

Jr. Volleyball

By Jim Gaddis

The 9-10 year old Junior OCC Volleyball team kicked off its 2001 program with the 2nd Annual Thanksgiving Weekend Volleyball Camp hosted by Tony and Wendy Crabb. Coach Tony conducted four practice sessions during the three day camp. Free time offered fishing, swimming and reef walking. Coach Tony was helped by a large number of assistants and parents.

Drills started with stretching exercises conducted by the players. Technique drills included passing, setting, digging, serving, hitting and, of course, running. The theme of the camp was Focus, Attention and Concentration. The young players were constantly asked what that meant to them.

There are hopes that a girls program can get off the ground. We're waiting for parents to get that off the ground. Watch for next months article for more information and for pictures and highlights from the camp out.