

Waterloo West Jr. High Volleyball Camp

Grade 6 – 9th

Monday - Friday

August 1st - 5th

9 a.m. - Noon

In the West High Main Gym

This camp is open to all 6th – 9th grade students for the 2011 season.

Get this to your friends or teammates TODAY !

Improve your skills and win (or keep) a starting spot on your team !

Schedule of Instruction :

Monday : “First Contact Day “ -- Serving and Passing - It all starts with the first contact.

Tuesday : “Second Contact Day “ -- Setting and Team Offenses - 4-2, 6-2, 5-1

Wednesday : “Third Contact Day” -- Hitting / Attacking - The Thrill of the Kill.

Thursday : “Defense and Court Movement” - If the ball’s moving, you’re moving !

Friday : “Putting it all together” - Skill Tests and Game Day (bring your game face)

What you give : \$40. Payable to: West High Volleyball

What you get : Advanced volleyball instruction, a camp shirt* , new friends, treats, fun and you get to meet the Wahawk players and coaches.

- * Incoming Wahawk 9th grade players will get their GAME JERSEY instead of camp shirt.
- * Early entries will get their jersey number choice.
- Extra camp shirts and Parent shirts will also be available
- Number of volleyball camp entries are limited, Sign up early !!!!!!!

Return to: Waterloo West High
Brian Girsch / Volleyball Camp Director
425 E. Ridgeway Ave.
Waterloo, Iowa 50702

ENCLOSE THE BOTTOM PORTION WITH CHECK AND COPY OF PHYSICAL OR FORM

Name _____ Parent / Guardian _____

Address _____ Phone # _____ / _____

Emergency Contact Name & Number _____ / _____

School _____ Grade _____ Adult Shirt Size XS ___ S ___ M ___ L ___ XL ___

I agree to hold harmless the Waterloo Community Schools, Coaches, Participants and West High School from all liability from injury as a result of participating in camp. In case if injury or illness I give my consent for medical treatment and first aid for minor injuries that may occur at sports camp. I certify that my student is physically capable of participating at camp.

Parent / Guardian Signature Required _____ Date _____