sunday – 2:00 p.m. - 4:00 p.m.  
4:00 p.m. - 5:00 p.m.  
5:00 p.m. – 6:00 p.m.  
6:00 p.m. – 8:00 p.m.  
8:00 p.m. – 10:00 p.m.  
11:00 p.m.

Arrive at University of San Diego  
Move in to rooms, meet coaches, & other campers  
Dinner in the dining hall  
Volleyball Skills Introduction – Gymnasium  
Movie Night  
Lights Out

Monday through Thursday

8:00 – 8:45 a.m.  
9:00 – 11:45 a.m.  
11:45 – 12:30 p.m.  
1:00 – 4:00 p.m.  
5:00 – 5:45 p.m.  
6:00 – 8:00 p.m.  
8:00 – 10:00 p.m.  
11:00 p.m.

Breakfast in the dining hall  
Beach Volleyball skills & training  
Box Lunch from SDU  
Surf School activities from Ocean Experience Surf School  
Dinner in SDU dining hall  
Indoor volleyball skills and tournament games  
Night Activities (Movies, Sundae night, Town Trip, Games)  
Lights out

Friday

8:00 – 8:45  
9:00 – 12:00  
12:00 – 1:00  
1:00 – 2:00  
2:00

Breakfast in the dining hall  
Beach volleyball tournament  
Awards Lunch  
Pack up  
Depart for home



## Ocean Experience Surf School

### Activities

*Surfing*  
*Snorkeling*  
*Skim Boarding*  
*Body Boarding*  
*Indo Boarding*  
*Stand Up Paddle Board*

## Arroyo Volleyball

### Beach Volleyball Skills

*Passing*  
*Hitting*  
*Setting*  
*Blocking*  
*Defense*  
*Two person strategy*  
*Training*  
*Nutrition*