

GOOD SHEPHERD VOLLEYBALL CAMP-2019

Camp dates: June 17-20

Time: 11:00 a.m. - 2:00 p.m.

Participants: All girls entering grades 6-8

Deadline: May 17, 2019

Cost: \$45.00 (make checks out to Good Shepherd Lutheran School) This year, all participants will receive a shirt to take home.

Camp Features:

Grade 6

This session is designed to emphasize the basic volleyball skills such as: serving, passing, setting, offense and defense.

They will be introduced to proper player positions such as: setter, outside attacker, middle attacker, etc. Team play will be stressed.

Grades 7 & 8

This session is designed for girls to prepare them for Jr. High level of play when the season begins. We will stress the basic skills such as: serving, passing, setting, digging and team play. We will also introduce drills that will help them become more proficient at these skills along with attacking, blocking, multiple offenses, and multiple defenses. They will learn proper positioning for setters, attackers, and back line players.

Registration:

Registration forms need to be turned into Mr. Mayhew by May 17.

Equipment: Please come dressed in a T-shirt and shorts, bring kneepads, and carry in your shoes.

PLEASE RETURN FORM AND CHECK TO MR. MAYHEW BY MAY 17.

NAME _____

GRADE NEXT YEAR _____

PARENT PERMISSION FORM

I am aware that participating in any sport involves some risks of injury. I hereby release Good Shepherd Lutheran School and all instructors at the 2019 volleyball camp from all liabilities and claims that may result from camp. I give my daughter permission to participate in the volleyball camp on June 17-20.

Parent's signature _____ Date _____

T-Shirt Size: Youth (M)____ (L)____

Adult (S)____ (M)____ (L)____ (XL)____ (XXL)____