

Date: June 15-18

Who: EVERYONE!!!

Girls entering 5th, 6th grade, 7th, 8th and 9th grades

Times:

Beginners Camp--June 15-18 8AM- 10AM
(recommend: entering 5th and 6th grades or others who have never played any volleyball before)

Readiness Camp—June 15-18 10AM - 12PM(recommended: entering 7th Grade and 8th Grade needing work with basic skills)

Experienced Camp—June 15-18 12:30-2:30
(girls entering 9th grade and want a head start for HS Volleyball Tryouts/Season!)

Purpose of Camp:

Beginners Camp: To introduce or reintroduce the basics of volleyball. This includes rules, basic skills, and basic team concepts. Many games are included to foster a commitment to physical fitness, as well as competitive and non-competitive fun with teammates.

Readiness Camp: A strong emphasis on basic skills with a focus on game play. This will help ready the campers for their upcoming season.

Experienced Camp: To ready those girls who have played 1 or 2 seasons at the junior high level to play at a higher level. Basic skills are still strongly reinforced, but more advanced game strategies will be taught and practiced.

Cost for camp: \$40.00*
W/ Camp Ball: \$55.00*

Equipment:

Bring necessary gym clothes, such as shirts, shorts/spandex, shoes, and socks. Kneepads are also highly recommended. All clothing should be comfortable and allow for a good range of motion.

Send application together with tuition:

Cost for camp: \$40.00*
W/ Camp Ball: \$55.00*

Alex Rodriguez
Herscher High School
501 N. Main Street
Herscher, IL 60941

If you drop it at any school in the district with my name and Herscher H.S. on it, it will get to me.

***Checks payable to HHS Volleyball**

PLEASE RETURN FORMS AND MONEY
BY **MAY 22, 2015**

If you are not sure which camp you should attend or have any other questions please call Alex Rodriguez at Herscher H.S. 426-2103 or email: rodrigueza@hsd2.k12.il.us

Camp Highlights:

- T-Shirt for Every Player
- Dynamic/Core Stretches along with Warm-up games
- Various games, contests and treats
- Various Awards and Prizes
- Instruction provided by coaches from Herscher High School and Limestone Middle School
- Assistance provided by HHS Varsity Volleyball Players
- Seasoned Instruction for:
 - Passing
 - Defense
 - Setting
 - Attacking
 - Serving
 - GamePlay!!!

***** THE CAMP VOLLEYBALL IS OFFERED AT A GREAT PRICE AND IS AWESOMELY DESIGNED! I WOULD LOVE FOR ALL THE CAMPERS TO LEAVE CAMP WITH A VOLLEYBALL!!!**

Fill Out Info Below and Return **by May 22**
to Alex Rodriguez at Herscher H.S.

Camper's Name _____

Grade Entering (Fall 2015) _____

Parent'(s) Name(s) _____

Address _____

City _____, IL

Email _____

Shirt Size (Men's) S M L XL

Cell Phone _____

Parent's Signature (Signature of a parent assures the staff that the camper is medically fit and has proper insurance for camp participation)

X _____

**MARK THE CAMP YOU WILL ATTEND AND
IF YOUR DAUGHTER WANTS A CAMP
VOLLEYBALL!!!**

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- ☐ **Readiness Camp**—June 15-18 10AM-12PM (recommended: entering 7th Grade or 8th grade)
- ☐ **Experienced Camp**—June 15-18 12:30-2:30 (entering 9th graders and want a head start for HS Volleyball Season!)
- ☐ **CAMP VOLLEYBALL?? (\$15)**

You may elect to go to a camp with younger players, but not move up with older players.
Detach this section and return to Alex Rodriguez at Herscher H.S. by:

Friday May 22, 2014

Volleyball Players

from

ANYWHERE!!!

HHS

VOLLEYBALL

CAMP

at

*** Limestone Middle**

School

***** May return in envelope
provided *****

HHS

VOLLEYBALL

CAMP



***To be held at Limestone Middle
School**

****NEW DESIGN****

ORDER A CAMP VOLLEYBALL!

Please Read All Information

Carefully!!!!