

## 2018 Rising Lady Cubs Volleyball Camp

**When:** August 15<sup>th</sup> from 7-9 pm, August 16<sup>th</sup> and 17<sup>th</sup> 6-8 pm

**Who:** Grades 3-6

**Where:** Lucas Middle School

**Why:** To learn volleyball skills including free ball passing, setting and footwork, hitting form, and serving technique

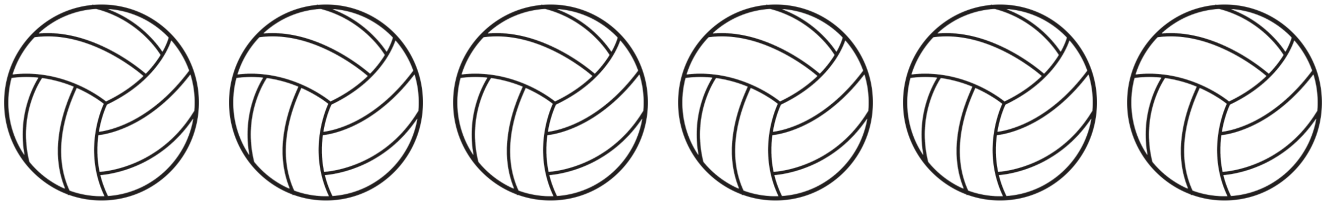
**Cost:** \$20.00

**Sign ups:** August 3<sup>rd</sup> 10-12 pm, August 6<sup>th</sup> 5:30-7:30 pm and August 8<sup>th</sup> 5:30-7:30 pm

**\*Make checks payable to Lucas Volleyball**

**Return to Lucas High School with "ATTN: Coach Cooperrider", no later than August 13<sup>th</sup>**

**Awards:** T-Shirt, Participation Certificate, Offensive Player of the Week, and Defensive Player of the Week



**Coach's Notes:** This camp is created to develop the younger female volleyball players of the Lucas school system. The coaches of this program are committed to creating a program that is competitive in and out of conference play. The way we will do this is by showing all levels of athletes the building blocks to become successful. It is equally important to get these athletes excited about playing the game, not just at the level they are at, but also get excited about representing their school at the high school level. This camp will introduce the foundation of what volleyball is all about, expanding on what they have already learned and taking it to the next level. This camp will teach the skills, techniques, and fundamentals to become a successful player.

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**Name of Athlete:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

**Shirt Size (Circle One):** YS    YM    YL    AS    AM    AL    AXL

**RELEASE OF LIABILITY:** I, the undersigned, individually and as parent(s)/guardian(s) of \_\_\_\_\_, a minor, ask that he/she be admitted to participate in this sport camp sponsored by Lucas High School Volleyball Program. In consideration of such admission, I do hereby release, discharge, and hold harmless the Lucas Local School System, its' officers, agents, and employees of and from all cases, liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sport camp or in the course of competition and/or activities held in connection with the sport camp.

**Parent/Guardian Signature (Required):** \_\_\_\_\_ **Date:** \_\_\_\_\_