



UA Volleyball Team Camp



CAMP INFORMATION

Ironwood Ridge Volleyball will be offering the opportunity for **prospective players** to compete at the University of Arizona Volleyball Team Camp on **July 18-20, 2025**. This camp will be open to all returning players that are actively participating in the off-season Strength/Conditioning sessions and registered in IRVB Camp Sessions, which will complement the team training at UA.

- **IRVB-NAVY** (10 Athletes)
- **IRVB-SILVER** (10 Athletes)
- **IRVB-WHITE** (10 Athletes)
- **IRVB-GREEN** (Incoming Freshman—12 athletes)

The UA Team Camp is three days with multiple sessions of volleyball each day. Each team will be assigned a coach from the camp's coaching staff for all training sessions and competition during the camp. The players will report to their assigned coach each session and learn to work together and compete in a team setting during the weekend.

The Camp will be held on the University of Arizona campus, as well as Tucson High School. Players will be responsible for transportation to/from the UA campus as well any off-campus site. We will assist in setting up car pools before the camp.

PLEASE NOTE: Participation in the UA Volleyball Team Camp will not guarantee any prospective volleyball player a spot on Ironwood Ridge Volleyball Varsity roster in the Fall. The camp is open to prospective players provided they are currently participating in the off-season.

CAMP ITINERARY

This schedule is tentative and the coaching staff will alert all participating players of any changes before the camp begins.

FRIDAY	July 18	11:30 AM	Team Check-In
		12:00–2:30 PM	Session I
		2:30 PM–3:30 PM	<i>Dinner</i>
		3:30–5:00 PM	Session II
SATURDAY	July 19	9:00–10:00 AM	Session III: Skills Training
		11:00 AM–12:00 PM	Session III: Competition
		12:00 PM–2:00 PM	<i>Lunch and Educational Learning (Mental Health, Strength, Nutrition)</i>
		2:00–3:00 PM	Session IV: Skills Training
		3:00–5:00 PM	Session IV: Competition
SUNDAY	July 20	9:00–10:00 AM	Session V: Skills Training
		11:00 AM–12:00 PM	Session V: Competition
		12:00 PM–2:00 PM	<i>Lunch and Educational Learning (Mental Health, Strength, Nutrition)</i>
		2:00–5:00 PM	Session VI: Competition

CAMP REGISTRATION AND TUITION

Families must register directly with Rita Stubbs Volleyball Camp once they receive the Registration Invitation from the coaching staff.

To reserve a spot on one of the IRVB team rosters, please **complete the registration with the link provided by the coaching staff no later than May 15, 2025**. The individual cost of the camp is \$140 per player. Players will be responsibility for all meals and snacks during the camp, as well as transportation to/from the UA campus.

For more information or questions concerning the UA Volleyball Team Camp, please contact Ironwood Ridge head volleyball coach Bill Lang at (520) 906-6668 or by email at blang@amphi.com.