

# 2010 Summer Volleyball Camp Schedule

Thank you for your interest in our summer volleyball programs. Proceeds generated through these camps benefit the volleyball program. As a player you can expect these benefits from our camps:

## **SERVING:**

Serve more consistently and aggressively

## **QUICKNESS AND AGGRESSIVENESS:**

Instant improvement.

## **BALL HANDLING:**

Experience fewer mistakes.

## **TEAM WORK:**

Multiply your teams ability with the power of team synergy.

## **SKILLS AND ATTITUDES:**

Learn how to turn weaknesses into strengths.

## **CONTROL EMOTIONS:**

Conquer fear, frustration, and boredom.

## **POWER GAME:**

Play bigger and stronger at the net.

## **TRANSITION GAME:**

Increase your court awareness and movement.

## **THE ZONE:**

Achieve the winner's most confident state of mind.

## **6-8 Grade Camp - July 26-29**

**Time: 8:00 a.m. - 10:00 a.m. Cost: \$30**

All girls entering grades sixth through eighth are invited to attend this four day basic skills camp to improve passing, setting, hitting, and serving. Terminology and basic principles of specific offenses and defenses will also be explained through the week.

## **Sr. High Camp - July 26-29**

**Time: 11:00 a.m. - 2:00 p.m. Cost: \$40**

All girls entering the ninth through twelfth grades at Auburndale High School are encouraged to attend this four day intensive skills camp.

All sessions will be held in the new gym. There will be a \$5/child discount for families with two or more girls enrolled in the camps.

For more information on either of these camps you can contact Coach Empey by phone 652-6887.

*Just a reminder about open gym at the high school on Sunday nights during the summer from 4:30-6:30 p.m. All girls grades 7-12 are encouraged to come.*

## **Registration**

I will be attending the Jr. High Camp.

I will be attending the Sr. High Camp.

Grade: 6 7 8 9 10 11 12

Shirt Size: S M L XL

Name: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Please make checks payable to AHS.

Emergency contact numbers:

Registration forms can be sent to:

Coach Empey

11855 Brookside Rd.

Auburndale, WI 54412

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Alternate: \_\_\_\_\_

Phone: \_\_\_\_\_

### **Emergency Waiver and Release of Liability**

I authorize the staff at the volleyball camp to act accordingly to their best judgement in any emergency requiring medical attention, and I release the Auburndale School District and anyone associated with the volleyball camp for any liability or responsibility of any injuries or illness incurred while at the camp. Any participant under the age of 18 must have a parent or guardian signature in order to participate.

Participant's Signature

Date

Parent or Guardian Signature

Date

*Additional registration forms are available on the internet at [www.TheDesignMonkey.com/volleyball](http://www.TheDesignMonkey.com/volleyball).*