



**TORRINGTON PAL**  
POLICE ACTIVITIES LEAGUE, INC.

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# GIRLS SUMMER VOLLEYBALL CAMPS

**When: June 24th-28th 2019**

**Where: Oliver Wolcott Technical  
School**

**Registration: \$125, includes:  
a camp jersey, certificate,  
and pizza party**

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## SKILLS CAMP

**Time: 8am-11am**

Recommended for girls **new to the sport or have one year of experience**. Camp will focus on fundamental training and concentrate on individual skills. We will teach each and every athlete the fundamentals of passing, serving and hitting.

**Coached by Jim & Lance  
Pepper**

**Camps are open to high school aged  
Torrington residents or students**

## ADVANCED CAMP

**Time: 12pm-3pm**

Recommended for girls **with at least 2 years of playing experience**. Camp will focus on The camp will focus on developing and perfecting court movement and ball control. Strong emphasis will be placed on individual skill correction. A wide variety of drills, games, and competition will be used.

**To Register Visit the Torrington PAL Facebook Page**