



TRINITY HIGH SCHOOL VOLLEYBALL CAMP

The main purpose of our high school camp is to get you physically and mentally ready for **high school level competition**. Through drill and practice, you will work to refine your individual skills (setting, passing, serving, hitting, and blocking). Team play and instruction focused on offensive/defensive game strategy will also be included in each session. Intensive conditioning will be incorporated into daily workouts. At the end of camp, each player will receive a recommended workout program to guide their independent training until tryouts.

ALL ATHLETES TRYING OUT FOR HIGH SCHOOL TEAMS ARE STRONGLY ENCOURAGED TO ATTEND BOTH SESSION 1 AND SESSION 2 OF COMPREHENSIVE SKILLS CAMP. The second session is not a repeat of the first week. The second session will build upon skills and strategy presented in the first session. The offensive and defensive clinics are being provided for extra practice in specific skill areas. Please note that the serving clinic is only being offered for 9-10th graders.

- THERE IS A DISCOUNTED PRICE OF **\$175** FOR ATHLETES WHO SIGN UP FOR BOTH SESSION 1 and 2. **PLEASE TURN IN YOUR REGISTRATION TO PATTI WILLIAMS IN THE TRINITY IA OFFICE BY JUNE 1.**

NAME: _____ INCOMING GRADE 2009-2010 _____

EMAIL _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMERGENCY CONTACT INFORMATION:

NAME/RELATIONSHIP _____

PHONE _____

CAMP T-SHIRT SIZE (PLEASE CIRCLE) **SMALL** **MEDIUM** **LARGE** **X-LARGE**

	9 th grade	10 th -12 th grade	Fee	Please mark all sessions and clinics for which you are registering
HITTING CLINIC JULY 12-16	5:00-6:30	5:00-6:30	\$75	
SETTING CLINIC July 12-16	6:00-7:00	6:00-7:00	\$50	
DEFENSIVE CLINIC JULY 12,14,16		3:00-4:30 (open to 10-12 th graders)	\$45	
SERVING CLINIC JULY 13,15	3:00-4:30 (only open to 9-10 th grade)	3:00-4:30 (only open to 9-10 th grade)	\$30	
COMPREHENSIVE SKILLS SESSION 1 JULY 19-23	1:30-3:30	10:30-12:30	\$95 for 1 session OR \$175 for 2 sessions	
COMPREHENSIVE SKILLS SESSION 2 JULY 26-30	1:30-3:30	10:30-12:30		
		TOTAL ENCLOSED		