



19 Wing Comox Fitness Sports & Recreation

NEW

SUMMER 2011

19 Wing Volleyball Camp

10–13yrs / 14–18yrs



Athletes will train with Canadian University and National level III coach, Jesse Knight (Abstract Volleyball). Jesse Knight has coached varsity volleyball at the University of Calgary and UBC, as well as Team Canada Youth and Junior.

This exciting camp will focus on the balance of strong basic skill development with high performance techniques and tactics used by teams training at an elite level.

Camp also includes a T-shirt, light snacks and daily cool down in the 19 Wing swimming pool.



August 29 - September 1, 2011

Monday - Thursday

9:30am - 3:30pm

At 19 Wing Comox Recreation Centre

***\$155 Members/ \$180 Non-members**

***plus applicable taxes**

Be ready for high school season! Reserve your spot today!

Register at the 19 Wing Comox Recreation Office or Sports Stores

Call 250-339-8211 Local 7173/6989 for information

E-mail: janice.sandholm@forces.gc.ca

