



# 2015 LADY CAT VOLLEYBALL CAMP



**FOR:** Girls entering grades 1-8 for the 2015-2016 school year.

**PLACE:** NHMS gymnasium

**COST:** \$30.00 (*make checks payable to NHHS Volleyball*)

**CAMP FEATURES:**

1. Individual and group instruction
2. Basic fundamentals of serving, passing, setting, and spiking
3. A variety of drills to improve skill development
4. Conditioning and training

A camp T-shirt and a volleyball will be given to all that register by the deadline, which is Friday, May 15. T-shirts and volleyballs will **NOT** be given to anyone who registers late!

| <u>Grades</u>        | <u>Dates</u>           | <u>Time</u>      |
|----------------------|------------------------|------------------|
| <b>1-2</b>           | <b>June 8-12</b>       | <b>2:30-3:30</b> |
| <b>3, 4, &amp; 5</b> | <b>June 8, 10, 12</b>  | <b>12-1:30</b>   |
|                      | <b>June 16, 18</b>     | <b>2-3:30</b>    |
| <b>6, 7, &amp; 8</b> | <b>June 9, 11</b>      | <b>12-1:30</b>   |
|                      | <b>June 15, 17, 19</b> | <b>2-3:30</b>    |

**NH does not provide lunch or transportation for any players!**

Contact Coach Janes at [cjanes@nhcs.k12.in.us](mailto:cjanes@nhcs.k12.in.us) if you have any questions.

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***THIS PORTION MUST BE RETURNED TO YOUR SCHOOL OFFICE ALONG WITH THE \$30.00 CAMP FEE BY MAY 15, 2015. (Make checks payable to NHHS Volleyball).***

Student's Name \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Emergency Phone # \_\_\_\_\_

Age \_\_\_\_\_ Grade NEXT school year \_\_\_\_\_

**T-shirt size** (circle one) Youth S M L Adult S M L XL

***I hereby waive and release the North Harrison Community School Corporation and coaches from any and all liability for injuries and illnesses incurred while at this camp.***

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_