

WHY CHOOSE BIG DIG CAMPS?



At **Big Dig Volleyball** We pride ourselves in offering exciting camps, in beautiful Victoria BC, that are fun, active and skills oriented. We want the campers to leave with a better knowledge of the game, more confidence in their volleyball abilities and a passion for the sport.

"VOLLEYBALL IS OUR PASSION,  
YOUR IMPROVEMENT IS OUR MISSION"



**REGISTRATION INFORMATION**  
Contact any Saanich Recreation Centre

**P** (250) 475 7600  
**W** [bigdigvolleyball.ca](http://bigdigvolleyball.ca)



**2020**  
**SPRING BREAK AND  
SUMMER CAMPS**

[bigdigvolleyball.ca](http://bigdigvolleyball.ca)

# THE CAMPS

## SPRING BREAK CAMPS! (GRADE 6 AND 7/8)

These action packed 3 day camps will focus on fundamentals, game scenario drills, team play and fun! T-shirt included.

**Dates:** March 17th - 19th

**Gr.6 Coed Camp:** (9am - 12pm) **Reg Code:** 29259

**Gr.7-8 Coed Camp:** (1pm - 4pm) **Reg Code:** 29258

**Location:** Claremont School

**Price:** \$105

## CAMPS FOR (GRADES 7-9)



Accelerate your progress and success, no matter what your skill level. These exciting sessions are designed to meet the needs of aspiring players by focusing on the fundamental aspects of the game through skill development and team play with an emphasis on fun! The talented, courteous and professional instructors will make your experiences memorable! There may be a last day outdoor skills session and tournament (weather pending).

**Dates:** <sup>1</sup>July 13th - 17th (1pm - 4pm) – 5 sessions

<sup>2</sup>August 24th - 28th (9am - 12pm) – 5 sessions

**Location:** Claremont School

**Price:** \$172 <sup>1</sup>\***Reg Code:** 32881 <sup>2</sup>\***Reg Code:** 32882

## "ELITE" COED CAMP FOR (GRADES 9-12)



Get game ready for the high school season. This camp is ideal for experienced and club volleyball players who want to take their performance to a higher level. Limited to 42 players, includes dynamic multi-skill drills and practice addressing positional and tactical play, combined with physical and mental play training (not for beginners). Includes T-shirt and tournament play.

**Dates:** August 24th - 28th (1 - 4pm) – 5 sessions

**Location:** Claremont School

**Price:** \$172 **Reg Code:** 32880

ONE  
FULL  
DAY!

## BOYS ONLY "ELITE PLAYERS" CAMP (GRADES 10-12)

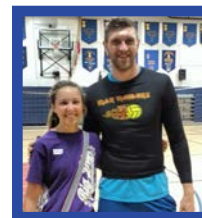
Fellas! Get game ready for the high school season. This full day camp is designed for players with previous school & club volleyball experience looking to excel in their development in individual and team skills and tactics. Dynamic game scenarios and competitive drills will be led by the experienced and professional staff. T-shirt included.

**Dates:** August 31st (9am - 4pm) – Full Day

**Location:** Claremont School

**Price:** \$95 **Reg Code:** 32879

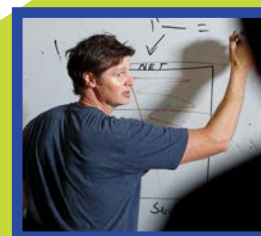
## THE COACHING STAFF



The Big Dig coaching staff is comprised of talented people who have had experiences coaching or playing at various levels (National Team, CIS, CCAA, BC Team, Club, Middle & High School). Our courteous and knowledgeable coaches have influenced and impacted players from middle school to the Olympics. We are proud and honored to work young athletes who are enthusiastic about developing their volleyball skills.

*"My focus is to motivate and teach players in a friendly environment through games and practice. In order to develop skill and confidence, I believe learning should be hands on, challenging and most of all, fun!"*

- Shon Ryan



### HEAD COACH

**Shon Ryan**

Masters in coaching, level 3 v-ball coach, 30 years experience (University—middle school), B.C. High School "Coach of the Year", Claremont Men's Coach & secondary school teacher.