

FHS VOLLEYBALL CAMP

We would like to invite you to join us this summer at the Fayetteville High School Volleyball Camp. Our camp will provide a fun and exciting environment that will give you the opportunity to improve your skills as a volleyball player and challenge you to reach your highest potential. Camp staff includes the Bulldog Coaching Staff and current and former members of the Fayetteville High School volleyball team. Please come join us and prepare to learn, have fun and “dig” every minute!

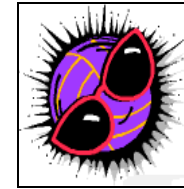
BULLDOG VOLLEYBALL STAFF

Jessica Phelan
Chris Clarke
Sara Kincaid

Camp Location: Fayetteville High School
1001 W. Stone St.
Fayetteville, AR 72701

Session Descriptions: We will offer three sessions:

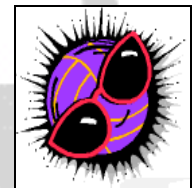
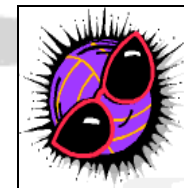
- **Session 1: (Grades 1/2)**
Dates: July 5-8
Time: 9:00 AM TO 10:00 AM
Cost \$30.00 (includes t-shirt)
This session will incorporate a new approach in the teaching of volleyball to youngsters, called mini-volleyball. We will use lightweight balls, short courts, and lots of fun in introducing the game of volleyball to these future Volleypups.
- **Session 2: (Grades 3/4 and Grades 5/6)**
Dates: JULY 5-8
Time: 10:00 A.M. – 12:00.
Cost: \$40.00 (includes t-shirt)
This session will focus on teaching the fundamentals of the game of volleyball. We will work on teaching all of the individual skills of the game including serving, passing, attacking, setting, and blocking as well as introducing offensive and defensive team concepts. The last day of camp will include a Sticker War, where the Volleypups are divided into teams and play a series of competitive games and drills.
- **Session 3 (Grade 7/8/9)**
Dates: JULY 5-8
Time: 1:00 P.M. – 4:00 P.M
Cost: \$50.00 (includes t-shirt)
This session will focus on improving individual skills of the game including serving, passing, setting, attacking,, and blocking and incorporating them into an advanced offensive and defensive team concept. The last two days of camp these future Volleypups will compete in a 4 on 4 and 6 on 6 tournament.



What to bring:

Campers should wear practice clothes, kneepads, and competitive shoes. Campers should avoid bringing valuables, as The Camp is not responsible for lost or stolen articles.

Insurance: All campers must have medical insurance. Parent(s) must give permission for camp staff to act on the camper’s behalf in case of a medical emergency and the parent(s) cannot be reached.



2010 VOLLEYBALL CAMP
Registration Form

PLEASE PRINT OR TYPE

Camper's Name _____

Street Address _____

City _____

State _____ Zip Code _____

Phone (____) _____

Grade entering in Fall 10 _____

Email Address _____

CAMP OPTION: CHECK APPROPRIATE BOX

- Session 1, July 5-8 \$30.00
- Session 2, July 5-8 \$40.00
- Session 3, July 5-8 \$50.00

Adult t-shirt size (Circle One)

S M L XL

Child t-shirt size (Circle One)

M L

PARENTS: I understand each camper must have her own medical insurance. I understand that physical activity is involved and I hold harmless The Camp, it's staff, or Fayetteville Public Schools in case of injury to the camper while she is participating at The Camp. I also grant permission for camp staff to act on my behalf in case of a medical emergency and I cannot be reached.

Parent Signature

Date

PLEASE MAIL THE COMPLETED FORM WITH YOUR CHECK TO:

**FHS Volleyball Camp
c/o Jessica Phelan
1001 West Stone St.
Fayetteville, AR 72701**

??????Questions??????

Please contact:

Jessica Phelan

Phone: (479) 200-5154

Email: jessica.phelan@fayar.net

**Registration Deadline
June 18**

FAYETTEVILLE HIGH SCHOOL



VOLLEYBALL CAMP 2010