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Morris Offers Cougar Camps for Youth Athletes

Summary: Cougar coaches and special guests will help athletes improve their soccer, volleyball and basketball skills.

(May 29, 2014)-This summer the University of Minnesota, Morris is hosting [camps for youth athletes](#). Cougar coaches and special guests will help campers improve their soccer, volleyball and basketball skills.

Women's Soccer College ID/Prep Camp—Head Coach Dan Magner, Assistant Coach Matt Johnson
July 31–August 2, 2014
Thursday, July 31, 2:30 p.m.–8 p.m.
Friday, August 1, 8:15 a.m.–8:30 p.m.
Saturday, August 2, 8:15 a.m.–12 p.m.

This camp is open to female athletes in grades 8–12. Focusing on technique, teamwork, conditioning, and mental preparation, it emphasizes instruction and coaching that will ready individuals and teams to perform at optimal levels for the season. Goalkeepers will receive position-specific training and will be incorporated into team play. Staff includes Morris soccer coaches and guest coaches from other universities who will introduce players to the training techniques and philosophies of college coaches. A seminar on the college search process will also be offered to help potential student-athletes navigate the world of recruiting and choosing a college that fits academically and athletically.

Youth Basketball Camp—Head Coach Paul Grove, Assistant Coach Eli Starzl
August 4–7, 2014

Session 1: 10 a.m.–12:30 p.m.

This camp is for students entering grades 4–6. The camp will focus on fundamentals for the complete basketball player, with an emphasis on shooting the ball. Athletes will concentrate on proper form and technique. They will then progress into shooting at game speed and under game-like conditions. Time will also be dedicated to team drills and scrimmaging. Awards will be given for various shooting contests. Family and friends are welcome to attend the awards ceremony on August 7 at 12:15 p.m.

Session 2: 1–3:30 p.m.

This camp is for students entering grades 7–9. The camp will be run like a college basketball practice, with emphasis on the fundamentals. Team drills will be used to practice these fundamentals at a higher level and at a faster speed in both a half-court and full-court setting. Different drills will be used to work on shooting under pressure and at game speed. Time will also be spent in scrimmage situations so campers can take what they have learned and apply it to their games.

Volleyball Camp—Head Coach Chad Braegelmann, Assistant Coach Heather Pennie-Roy

High Performance: July 27-29, 2014

This camp is for female students entering grades 10–12. Camp will focus on the technical development of both basic and

advanced individual skills, team play, and game-like situations. Sessions on strength and conditioning, nutrition, and film, with emphasis on improving individual skills. Overnight camp includes housing and meals. All campers receive a T-shirt.

Skills Camp: July 28-30, 2014

9 a.m.-12 p.m.

This camp is for female students entering grades 4–9. Camp focus is on progression of all basic volleyball skills, with an emphasis on hitting, serving, passing, and setting. Sessions on team play and game-like situations. Players will be grouped with campers of similar ability levels. Designed to improve skills for beginners and players with limited experience. All campers receive a T-shirt.

For more information or to register, call 320-589-6463 or visit ummcougars.org/cougarcamps.

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