

## Camp Director

Cathy Sanders

Head Coach

U-High Volleyball

Athletics: 438 - 7373



## Camp Features

Individual Instruction

Skill Development

Skill Competition

Camp T-Shirt

Certificate of Attendance



## Equipment

All players are required to provide their own practice attire and personal items - including kneepads, athletic shoes, and a water bottle.

## Camp Dates & Times

Meet in U-High's Main Gym

### Youth Camp

Grades: 4th, 5th, 6th Graders

Dates: July 20 - 23

Time: 6:00pm - 8:00pm

### Junior High Camp

Grades: 7th & 8th Graders

Dates: July 20 - 23

Time: 6:00pm - 8:00pm

### Freshmen Camp

Grades: 9th Graders

Dates: July 27 - 30

Time: 6:00pm - 8:30pm

### Sophomore, Juniors, Seniors

Grades: 10th, 11th, 12th Graders

Dates: July 27 - 30

Time: 6:00pm - 8:30pm

\*\* If your child is unable to attend due to schedule conflicts, please contact Coach Sanders for alternate arrangements.

## 2009 Pioneer Volleyball Camp

### Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

School (Fall 2009): \_\_\_\_\_

Grade (Fall 2009): \_\_\_\_\_

Circle Dates Attending:

<u>Youth</u>	<u>Junior High</u>
July 20-23	July 20-23
6 - 8:00 pm	6 - 8:00 pm

<u>Freshmen</u>	<u>Sophomore/Varsity</u>
July 27-30	July 27-30
6 - 8:30pm	6 - 8:30pm

Circle T-Shirt Size: (Shirts tend to run large)

YM YL AS AM AL AXL

Please Check:

\_\_\_\_\_ I authorize the staff of the volleyball camps to administer first aid in the event of an injury/emergency.

\_\_\_\_\_ We have adequate insurance protection to cover treatment of injuries while our daughter is participating in camp.

\_\_\_\_\_ My daughter is physically fit according to our family physician.

Signature of Parent/Guardian:

\_\_\_\_\_

Applications are accepted early, on the first day of camp, and during camp time.



Each camper receives:

Camp T-Shirt  
And  
Certificate of Attendance

## Philosophy

The goal of U-High Volleyball Camp is for student-athletes to improve their individual and team skills through drills and instruction emphasizing the fundamentals of volleyball. Our purpose is to help prepare players for volleyball competition at their respective grade levels. The campers are grouped by age and ability. The fundamentals of volleyball will be stressed in a fun atmosphere where campers can develop an appreciation for the game.



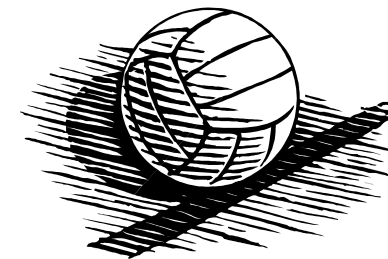
## Registration

Camp fees are \$60.00 per camper. Each additional family member will receive a \$10.00 discount. Please complete registration form and return with payment to:

U-High Volleyball Camps  
Attention: Cathy Sanders  
University High School  
7100 Illinois State University  
Normal, IL 61790-7100

Checks payable to "UHS Volleyball Camp."

# 2009 U-High Volleyball Camp



July 20 - 23

July 27 - 30

2008  
Intercity Champions  
Cornbelt Conference  
Champions